

DETERMINAN KEJADIAN HIPERTENSI PADA PEKERJA PT X, TANGERANG SELATAN, TAHUN 2025

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Abstrak

Hipertensi pada pekerja merupakan masalah kesehatan kerja ditandai dengan kenaikan tekanan darah di atas nilai normal, sehingga berpotensi memicu terjadinya masalah komplikasi kesehatan. Kejadian hipertensi dapat diakibatkan oleh faktor individu, perilaku, dan kondisi lingkungan kerja. Tujuan penelitian ini adalah untuk mengetahui faktor risiko penyebab hipertensi terhadap pekerja PT X di Tangerang Selatan tahun 2025. Desain studi yang digunakan dari penelitian ini adalah *cross-sectional* dengan total populasi sebanyak 77 pekerja. Pengumpulan data dilakukan pada Oktober–Desember 2025 menggunakan kuesioner karakteristik responden, *Job Demand-Control Questionnaire* (JCQ), *Global Physical Activity Questionnaire* (GPAQ), *Workplace Stress Scale*, dan *Pittsburgh Sleep Quality Index* (PSQI). Analisis data univariat, bivariat dilakukan menggunakan uji *chi-square*, dan multivariat dengan uji regresi logistik ganda. Hasil penelitian menemukan sebesar 35,1% responden mengalami hipertensi. Status merokok merupakan faktor dominan yang memengaruhi kejadian hipertensi dengan $POR = 5,513$ (95% CI: 1,288–23,596) berdasarkan hasil analisis multivariat. Pengendalian perilaku merokok, pengelolaan stres kerja, dan pemeriksaan tekanan darah rutin perlu dilakukan sebagai upaya pencegahan hipertensi di lingkungan kerja.

Kata Kunci: Hipertensi, Pekerja Industri, Status Merokok, Stres Kerja, Faktor Risiko

DETERMINANTS OF HYPERTENSION AMONG WORKERS AT PT X, SOUTH TANGERANG, 2025

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Abstract

Hypertension among workers is an occupational health problem characterized by an increase in blood pressure above normal levels, which may lead to various health complications. The occurrence of hypertension can be influenced by individual, behavioral, and work environment factors. This study aimed to identify the risk factors associated with hypertension among workers at PT X in South Tangerang in 2025. The study employed a cross-sectional design with a total population of 77 workers. Data were collected from October to December 2025 using a respondent characteristics questionnaire, the Job Demand-Control Questionnaire (JCQ), the Global Physical Activity Questionnaire (GPAQ), the Workplace Stress Scale, and the Pittsburgh Sleep Quality Index (PSQI). Univariate and bivariate analyses were conducted using the chi-square test, while multivariate analysis was performed using multiple logistic regression. The results showed that 35.1% of respondents had hypertension. Smoking status was the dominant factor influencing the occurrence of hypertension, with a POR of 5.513 (95% CI: 1.288–23.596) based on the multivariate analysis. Smoking behavior control, management of work-related stress, and routine blood pressure monitoring are therefore necessary as preventive measures for hypertension in the workplace.

Keywords: Hypertension, Industrial Workers, Smoking Status, Work Stress, Risk Factors