

ABSTRAK

Hipertensi merupakan salah satu penyakit tidak menular yang menjadi masalah kesehatan masyarakat karena dapat meningkatkan risiko penyakit kardiovaskular. Stres kerja dan kualitas tidur merupakan faktor yang diduga berpengaruh terhadap kejadian hipertensi pada pekerja. Penelitian ini bertujuan untuk mengetahui pengaruh stres kerja dan kualitas tidur terhadap kejadian hipertensi pada pekerja di wilayah kerja Puskesmas Labuhan Deli. Penelitian ini menggunakan desain kuantitatif dengan pendekatan cross sectional. Sampel penelitian berjumlah 98 responden yang dipilih menggunakan teknik purposive sampling. Pengumpulan data dilakukan menggunakan kuesioner Job Stress Questionnaire (JSQ), Pittsburgh Sleep Quality Index (PSQI), serta pengukuran tekanan darah menggunakan sphygmomanometer. Analisis data dilakukan secara univariat dan bivariat menggunakan uji Chi-Square dengan tingkat kemaknaan $\alpha = 0,05$. Hasil penelitian menunjukkan bahwa 42,9% responden mengalami stres kerja tinggi, 63,3% memiliki kualitas tidur buruk, dan 53,1% mengalami hipertensi. Hasil uji Chi-Square menunjukkan terdapat pengaruh yang signifikan antara stres kerja dengan kejadian hipertensi ($p\text{-value} = 0,019$) serta kualitas tidur dengan kejadian hipertensi ($p\text{-value} = 0,019$). Penelitian ini menyimpulkan bahwa stres kerja dan kualitas tidur berpengaruh terhadap kejadian hipertensi pada pekerja di wilayah kerja Puskesmas Labuhan Deli. Oleh karena itu, diperlukan upaya pengelolaan stres kerja, peningkatan kualitas tidur, serta edukasi pencegahan hipertensi untuk menurunkan risiko hipertensi pada pekerja.

Kata Kunci: stres kerja, kualitas tidur, hipertensi, pekerja.

ABSTRACT

*Hypertension is one of the non-communicable diseases that has become a major public health concern due to its association with an increased risk of cardiovascular diseases. Work stress and sleep quality are factors that are presumed to influence the occurrence of hypertension among workers. This study aimed to determine the effect of work stress and sleep quality on the incidence of hypertension among workers in the working area of Labuhan Deli Public Health Center. This study employed a quantitative research design with a cross-sectional approach. A total of 98 respondents were selected using a purposive sampling technique. Data were collected using the **Job Stress Questionnaire (JSQ)** to assess work stress, the **Pittsburgh Sleep Quality Index (PSQI)** to evaluate sleep quality, and blood pressure measurements using a sphygmomanometer. Data were analyzed using univariate and bivariate analyses with the Chi-Square test at a significance level of $\alpha = 0.05$. The results showed that **42.9%** of respondents experienced high work stress, **63.3%** had poor sleep quality, and **53.1%** had hypertension. The Chi-Square test indicated a significant association between work stress and hypertension (**p-value = 0.019**) as well as between sleep quality and hypertension (**p-value = 0.019**).*

This study concludes that work stress and sleep quality significantly influence the incidence of hypertension among workers in the working area of Labuhan Deli Public Health Center. Therefore, effective stress management, improved sleep quality, and hypertension prevention programs are recommended to reduce the risk of hypertension among workers.

Keywords: work stress, sleep quality, hypertension, workers.