

PENGARUH AKTIVITAS FISIK TERHADAP KEJADIAN HIPERTENSI PADA PEKERJA (ANALISIS DATA RISKESDAS 2013)

INTISARI

Latar belakang: Hipertensi yang dibiarkan dapat menyebabkan komplikasi terhadap jantung, otak, mata dan ginjal. Prevalensi hipertensi menurut jenis pekerjaan pada pegawai 20,6%, wiraswasta 24,7%, petani, nelayan dan buruh: 25%. Aktivitas fisik pekerja berdasarkan data Riskesdas 2013 yang masih kurang adalah pegawai 23,3%; wiraswasta 18,3%; dan petani, nelayan, dan buruh 13,4%. Variabel luar yang mempengaruhi hipertensi adalah faktor risiko yang dapat diubah dan tidak dapat diubah.

Tujuan: Untuk mengetahui pengaruh aktivitas fisik dan variabel luar terhadap hipertensi pada pekerja.

Metode: Penelitian kuantitatif non eksperimen menggunakan data Riskesdas 2013 dengan rancangan *cross sectional*. Populasi sebanyak 1.027.763 dengan sampel yang memenuhi kriteria inklusi, yaitu responden mempunyai pekerjaan utama, berusia ≥ 15 tahun, diukur tinggi badan, berat badan, lingkar perut, tekanan darah, dan tidak sedang hamil, sebanyak 371.713. Data dianalisis secara univariabel, bivariabel dan multivariabel.

Hasil: Aktivitas fisik mempengaruhi kejadian hipertensi pada pekerja dengan OR sebesar 1,25 (CI 95%: 1,21-1,28), aktivitas fisik dengan melibatkan variabel luar menjadi 1,08 (CI 95%: 1,05-1,11). Variabel luar yang menjadi faktor risiko hipertensi meliputi: umur, obesitas, obesitas abdominal, mantan perokok, konsumsi makanan berlemak ≥ 1 kali/hari, stres, riwayat DM, gagal ginjal kronis dan batu ginjal.

Kesimpulan: Aktivitas fisik berpengaruh terhadap kejadian hipertensi pada pekerja. Diharapkan pekerja melakukan aktivitas fisik ≥ 600 MET/minggu.

Kata kunci: aktivitas fisik, hipertensi, pekerja

EFFECT OF PHYSICAL ACTIVITY
ON HYPERTENSION EVENTS IN WORKERS
(DATA RISKESDAS 2013 ANALYSIS)

ABSTRACT

Background: Hypertension which is neglected can cause complications of the heart, brain, eyes and kidneys. Prevalence of hypertension by type of work are on employee 20.6%, self-employed 24.7%, farmers, fishermen and laborers: 25%. The physical activity of the workers based on the data of Riskesdas 2013 which is still lacking are 23.3% of employees; entrepreneur 18.3%; and farmers, fishermen, and workers 13.4%. External variables that affect hypertension are risk factors that can be changed and can not be changed.

Objective: To know the influence of physical activity and external variables on hypertension in workers.

Method: Non-experimental quantitative research using Riskesdas 2013 data with cross sectional design. The population of 1,027,763 with the sample fulfilling the inclusion criteria of the respondents had the main job, aged ≥ 15 years, measured height, weight, abdominal circumference, blood pressure, and not being pregnant, as many as 371,713. Data were analyzed univariate, bivariate and multivariate.

Results: Physical activity affects the incidence of hypertension in workers with OR of 1.25 (95% CI: 1.21-1.28), physical activity involving external variables to 1.08 (95% CI: 1.05-1.11). External variables that become hypertension risk factors include age, obesity, abdominal obesity, former smokers, consumption of fatty food ≥ 1 times/day, stress, history of DM, chronic renal failure and kidney stones.

Conclusion: Physical activity affects the incidence of hypertension on many workers. It is expected that workers do physical activity ≥ 600 MET/week.

Keywords: physical activity, hypertension, workers