

HUBUNGAN BEBAN KERJA DAN STRES KERJA DENGAN RISIKO HIPERTENSI PADA PETUGAS PEMADAM KEBAKARAN DI KABUPATEN TANGERANG TAHUN 2025

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Abstrak

Profesi pemadam kebakaran melibatkan paparan berbagai risiko dan kejadian traumatis, di samping tanggung jawab besar untuk menyelamatkan nyawa. Kondisi ini berpotensi menimbulkan beban kerja dan stres kerja yang merupakan faktor risiko hipertensi yang signifikan. Oleh karena itu, penelitian ini bertujuan untuk mengidentifikasi hubungan antara beban kerja dan stres kerja dengan risiko hipertensi pada petugas pemadam kebakaran di Kabupaten Tangerang tahun 2025. Metode yang digunakan adalah kuantitatif dengan desain studi *cross sectional* menggunakan uji *chi-square*. Penelitian ini menggunakan kuesioner karakteristik responden, NASA-TLX, *Fatigue Assessment Scale*, *The Workplace Stress Scale*, *Pittsburgh Sleep Quality Index*, *Global Physical Activity Questionnaire* dan *Food Frequency Questionnaire*, serta pengukuran tekanan darah menggunakan tensimeter digital. Hasil penelitian didapatkan, 47 responden (33,1%) mengalami prehipertensi, 18 orang (12,7%) memiliki tekanan darah hipertensi tingkat 1 dan 5 orang (3,5%) memiliki tekanan darah hipertensi tingkat 2. Faktor yang berhubungan dengan risiko hipertensi pada petugas pemadam kebakaran di Kabupaten Tangerang adalah usia ($p\text{-value} = <0,001$), riwayat hipertensi keluarga ($p\text{-value} = <0,001$), masa kerja ($p\text{-value} = <0,001$), beban kerja fisik ($p\text{-value} = <0,001$), beban kerja mental ($p\text{-value} = <0,001$), stres kerja ($p\text{-value} = <0,001$), kebiasaan merokok ($p\text{-value} = 0,039$), kebiasaan minum kopi ($p\text{-value} = <0,001$), aktivitas fisik ($p\text{-value} = <0,001$), indeks massa tubuh ($p\text{-value} = 0,003$), kualitas tidur ($p\text{-value} = <0,001$) dan pola makan ($p\text{-value} = <0,001$). Berdasarkan hasil penelitian disarankan untuk melakukan pola hidup sehat seperti olahraga secara rutin, istirahat yang cukup serta menjaga pola makan seimbang.

Kata Kunci: Beban Kerja, Petugas Pemadam Kebakaran, Risiko Hipertensi, Stres Kerja

RELATIONSHIP BETWEEN WORKLOAD AND WORK STRESS WITH THE RISK OF HYPERTENSION IN FIREFIGHTERS IN TANGERANG REGENCY IN 2025

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Abstract

Firefighting is a profession that faces many risks and traumatic events, as well as having great responsibility for saving lives. This can lead to workload and work stress, which are risk factors for hypertension. The aim of this study was to investigate the correlation between workload and work-related stress with the risk of hypertension among firefighters in Tangerang Regency in 2025. The research employed a quantitative approach utilizing a cross-sectional study design and a chi-square test for analysis. This study used respondent characteristics questionnaires, NASA-TLX, Fatigue Assessment Scale, The Workplace Stress Scale, Pittsburgh Sleep Quality Index, Global Physical Activity Questionnaire, and Food Frequency Questionnaire, as well as blood pressure measurements using a digital tensimeter. The results showed that 47 respondents (33.1%) experienced prehypertension, 18 people (12.7%) had Grade 1 hypertension, and 5 people (3.5%) had Grade 2 hypertension. Factors related to the risk of hypertension in firefighters in Tangerang Regency were age (p-value = <0.001), family history of hypertension (p-value = <0.001), length of service (p-value = <0.001), physical workload (p-value = <0.001), mental workload (p-value = <0.001), work stress (p-value = <0.001), smoking habits (p-value = 0.039), coffee drinking habits (p-value = <0.001), physical activity (p-value = <0.001), body mass index (p-value = 0.003), sleep quality (p-value = <0.001), and dietary patterns (p-value = <0.001). Based on the research results, It is advisable to embrace a healthy lifestyle that includes regular physical activity, sufficient rest, and the maintenance of a balanced diet.

Keyword: Workload, Firefighters, Hypertension Risk, Work Stress