

HUBUNGAN FAKTOR INDIVIDU DAN SHIFT KERJA TERHADAP KEJADIAN HIPERTENSI PADA *DRIVER* DI PT JACKAL HOLIDAYS

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Abstrak

Hipertensi merupakan masalah kesehatan yang dipengaruhi oleh faktor individu maupun faktor pekerjaan. Pekerjaan sebagai *driver* di PT Jackal Holidays dengan durasi kerja yang panjang, *shift* kerja, dan beban kerja yang tinggi dapat menyebabkan kelelahan, gangguan ritme sirkadian, stres kerja, serta perubahan gaya hidup, seperti kualitas tidur yang buruk, kebiasaan merokok, dan pola makan yang tidak teratur. Kondisi tersebut meningkatkan tekanan darah dan berkontribusi terhadap terjadinya hipertensi. Penelitian ini bertujuan untuk menganalisis hubungan faktor individu dan *shift* kerja dengan kejadian hipertensi. Penelitian ini menggunakan metode kuantitatif dengan desain *cross-sectional* dan dilaksanakan pada bulan April–Mei 2026. Sampel penelitian berjumlah 75 responden yang dipilih menggunakan teknik *purposive sampling*. Data dikumpulkan menggunakan kuesioner karakteristik individu, *Glover Nilsson Smoking Behavioral Questionnaire* (GN-SBQ), *Pittsburgh Sleep Quality Index* (PSQI), *Perceived Stress Scale* (PSS), *Food Frequency Questionnaire* (FFQ), serta pengukuran tekanan darah menggunakan tensimeter digital. Analisis data dilakukan menggunakan uji *chi-square*. Hasil penelitian menunjukkan bahwa sebanyak 25 responden (33,3%) mengalami hipertensi. Analisis bivariat menunjukkan adanya hubungan antara usia ($p = 0,006$), indeks massa tubuh ($p = 0,035$), riwayat hipertensi keluarga ($p = 0,039$), dan *shift* kerja ($p = 0,049$) dengan kejadian hipertensi. Disimpulkan bahwa usia, indeks massa tubuh, riwayat hipertensi keluarga, dan *shift* kerja berhubungan dengan kejadian hipertensi pada *driver* PT Jackal Holidays. Perusahaan disarankan untuk melaksanakan pemeriksaan kesehatan secara berkala serta melakukan pemantauan kesehatan *driver* sebagai upaya deteksi dini dan pengendalian hipertensi.

Kata Kunci: Faktor Individu, Shift Kerja, Hipertensi, *Driver*

RELATIONSHIP BETWEEN INDIVIDUAL FACTOR AND WORK SHIFT ON THE INCIDENCE OF HYPERTENSION AMONG WORKERS AT PT JACKAL HOLIDAYS

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Abstract

Hypertension is a public health problem influenced by both individual and occupational factors. Working as a driver at PT Jackal Holidays involves long working hours, shift work, and high workloads, which may result in fatigue, disruption of the circadian rhythm, work-related stress, and unhealthy lifestyle behaviors, including poor sleep quality, smoking, and unhealthy dietary patterns. These conditions may increase blood pressure and contribute to the development of hypertension. This study was conducted to determine the association between individual factors and work shifts and the incidence of hypertension among drivers at PT Jackal Holidays. A quantitative study with a cross-sectional design was carried out from April to May 2026. The study included 75 respondents selected through purposive sampling. Data were collected using an individual characteristics questionnaire, the *Glover Nilsson Smoking Behavioral Questionnaire* (GN-SBQ), the *Pittsburgh Sleep Quality Index* (PSQI), the *Perceived Stress Scale* (PSS), the *Food Frequency Questionnaire* (FFQ), and blood pressure measurements obtained using a digital sphygmomanometer. The associations between variables were analyzed using the chi-square test. The findings indicated that 25 respondents (33.3%) had hypertension. Significant associations were identified between age ($p = 0.006$), body mass index ($p = 0.035$), family history of hypertension ($p = 0.039$), and work shifts ($p = 0.049$) and the incidence of hypertension. Meanwhile, smoking behavior, sleep quality, work-related stress, workload, length of employment, and dietary patterns were not significantly associated with hypertension ($p > 0.05$). In conclusion, age, body mass index, family history of hypertension, and work shifts were associated with hypertension among drivers at PT Jackal Holidays. Therefore, the company is encouraged to conduct regular medical examinations and continuous health monitoring for drivers to support the early detection and prevention of hypertension.

Keywords: Hypertension, individual factors, shift work, *drivers*