

## Hubungan pola kerja dan faktor-faktor risiko lainnya terhadap kejadian hipertensi pada pekerja area produksi perusahaan migas X Kalimantan Timur tahun 2008

Trisnajaya

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### Abstrak

Hipertensi adalah salah satu penyakit sistem kardiovaskuler dengan prevalensi tertinggi di masyarakat dan dapat menimbulkan berbagai gangguan organ vital tubuh dengan akibat kelemahan fungsi organ cacat maupun kematian. Penelitian ini bertujuan untuk mengetahui hubungan usia, pola kerja, merokok, asupan garam, olahraga teratur dan status gizi terhadap kejadian hipertensi pada pekerja area produksi perusahaan migas X Kalimantan Timur tahun 2008. Penelitian ini tergolong penelitian observasional dengan rancangan penelitian kasus kontrol. Populasi penelitian adalah pekerja di area produksi lapangan produksi S perusahaan migas X Kalimantan Timur tahun 2008. Sampel penelitian adalah seluruh pekerja di area produksi lapangan produksi S yang menderita hipertensi mempunyai hubungan bermakna dengan hipertensi (p value = 0,005, OR = 3,000 95% CI: 1,385-6,499), { p value = 0,043, OR = 2,286 95% CI: 1,092-4,783), merokok tidak menunjukkan hubungan bermakna dengan terjadinya hipertensi (p value = 0,550, CI: 0,627 - 3,013), konsumsi garam mempunyai hubungan bermakna dengan hipertensi (p value = 0,045, OR = 2,486 95% CI: 1,096-5,641), olahraga teratur mempunyai hubungan bermakna (p value = 0,033, OR = 2,833 95% CI: 1,165-6,892) dan status gizi mempunyai hubungan bermakna dengan hipertensi (p value = 0,028, OR = 2,429 95% CI: 1,163-5,071). Dari seluruh faktor risiko tersebut yang paling dominan adalah olahraga teratur. Program surveilans dan promosi kesehatan pekerja perlu dilakukan untuk mengetahui dan mencegah faktor-faktor hipertensi lainnya.

Hypertension is one of the cardiovascular system illnesses with the highest prevalence in the community and can cause serious disturbance of the vital body organ with resulting from the weakness of the organ function, the defect and the death. This research aimed at knowing the association of the age, the pattern of work, smoking, salt consumption, doing regular sport and the status of the nutrient towards the hypertension incident in the workers of the production area of oil and gas company X in East Kalimantan year 2008, This research is classified as an observational research with the plan of control case research. The research population is the workers in the production area nutrient status. The dependent variable is hypertension. The data is processed quantitatively and is analysed with the computer help. The results of this research into 120 (60 cases and 60 controls) workers in production area of the production field "S" in oil and gas company "X" shows that age has significant relations with hypertension (p value = 0,005, OR = 3,000 95% CI: 1,385-6,499), the pattern of work has significant relations with hypertension (p value = 0,043, OR = 2,286 95% CI: 1,092-4,783) smoking has not significant relations with hypertension (p value = 0,550, OR = 1,375 95% CI: 0,627-3,013), salt consumption has significant relations with hypertension (p value = 0,045, OR = 2,486 95% CI: 1,096-5,641), doing regular sport has significant relations with hypertension (p value = 0,033, OR = 2,833 95% CI: 1,165-6,892) and the nutrient status has significant relations with hypertension (p value = 0,028, OR = 2,429 95% CI: 1,163-5,071). From all those risk factors, the most dominant is doing regular sport. Surveillance and health promotion program should be done to detection and prevention about other hypertension risk factors.