

Prevalensi hipertensi terkait dengan stres kerja dan faktor-faktor lain yang berhubungan pada karyawan rumah sakit X di Jakarta =  
Prevalence Of hypertension due to job stress and other related factors among "x" hospital`s employees in Jakarta, 2006

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Abstrak

Latar belakang dan Tujuan

Rumah sakit tidak bisa dipisahkan dari peran para perawatnya. Kini rumah sakit lebih rnenyarupai suatu industri kesehatan dengan segala tuntutan maupun dampaknya, antara lain stres kerja yang berinteraksi dengan faktor-faktor sosiodemografis, kardiavaskuler, dan lingkungan dapat menjadi salah sate penyebab timbulnya hipertensi. Penelitian ini bertujuan untuk mengetahui adanya hipertensi dikaitkan dengan faktor stresor kerja dan faktor lain yang berhubungan pada perawat di suatu rumah sakit di Jakarta

Metode

Penelitian ini menggunakan disain potong lintang, dengan pendekatan analisa rev-Iasi Cox. N1mgal:km1 diagnose hipertensi sesuai kriteria dalam The Seventh Report of The Joint National Committee On Prevention, Detection, Evaluation, And Treatment of High Blood Pressure (JNC VII). Data yang dikumpulkan meliputi karakteristik sosiodemografi, karakteristik lingkungan kerja, pengukuran tekanan darah, pengukuran indeks masa tubuh (oleh Laboratory Unit SEAMED-TROPED RCCN - UI), dan pengukuran stres kerja dengan menggunakan kuesioner Survei Diagaastik Sires. Penelitian dilaksanakan pada 233 perawat suatu rumah sakit di Jakarta, tahun 2006.

Hasil

Dari 233 subjek penelitian 85 orang dikeluarkan dengan kriteria prahipertensi, selanjutnya dari pengoiaan 148 subjek diperoleh 37 (15,8%) subjek dengan hipertensi stadium 1 & 2. Risiko hipertensi berkaitan dengan stresor kerja ketaksan peran secara moderat (RR suaian=1,95; 95%CI=0,98-3,86; p=0,055). Faktor yang berpengaruh secara bermakna terhadap risiko hipertensi meliputi: jenis kelamin dimana laki-laki memiliki risiko hampir 4 kali lipat menderita hipertensi dibandingkan perempuan (RR suaian=3,85; 95%CI=1,90-7,80; p=0,000); indeks masa tubuh berlebih 1 gemuk memiliki risiko 2,25 kali lipat untuk menderita hipertensi dibandingkan normal (RR suaian=2,25; 95%CI=1,08-4,69; p=0,030); serta masa kerja lebih dari 21 tahun berisiko 2,32 kali lipat untuk menderita hipertensi dibandingkan mereka yang masa kerjanya kurang dari 10 tahun (RR suaian2,32; 95%CI=1,03-5,17; p 0,007), sedangkan masa kerja lebih dad 10 tahun-20 tahun (RR suaian'2,22; 95%CI=0,91-5,41; p=1,101) dan adanya keluarga sedarah yang menderita hipertensi (RR suaian=1,76; 95%CI=0,88-3,51; p=0,105) berpengaruh secara moderat (p< 0,25).

Kesimpulan

Stresor kerja ketaksan peran mempertinggi risiko hipertensi secara moderat, faktor sosiodemografis lebih berperan oleh karena itu perlu intervensi yang tepat untuk mencegahnya.

<hr><i>Background

Hospital service including nursing service as one of its major role, is now changing from just health and care of patients into health industries with high demands and responsibilities. This situation can create job stresses, which may produce hypertension when interacted with sociodemographic, genetic, cardiovascular and environmental factors. The objective of this study is to obtain the relationship between hypertension and job stress and other associated factors among nurses in X hospital.

## Methods

This study used cross-sectional methods with Cox's-regression analyses, for 233 nurses in a semi military hospital in Jakarta, in 2006. Hypertension was diagnosed in accordance to The Seventh Report of The Joint National Committee On Prevention, Detection, Evaluation, And Treatment Of High Blood Pressure (JNC V) criteria. Collected data included sociodemographic-environmental characteristics, BP and BMI measurements (BMI measured by Laboratory Unit SEAMEO-TROPMED RCCN - UI), and job stressors characteristics measured with an Indonesian version of The 'Survei Diagnostik stres' questionnaire. Adjustments were made for possible confounders. The analyses were repeated for stratified categories of role ambiguity, gender, BMI, and familial traits for hypertension.

## Results

The study revealed that from 233 subjects 37 (15,8%) was diagnosed for hypertension stage 1 & 2. The analyses was on 148 subjects as 85 were excluded due to being diagnosed for Prehypertension. A moderate relationship was found between the risk of hypertension and the role ambiguity as job stressor (RR adjusted 1,95; 95% CI=0,98-3,86; p=0,055). Other factors showed strong relationship with hypertension due to job stresses are: "gender. Male has nearly 4 times to get risk of hypertension compared to female (RR adjusted 3,85; 95% CI=1,90-7,80; p=0,000); 2 BMI greater than 25 kg/m<sup>2</sup> (RR adjusted 2,25; 95% CI=1,08-4,69; p=0,030); 33 working at the same place more than 20 years (RR adjusted 1,32; 95% CI=1,03-5,17; p=0,007). On the other hand working more than 10 years (RR adjusted 2,22; 95% CI=0,91-5,41; p=0,101) and familial trait for hypertension (RR adjusted 1,76; 95% CI=0,88-3,51; p=0,105) show a moderate relationship to hypertension due to job stress.

## Conclusion:

Role ambiguity as a part of job stressors moderately increases the risk of hypertension, while genetic - sociodemographic factors play more important roles in increasing the risk. Therefore, intervention is greatly needed to manipulate genetic-sociodemographic factors to prevent hypertension with its side effects.

## Abbreviations:

BP, blood pressure; BMI, body mass index; SEAMEO-TROPMED RCCN - UI, Southeast Asian Ministers of Education Organization -- Tropical Medicine and Public Health regional Center for Community Nutrition - University of Indonesia; RR<sub>adj</sub>, relative risk adjusted.