

HUBUNGAN FAKTOR LINGKUNGAN KERJA DAN FAKTOR INDIVIDU TERHADAP RISIKO PENINGKATAN TEKANAN DARAH PEKERJA PT ANTAM TBK UBPE PONGKOR BOGOR TAHUN 2023

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Abstrak

Hipertensi merupakan penyebab utama kematian dini di seluruh dunia. Data Riskesdas 2018 menunjukkan bahwa penyakit hipertensi didominasi oleh pekerja, baik pekerja formal maupun informal, dengan prevalensi sebesar 36,9%. Hipertensi yang ditandai dengan peningkatan tekanan darah disebabkan oleh berbagai faktor, seperti faktor individu dan faktor lingkungan kerja. Penelitian ini bertujuan mengetahui hubungan antara faktor individu dan faktor lingkungan kerja terhadap peningkatan tekanan darah pada pekerja. Populasi penelitian adalah pekerja *shift* pagi dan siang PT Antam Tbk UBPE Pongkor dengan total sampel 125 pekerja melalui teknik *simple random sampling*. Instrumen penelitian yang digunakan meliputi alat ukur berupa tensimeter digital, *Sound Level Meter*, *Wet Bulb Globe Temperature*, dan kuesioner berupa *Glover Nilsson Smoking Behavioral Questionnaire*, *Pittsburgh Sleep Quality Index*, *The Baecke Habitual Physical Activity Questionnaire*, dan *Perceived Stress Scale*. Penelitian menggunakan desain studi *cross sectional* dengan uji *Chi-Square*. Hasil penelitian menunjukkan adanya hubungan antara usia, perilaku merokok, stres, dan kebisingan terhadap peningkatan tekanan darah. Berdasarkan hasil penelitian, dapat disimpulkan bahwa terdapat hubungan antara faktor individu dan faktor lingkungan kerja terhadap peningkatan tekanan darah. Saran yang diberikan berupa menerapkan pola hidup bersih dan sehat, serta menggunakan APD dengan taat.

Kata Kunci: Faktor Individu, Faktor Lingkungan Kerja, Pekerja, Peningkatan Tekanan Darah

THE CORRELATION BETWEEN WORK ENVIRONMENT FACTORS AND INDIVIDUAL FACTORS ON THE RISK OF INCREASED BLOOD PRESSURE OF PT ANTAM TBK UBPE PONGKOR BOGOR WORKERS IN 2023

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Abstract

Hypertension is the main cause of premature death in the worldwide. Data from Riskeddas 2018 shows that hypertension predominantly happened in workers, both formal and informal workers, with a prevalence rate of 36,9%. Hypertension, characterized by increased blood pressure, is stems from various factors, such as individual factors and work environment factors. This research aims to determine the relationship between individual factors and work environment factors in the increasing of blood pressure among workers. The research population consisted of shift workers at PT Antam Tbk UBPE Pongkor with a total sample of 125 workers selected through simple random sampling technique. The research instruments such as digital sphygmomanometer, Sound Level Meter, Wet Bulb Globe Temperature, Glover Nilsson Smoking Behavioral Questionnaire, Pittsburgh Sleep Quality Index, The Baecke Habitual Physical Activity Questionnaire, and Perceived Stress Scale. This research employed a cross-sectional study design with Chi-Square test. The research results indicate a correlation between age, smoking behavior, stress, and noise with an increased blood pressure. It can be concluded that there is a relationship between individual factors and work environment factors in increasing blood pressure. The advice given is to adopt a clean and healthy lifestyle and utilization of PPE.

Keywords: Increased Blood Pressure, Individual Factors, Work Environment Factors, Workers