

HUBUNGAN PAPARAN KARBON MONOKSIDA (CO) TERHADAP HIPERTENSI PADA PEKERJA BENGKEL SEPEDA MOTOR DI KECAMATAN SAWANGAN KOTA DEPOK TAHUN 2024

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Abstrak

Hipertensi menjadi penyebab utama kematian di dunia. Hipertensi ditandai dengan tekanan darah sistol ≥ 140 mmHg atau diastol ≥ 90 mmHg. Penelitian ini bertujuan menganalisis hubungan antara faktor risiko terhadap hipertensi pada pekerja bengkel sepeda motor di Kecamatan Sawangan Kota Depok. Penelitian ini menggunakan desain studi *cross-sectional* dan data diolah menggunakan uji *chi-square* dengan sampel sebanyak 123 pekerja melalui teknik *purposive sample*. Metode pengumpulan data menggunakan data primer, dengan instrumen penelitian berupa tensimeter digital, *gas detector*, *Food Frequency Questionnaire* (FFQ) serta *The Baecke Habitual Physical Activity Questionnaire*. Hasil penelitian menunjukkan 78 (63,4%) dari 123 pekerja mengidap hipertensi. Terdapat hubungan antara variabel riwayat keluarga (p -value = 0,022), kebiasaan merokok (p -value = 0,028), aktivitas fisik (p -value = 0,034), pola makan (p -value = 0,038), paparan karbon monoksida (p -value = 0,038). Dari hasil penelitian, pekerja disarankan untuk berhenti merokok, rutin cek tekanan darah, dan konsumsi makanan sehat.

Kata Kunci: Faktor Risiko, Hipertensi, Karbon Monoksida (CO), Pekerja Bengkel

THE RELATIONSHIP BETWEEN CARBON MONOXIDE (CO) EXPOSURE AND HYPERTENSION AMONG MOTORCYCLE WORKSHOP WORKERS IN SAWANGAN DISTRICT, DEPOK CITY, IN 2024

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Abstract

Hypertension is the leading cause of death worldwide. Hypertension is characterized by a systolic blood pressure ≥ 140 mmHg or diastolic ≥ 90 mmHg. This study aimed to analyze the relationship between risk factors and hypertension among motorcycle workshop workers in Sawangan District, Depok City. This research used a cross-sectional study design, and the data were analyzed using the chi-square test with a sample size of 123 workers, selected through purposive sampling. Data collection methods included primary data with research instruments such as a digital sphygmomanometer, gas detector, Food Frequency Questionnaire (FFQ), and The Baecke Habitual Physical Activity Questionnaire. The results showed that 78 (63.4%) out of 123 workers had hypertension. There was a significant relationship between family history (p-value = 0.022), smoking habits (p-value = 0.028), physical activity (p-value = 0.034), dietary patterns (p-value = 0.038), and carbon monoxide exposure (p-value = 0.038). Based on the findings, workers are advised to quit smoking, regularly check their blood pressure, and consume a healthy diet.

Keywords: Carbon Monoxide (CO), Hypertension, Risk Factors, Workshop Workers