

DETERMINAN KEJADIAN HIPERTENSI PADA PEKERJA OFFSHORE PT. X TAHUN 2025

Fitria Bustan Nurfianty Azzahra

Abstrak

Tingginya prevalensi penyakit hipertensi pada pekerja *offshore* dapat berdampak pada efisiensi kerja perusahaan Tujuan dari penelitian adalah mengetahui faktor yang berhubungan dengan hipertensi pada pekerja *offshore* di PT. X Tahun 2025. Sampel penelitian adalah pekerja *offshore* PT. X dengan sampel sebanyak 134 pekerja. Penelitian dilakukan selama satu bulan, dimulai dari Mei-Juni 2024. Penelitian ini menggunakan kuesioner karakteristik responden, Food Frequency (FFQ), Global Physical Activity GPAQ, Glover Nilson Smoking Behavior Questionnaire (GN-SBQ), Perceived Stress Scale (PSS-10), Pittsburgh Sleep Quality Index (PSQI). Metode yang digunakan adalah analitik kuantitatif menggunakan desain studi cross-sectional dengan uji cox regression. Hasil penelitian didapatkan 74 responden (55,2%) mengalami hipertensi. Hasil analisis pada uji statistik menunjukkan bahwa terdapat hubungan antara riwayat genetik (p-value = 0,003), perilaku merokok (p-value = 0,014), stress (p-value = 0,029), kualitas tidur (p-value = 0,004), dan workshift (p-value = 0,000). Hasil analisis multivariat menunjukkan bahwa workshift (p-value: 0,010; HR =2,052 (95% CI: 1,1185—3,553) berhubungan paling dominan dengan hipertensi. Terdapat variabel confounding berupa stress dan riwayat genetik. Dari hasil penelitian perusahaan diharapkan melakukan evaluasi terhadap sistem workshift, mengadakan program edukasi kesehatan yang fokus pada pencegahan dan pengelolaan hipertensi, menerapkan kampanye anti-rokok di lingkungan kerja, dan mendorong pekerja untuk menjaga kualitas tidur yang baik.

Kata Kunci: Hipertensi, Pekerja *Offshore*, Workshift, Stress, Riwayat Genetik

DETERMINANTS OF HYPERTENSION INCIDENCE IN OFFSHORE WORKERS OF PT. X IN 2025

Fitria Bustan Nurfianty Azzahra

Abstract

The high prevalence of hypertension in offshore workers can have an impact on the company's work efficiency. The purpose of the study was to determine the factors associated with hypertension in offshore workers at PT. X in 2025. The research sample was offshore workers at PT. X with a sample of 134 workers. The study was conducted for one month, starting from May-June 2024. This study used a questionnaire on respondent characteristics, Food Frequency (FFQ), Global Physical Activity GPAQ, Glover Nilson Smoking Behavior Questionnaire (GN-SBQ), Perceived Stress Scale (PSS-10), Pittsburgh Sleep Quality Index (PSQI). The method used is quantitative analytic using a cross-sectional study design with a cox regression test. The results of the study showed that 74 respondents (55.2%) had hypertension. The results of the statistical test analysis showed that there was a relationship between genetic history (p -value = 0.003), smoking behavior (p -value = 0.014), stress (p -value = 0.029), sleep quality (p -value = 0.004), and workshift (p -value = 0.000). The results of the multivariate analysis showed that workshift (p -value: 0.010; HR = 2.052 (95% CI: 1.1185—3.553) was most dominantly related to hypertension. There were confounding variables in the form of stress and genetic history. From the results of the study, the company is expected to evaluate the workshift system, hold health education programs that focus on the prevention and management of hypertension, implement anti-smoking campaigns in the work environment, and encourage workers to maintain good sleep quality.

Keyword: Hypertension, Offshore Workers, Workshift, Stress, Genetik History