

BAB 7

KESIMPULAN DAN SARAN

7.1 Kesimpulan

Penelitian mengenai hubungan konsumsi kopi dengan kejadian hipertensi pada pasien poliklinik penyakit dalam di Rumah Sakit Gotong Royong Surabaya yang dilaksanakan pada tanggal 3 Juli 2017 sampai 10 Oktober 2017 dapat diambil kesimpulan sebagai berikut:

1. Tidak terdapat hubungan antara konsumsi kopi dengan kejadian hipertensi.
2. Tidak terdapat hubungan antara frekuensi minum kopi dengan kejadian hipertensi.
3. Tidak terdapat hubungan antara lama minum kopi dengan kejadian hipertensi.
4. Angka prevalensi pasien hipertensi lebih banyak daripada yang tidak menderita hipertensi pada poliklinik penyakit dalam di Rumah Sakit Gotong Royong Surabaya.
5. Angka prevalensi responden yang memiliki kebiasaan konsumsi kopi paling tinggi pada frekuensi konsumsi kopi 1-3 kali/hari.
6. Angka prevalensi responden yang memiliki kebiasaan konsumsi kopi paling tinggi pada lama kebiasaan konsumsi kopi selama lebih dari sepuluh tahun.

7.2 Saran

Berdasarkan penelitian yang telah dilakukan, ada beberapa saran yaitu:

1. Perlunya penelitian lebih lanjut mengenai:
 - a. Konsumsi kopi terhadap kesehatan yang berhubungan dengan hipertensi pada dengan jumlah sampel yang lebih besar.
 - b. Dosis konsumsi kopi dan efek toleransi kafein dalam kopi terhadap tekanan darah.
 - c. Konsumsi kopi terhadap tekanan darah berdasarkan jenis kopi.
 - d. Efek kopi terhadap berbagai sistem pada tubuh manusia, sehingga dapat memberikan pengetahuan mengenai efek lain dari kopi.
 - e. Efek kafein pada minuman selain kopi seperti teh, cokelat, minuman bersoda, dan minuman berenergi, dan obat.
 - f. Efek polifenol pada kopi terhadap tubuh manusia.
2. Masyarakat lebih memperhatikan kesehatan dengan melakukan pengukuran tekanan darah secara berkala.
3. Melakukan *follow-up* pengobatan pada pasien yang menderita hipertensi pada pasien poliklinik penyakit dalam di Rumah Sakit Gotong Royong Surabaya.

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