

ANALISIS FAKTOR RISIKO YANG BERHUBUNGAN DENGAN KEJADIAN HIPERTENSI PADA PEKERJA *OFFICE* PT X TAHUN 2024

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Abstrak

Tingginya angka hipertensi termasuk di kalangan pekerja dapat berdampak ke perusahaan seperti penurunan produktivitas. Banyak faktor yang memengaruhi kejadian dari hipertensi. Tujuan dari penelitian yang telah dijalankan adalah mengetahui faktor yang berhubungan dengan hipertensi pada pekerja di PT. X Tahun 2024. Sampel penelitian adalah pekerja kantor PT. X dengan sampel sebanyak 134 pekerja. Penelitian dilakukan selama satu bulan, dimulai dari November –Desember 2024. Penelitian ini menggunakan kuesioner karakteristik responden, *Perceived Stress Scale* (PSS-10), *Pittsburgh Sleep Quality Index* (PSQI), *Food Frequency Questionnaire* (FFQ), dan *Global Physical Activity Questionnaire* (GPAQ). Metode yang digunakan adalah analitik kuantitatif menggunakan desain studi *cross-sectional* dengan uji *chi-square*. Hasil penelitian didapatkan 70 responden (52,2%) mengalami hipertensi. Hasil analisis pada uji statistik menunjukkan bahwa terdapat hubungan antara usia ($p\text{-value} = 0,01$), jenis kelamin ($p\text{-value} = 0,003$), riwayat hipertensi keluarga ($p\text{-value} = 0,000$), perilaku merokok ($p\text{-value} = 0,009$), dan *body mass index* ($p\text{-value} = 0,001$). Hasil analisis multivariat menunjukkan bahwa riwayat hipertensi keluarga ($p\text{-value}: 0,001$; HR = 2,708 (95% CI: 0,609—2,742) berhubungan paling dominan dengan hipertensi. Terdapat variabel confounding berupa perilaku merokok dan jenis kelamin. Dari hasil penelitian, disarankan untuk pekerja mengurangi konsumsi rokok, mengatur konsumsi makanan sehat, dan lakukan skrining dini hipertensi.

Kata Kunci : Hipertensi , Pekerja Kantor, *Modifiable Risk Factors*,
Non-Modifiable Risk Factors

ANALYSIS OF RISK FACTORS RELATED TO HYPERTENSION INCIDENTS IN PT X OFFICE WORKERS IN 2024

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Abstract

The high rate of hypertension, including among workers, can have an impact on companies such as reducing productivity. Many factors influence the incidence of hypertension. The study aims to determine the factors associated with the incidence of hypertension in PT workers. X 2024. The research involved 134 office workers at PT. X. The research was conducted over one month from November – December 2024. This research used a Perceived Stress Scale (PSS-10), Pittsburgh Sleep Quality Index (PSQI), Food Frequency Questionnaire (FFQ), and Global Physical Activity Questionnaire (GPAQ). The method used is quantitative analysis using a cross-sectional study design with the chi-square test. The research results showed that 70 respondents (52.2%) had hypertension. The statistical analysis showed significant relationships between hypertension and age ($p=0.01$), gender ($p=0.003$), family history of hypertension ($p=0.000$), smoking behavior ($p=0.009$), and body mass index ($p=0.001$). The results of multivariate analysis showed that a family history of hypertension (p -value: 0,001; HR = 2,708 (95% CI: 0,609—2,742) was most dominantly associated with hypertension and there were confounding variables in the form of smoking behavior and gender. Based on research findings, it is recommended that workers reduce smoking, adopt a healthy diet, and undergo regular hypertension screening.

Keyword: Hypertension, Modifiable Risk Factors, Non-Modifiable Risk Factors, Office Worker