

**FAKULTAS KEDOKTERAN  
UNIVERSITAS PEMBANGUNAN NASIONAL "Veteran" JAKARTA  
Skripsi, November 2025**

**REFINAWATI WIBOWO, No. NRP 2210211096  
HUBUNGAN FAKTOR INDIVIDU DAN FAKTOR KERJA DENGAN  
TEKANAN DARAH PADA TENAGA KEPENDIDIKAN DI SALAH SATU  
FAKULTAS UNIVERSITAS KOTA JAKARTA TAHUN 2025**

RINCIAN HALAMAN (116 halaman, 15 tabel, 3 bagan, 7 lampiran)

#### **ABSTRAK**

**Introduksi:** Tekanan darah merupakan salah satu indikator kesehatan, khususnya terkait hipertensi. Berdasarkan data SKI (2023), prevalensi hipertensi pada pekerja melebihi 30%. Salah satu kelompok pekerja tersebut adalah tenaga kependidikan yang dapat diakibatkan oleh faktor yang berasal dari pekerjaan dan individu. **Metode:** Penelitian ini menggunakan pendekatan observasional analitik dengan desain potong lintang. Seluruh populasi diikutsertakan melalui teknik total sampling sebanyak 39 orang. Data dianalisis dengan uji statistik *Chi-square*, *Fisher-exact*, dan regresi multivariat logistik. **Hasil:** Usia dan IMT memiliki hubungan signifikan terhadap tekanan darah ( $p = 0.036$  dan  $p = 0.013$ ). Jenis kelamin ( $p = 0.076$ ), perilaku merokok ( $p = 0.057$ ), gaya hidup ( $p = 0.153$ ), riwayat keluarga hipertensi ( $p = 0.265$ ), beban kerja ( $p = 0.266$ ), dan kelelahan kerja ( $p = 0.631$ ) tidak berhubungan signifikan dengan tekanan darah. Analisis regresi logistik menunjukkan tekanan darah meningkat dengan penambahan IMT terhadap tekanan darah ( $p = 0.025$ ; OR = 8.037; 95% CI 1.29-49.9). **Kesimpulan:** Penelitian menunjukkan bahwa IMT dan usia berpengaruh terhadap tekanan darah responden. Faktor yang paling dominan adalah IMT.

**Daftar Pustaka : 101**

**Kata kunci :** Tekanan darah, faktor individu, faktor kerja

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**REFINAWATI WIBOWO, No. NRP 2210211096**

**ASSOCIATION BETWEEN INDIVIDUAL FACTORS AND WORK-RELATED FACTORS WITH BLOOD PRESSURE AMONG EDUCATIONAL STAFF IN ONE OF FACULTY AT JAKARTA, 2025**

PAGE DETAILS (116 pages, 15 tables, 3 charts, 7 appendices)

**ABSTRACT**

**Introduction:** Blood pressure is a critical indicator of cardiovascular health and plays an essential role in identifying individuals at risk for hypertension. Recent data from SKI (2023) reports that hypertension affects over 30% of the Indonesian workforce. Educational staff represent a relevant occupational group, and their blood pressure may result from combined effects of work-related and individual health factors.

**Methods:** This analytic cross-sectional study used a total sampling approach and included 39 participants. Statistical analyses used Chi-square and Fisher's exact tests, followed by logistic regression to determine independent predictors of blood pressure.

**Results:** Age and body mass index (BMI) were significantly associated with blood pressure ( $p = 0.036$  and  $p = 0.013$ , respectively). Gender ( $p = 0.076$ ), smoking behavior ( $p = 0.057$ ), lifestyle factors ( $p = 0.153$ ), family history of hypertension ( $p = 0.265$ ), workload ( $p = 0.266$ ), and work fatigue ( $p = 0.631$ ) did not show significant associations. Logistic regression identified BMI as an independent predictor of elevated blood pressure ( $p = 0.025$ ; OR = 8.037; 95% CI 1.29–49.9). **Conclusion:** Age and BMI were identified as influential factors related to blood pressure among educational staff, with BMI emerging as the strongest predictor.

**Bibliography : 101**

**Keywords :** Blood pressure, individual factors, occupational