

HUBUNGAN FAKTOR INDIVIDU DAN PAPARAN KEBISINGAN TERHADAP KEJADIAN HIPERTENSI PADA PEKERJA DI PT XYZ TAHUN 2025

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Abstrak

Hipertensi yang diderita oleh pekerja dapat mengakibatkan menurunnya produktivitas kerja dan kecelakaan kerja karena penurunan energi, kelelahan, dan konsentrasi yang buruk. Penelitian ini bertujuan untuk mengetahui hubungan antara faktor individu yang terdiri dari usia, riwayat hipertensi keluarga, IMT, perilaku merokok, aktivitas fisik, kualitas tidur, pola makan, dan konsumsi kopi serta kebisingan terhadap kejadian hipertensi di PT XYZ. Metode yang digunakan pada penelitian ini yaitu metode kuantitatif dengan desain studi *cross-sectional* dan dilaksanakan pada bulan November hingga Desember 2025. Sampel penelitian terdiri dari 78 responden yang dipilih melalui teknik *total sampling*. Penelitian ini menggunakan kuesioner karakteristik individu, *Global Physical Activity Questionnaire* (GPAQ), *Pittsburgh Sleep Quality Index* (PSQI), dan *Food Frequency Questionnaire* (FFQ). Selain itu, pengukuran kebisingan dilakukan menggunakan alat *Sound Level Meter*. Hasil analisis *chi-square* digunakan dalam penelitian ini. Didapatkan hasil bahwa sebanyak 29 responden (37,2%) mengalami hipertensi. Hasil analisis bivariat, menunjukkan hubungan antara usia ($p\text{-value} = 0,017$), riwayat hipertensi keluarga ($p\text{-value} = 0,008$), dan IMT ($p\text{-value} = 0,029$). Perusahaan diharapkan dapat mengupayakan program pengukuran tekanan darah secara berkala dan promosi kesehatan secara menyeluruh terkait faktor risiko dan bahaya dari penyakit hipertensi.

Kata Kunci: Faktor Individu, Hipertensi, Kebisingan, Pekerja

RELATIONSHIP BETWEEN INDIVIDUAL FACTORS AND NOISE EXPOSURE ON THE INCIDENCE OF HYPERTENSION AMONG WORKERS AT PT XYZ IN 2025

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Abstract

Hypertension can lead to workers decreased work productivity and workplace accidents due to reduced energy, fatigue, and poor concentration. This study aims to determine the relationship between individual factors consisting of age, family history of hypertension, BMI, smoking behavior, physical activity, sleep quality, diet, coffee consumption, and noise exposure on the incidence of hypertension at PT XYZ. The method used in this study was a quantitative method with a cross-sectional study design and was conducted from November to December 2025. The research sample consisted of 78 respondents selected through total sampling. This study used questionnaires on individual characteristics, the Global Physical Activity Questionnaire (GPAQ), the Pittsburgh Sleep Quality Index (PSQI), and the Food Frequency Questionnaire (FFQ). In addition, noise measurements were taken using a Sound Level Meter. Chi-square analysis was used in this study. The results showed that 29 respondents (37.2%) had hypertension. Bivariate analysis showed a relationship between age ($p\text{-value} = 0.017$), family history of hypertension ($p\text{-value} = 0.008$), and BMI ($p\text{-value} = 0.029$). Companies are expected to implement regular blood pressure measurement programs and comprehensive health promotion programs related to the risk factors and dangers of hypertension.

Keyword: Individual Factors, Hypertension, Noise, Worker