

## ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan stres kerja dan kelelahan kerja dengan kejadian hipertensi pada karyawan PT Milano Kebun Sei Daun. Latar belakang penelitian ini didasarkan pada adanya kasus hipertensi yang ditemukan pada karyawan PT Milano Kebun Sei Daun yang diduga berkaitan dengan kondisi stres dan kelelahan kerja. Penelitian ini menggunakan metode kuantitatif dengan desain *cross sectional*. Populasi dalam penelitian ini adalah seluruh karyawan PT Milano Kebun Sei Daun sebanyak 52 orang, dengan jumlah sampel sebanyak 52 responden yang diperoleh menggunakan teknik *total sampling*. Pengumpulan data dilakukan menggunakan kuesioner dan lembar observasi. Analisis data dilakukan secara univariat untuk mengetahui distribusi frekuensi masing-masing variabel, serta analisis bivariat menggunakan uji *Chi-Square* untuk mengetahui hubungan antarvariabel. Penelitian ini telah memperoleh persetujuan etik dari Komisi Etik Penelitian Kesehatan Universitas Prima Indonesia dengan nomor surat etik 010/KEPK/UNPRI/III/2026, sehingga seluruh prosedur penelitian telah memenuhi prinsip etika penelitian yang berlaku. Hasil penelitian menunjukkan bahwa terdapat 26,9% responden yang mengalami hipertensi. Selain itu, ditemukan sebanyak 2 responden mengalami stres kerja tinggi disertai hipertensi, dan 3 responden mengalami kelelahan kerja tinggi disertai hipertensi. Hasil uji *Chi-Square* menunjukkan bahwa variabel stres kerja memiliki nilai  $p\text{-value} = 0,044$  ( $p < 0,05$ ) dan variabel kelelahan kerja memiliki nilai  $p\text{-value} = 0,000$  ( $p < 0,05$ ), sehingga dapat disimpulkan bahwa terdapat hubungan yang signifikan antara stres kerja dan kelelahan kerja dengan kejadian hipertensi pada karyawan PT Milano Kebun Sei Daun. Berdasarkan hasil penelitian tersebut, disimpulkan bahwa stres kerja dan kelelahan kerja merupakan faktor yang berhubungan dengan kejadian hipertensi pada karyawan PT Milano Kebun Sei Daun.

**Kata kunci :** Stres Kerja, Kelelahan Kerja, Hipertensi, Karyawan

## ABSTRACT

*This study aimed to determine the relationship between work stress and work fatigue and the incidence of hypertension among employees of PT Milano Kebun Sei Daun. The background of this study was based on the occurrence of hypertension cases among employees of PT Milano Kebun Sei Daun, which were suspected to be associated with work stress and fatigue. This study employed a quantitative method with a cross-sectional design. The population consisted of all employees of PT Milano Kebun Sei Daun, totaling 52 individuals. The sample included 52 respondents selected using a total sampling technique. Data were collected through questionnaires and observation sheets. Data were analyzed using univariate analysis to determine the frequency distribution of each variable and bivariate analysis using the ChiSquare test to examine the relationships between variables. This study received ethical approval from the Health Research Ethics Committee of Universitas Prima Indonesia with ethical approval number 010/KEPK/UNPRI/III/2026. Therefore, all research procedures complied with applicable research ethics principles. The results showed that 26.9% of respondents had hypertension. In addition, 2 respondents experienced high work stress accompanied by hypertension, and 3 respondents experienced high work fatigue accompanied by hypertension. The Chi-Square test results indicated that the work stress variable had a p-value of 0.044 ( $p < 0.05$ ), while the work fatigue variable had a p-value of 0.000 ( $p < 0.05$ ). Thus, it can be concluded that there is a significant relationship between work stress and work fatigue and the incidence of hypertension among employees of PT Milano Kebun Sei Daun. Based on the findings of this study, it can be concluded that work stress and work fatigue are factors associated with the incidence of hypertension among employees of PT Milano Kebun Sei Daun.*

**Keywords:** *Work Stress, Work Fatigue, Hypertension, Employees.*