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ABSTRACT

Title of Abstract : Coffee consumption, hypertension, and sleep quality: a cross-sectional study in adult outpatients
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Background : Hypertension is one of the most prevalent non-communicable diseases among the elderly population, while coffee consumption is often associated with increased blood pressure and impaired sleep quality.

Objective : This study aimed to analyze the association between coffee consumption, hypertension status, and sleep quality among patients at the general–elderly outpatient clinic of Palaran Primary Health Center, Samarinda

Research Methods/ Implementation Methods : This was an observational analytic study with a cross-sectional design conducted in September 2025. A total of 137 respondents were selected using a convenience sampling technique, with data collected through questionnaires and analyzed using the Spearman Rank test.

Results : The majority of respondents were female (62.8%), with a mean age of 44.47 ± 15.74 years, and a hypertension prevalence of 62.8% (53.3% uncontrolled). The average coffee consumption was 3.21 ± 2.1 cups per week, predominantly instant coffee. Spearman Rank analysis showed no significant association between coffee consumption and hypertension status ($p = 0.679$), nor with sleep quality ($p = 0.525$).

Conclusion/Lesson Learned : This study concludes that low-to-moderate coffee consumption is not significantly associated with hypertension or sleep quality among adult patients at the outpatient clinic.

Keyword : coffee; hypertension; sleep quality; primary care