

ABSTRACT

Hypertension is one of the health problem with high prevalence 25.8% and kidney failure is one of the high cause patient mortality with PMR 2.99%. Currently, coffee is the most favorite drinks for the people. Coffee consumption is used to trigger the body to stay awake longer, especially for adults who do much activities every day. One of the substances of the coffe contained caffeine molecule which cause several effects if consumed more, such as worsening the work of the kidneys and increasing blood flow. Therefore, this study purpose to determine whether there is a relationship between the intensity of coffee consumption with serum creatinine which is a marker of kidney disease and blood pressure which is a marker of blood flow in the body. The method used is observational analytic using a cross sectional research design with 30 respondents aged 50-60 years who were randomly selected with stratified random sampling technique from the total population in the laboratory Haji Regional General Hospital, East Java Province. The data collection technique was through interviews and serum creatinine levels of laboratory test and blood pressure, then the data were analyzed by chi-square statistical test. The results showed that the average value of serum creatinine level is 0.957 mg/dL, the average value of systolic blood pressure is 127.63 mmHg and diastolic blood pressure is 84.97 mmHg. The results of the chi-square statistical test showed that there is a weak relationship between the intensity of coffee consumption and serum creatinine levels with $p = 0.49$ and there is no relationship between the intensity of coffee consumption and blood pressure with $p = 0.686$ for systolic blood pressure and $p = 0.489$ for blood pressure diastole.

Keywords: coffee, caffeine, creatinine, blood pressure.