

## Pengaruh stresor kerja dan faktor lainnya terhadap risiko hipertensi pada karyawan kantor pusat PT A di Jakarta tahun 2004

Krisnawati F., author

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### Abstrak

Latar belakang. Hipertensi dapat terjadi pada semua orang termasuk para karyawan. Salah satu faktor risiko hipertensi antara lain adalah faktor stresor di lingkungan kerja. Oleh karena itu perlu diidentifikasi faktor stresor kerja dan faktor lainnya yang berpengaruh terhadap risiko hipertensi.

Metode. Desain penelitian ialah nested case-control. Kasus adalah karyawan yang menderita hipertensi atau sedang makan obat antihipertensi. Satu kasus dipadankan dengan dua orang kontrol menurut tahun kasus didiagnosis hipertensi dan menurut jenis kelamin. Kontrol dipilih di antara karyawan yang tidak pernah menderita hipertensi. Semua faktor risiko pada kasus dan kontrol dihitung sampai saat kasus didiagnosis hipertensi. Penelitian dilaksanakan di antara karyawan kantor pusat PT A Jakarta bulan Mei 2004 dengan jumlah karyawan 255 orang.

Hasil. Diperoleh 70 kasus hipertensi dan 140 kontrol. Subjek berumur 25 sampai 65 tahun. Risiko hipertensi berkaitan dengan stresor beban kualitas berlebih, stresor beban kuantitas berlebih, pengembangan karir, umur tua (55-65 tahun), obesitas, merokok, dan adanya riwayat hipertensi di antara keluarga. Sedangkan faktor ketaksamaan peran, konflik peran, dan tanggung jawab tidak terbukti mempertinggi risiko hipertensi. Jika dibandingkan dengan stresor beban kualitas ringan, stresor beban kualitas sedang tinggi mempertinggi risiko hipertensi 7 kali lipat [rasio odds (OR) suaian = 7,47; 95% interval kepercayaan (CI) = 1,40-39,76]. Selanjutnya jika dibandingkan dengan stresor beban kuantitas ringan, stresor beban kuantitas yang sedang tinggi mempertinggi risiko hipertensi 4 kali lipat (OR suaian = 4,10; 95% CI = 1,06-15,90).

Kesimpulan. Stresor beban kualitas berlebih, stresor kuantitas berlebih dan stresor pengembangan karir (moderat) mempertinggi risiko hipertensi, oleh karena itu stresor tersebut perlu dicegah.

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*Job Stressors and Other Risk Factors Related to Hypertension Risk Among PTA Employees in Jakarta Background. Every one including employees may suffer hypertension. Several risk factors including job stress are related to hypertension. Therefore, it is beneficiary to identifies the risk factors.*

Methods. This study used nested case-control design. Case was defined as an employee who had hypertension, or those who were under antihypertension treatment. One case was matched with two controls that never had hypertension and by gender. All risk factors were counted as of reference date for cases. This study has been done on 255 subjects among center office PTA employees in Jakarta in May 2004.

Results. There were 70 cases and 140 controls aged 25 to 65 years. Hypertension was related to quality job overload, quantity job overload, career development, elder age, obesity, current and past smoking habits,

and present offamily history on hypertension. However, it was noted that role ambiguity, role conflict, and responsibility did not increase the risk of hypertension. Compared with those who had mild qualitative job stressor, those who had moderate or heavy qualitative job stressor had a seven folds risk having hypertension [adjusted odds ratio (OR) = 7.47; 95% confidence interval (CI) = 1.40-39.76]. In addition, relative to those who had mild quantitative job stressor, those who had moderate or heavy ones had four times increased risk to have hypertension (adjusted OR = 4.10; 95% C1=1.06-15.90).

Conclusion. Moderate or heavy qualitative job stressor, moderate or heavy quantitative job stressor and career development increase the risk of hypertension, therefore these stressors need to be prevented.</i>