

The Relationship Between a Healthy Lifestyle and the Risk of Hypertension Among Employees of PT X in Jakarta

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ABSTRACT

A healthy lifestyle is a sustained commitment to uphold or engage in a number of activities that support bodily functioning and have a positive effect on health. A diet is a method of controlling the kind and quantity of food consumed; it can help prevent or treat illnesses and maintain nutritional status and overall health. The goal of this study was to ascertain if a healthy lifestyle and the risk of hypertension in Jakartan PT X personnel are related. This study employed a cross-sectional methodology and a correlation design. A questionnaire was employed in the data collection process. According to the study's findings, half of the staff members were late adults (52%), the majority were male (56%), the majority had college degrees (68%), the majority led good lifestyles (60%), and the majority had low risk of hypertension (52%). Twenty-five employees who led good lifestyles were included in the analysis of the relationship between a healthy lifestyle and the risk of hypertension among PT X employees in Jakarta. A low risk of hypertension was present in 76.5%. The Chi-Square test results obtained a P-value of 0.000 ($P\text{-value} \leq \alpha = 0.05$) with an OR of 2.064-27.252. It can be inferred that among PT X employees in Jakarta, a healthy lifestyle is associated with a lower risk of hypertension

INTRODUCTION

According to estimates from the World Health Organization (WHO), 22% of people worldwide suffer from hypertension. Africa has the greatest rate of hypertension (27%). With a predominance of 25% of the entire population, Southeast Asia comes in third place (Aprillia, 2020). 39% of adults worldwide have high total cholesterol (37% of males and 40% of women). With 185,857 instances, the Ministry of Health reported that hypertension was the most common non-communicable disease (Ministry of Health of Indonesia, in April, 2020).

People who adopt unhealthy lifestyles, such as eating a diet heavy in fat, salt, and sugar, tend to overeat, which raises blood vessel fat and raises the risk of diabetes (Feldman et al., 2017). Fast food overconsumption causes the body to contain too much fat, sugar, and salt, which impairs the kidneys' ability to eliminate urine effectively and raises blood pressure (Agussalim, 2020).

This research strategy is consistent with a study by Mutie et al. (2020) that demonstrated that while domestic activities like cleaning and watching TV can raise the risk of hypertension, 300 minutes of physical exercise per week can lower the risk of both hypertension and cholesterol. Resistance exercise can raise lean body mass, which in turn raises the resting metabolic rate.

From November 2024 to January 2025, the researcher collected data on the risk of hypertension in 25 individuals at PT X in Jakarta for the preliminary study.

Given the background information provided above, research is required to ascertain the connection between PT X employees' risk of hypertension and leading a healthy lifestyle.

LITERATURE REVIEW

High blood pressure can raise the risk of hypertension and have an influence on PT X personnel' productivity due to long work hours. Long workdays are linked to poor lifestyle choices, such as smoking, eating poorly, and not exercising, and they also shorten sleep and rest periods. Blood fat will be impacted by poor eating habits, such as irregular meal times and inconsistent food consumption, which raises the risk of atherosclerosis, which leads to hypertension. Furthermore, the body's excessive salt levels influence urine production, which in turn influences elevated blood pressure (Pallarés-Carratalá et al., 2019). Because a lack of physical activity can cause blood vessels to shrink because of fat, it is also a risk factor for overweight (Akbarpour et al., 2019).

METHODOLOGY

This kind of study uses a descriptive-analytic methodology and is quantitative in nature. 25 respondents at PT X in Jakarta participated in the quantitative method, which uses numerical data and statistical analysis. (Ardianto & Elisanti, 2020). To ascertain if a healthy lifestyle and the risk of hypertension among PT X employees are related, univariate and bivariate analysis utilizing the Chi-Square test are performed. (2020, Notoatmodjo).

A three-part questionnaire was used to obtain the data: Demographic information (age, gender, and education) is covered in Part A of the survey, while respondents' knowledge is covered in Part B, which consists of 37 statements.

Research Location and Time

The research was conducted in February 2025 at PT X in Jakarta.

Population and Sample

Population

The population is a category for generalization made up of items or people with specific attributes and traits chosen by the researcher to be examined (Elisanti & Ardianto, 2020). The employees of the PT X office in Jakarta make up the study's population.

Sample

According to Elisanti and Ardianto (2020), a sample is a subset of a population whose values or characteristics may be measured and subsequently used to estimate the

RESULTS

The association between a healthy lifestyle and the risk of hypertension among PT X employees will be discussed in this chapter. The following table displays the research review:

According to the research findings gathered from 25 respondents, 10 respondents (40%) had low knowledge, whereas 15 respondents (60%) had strong understanding in their lifestyle. Thirteen (52%) of the employees with poor knowledge and twelve (48%) of the employees with high knowledge were at risk for hypertension. The findings of the Chi-Square statistical test showed a P-value = 0.000 (P-value < 0.05), thus H1 is accepted and Ha is rejected. This suggests that there is a connection between PT X employees' risk of hypertension and leading a healthy lifestyle.

Figure 1 displays the statistical findings of the frequency distribution for employees' awareness of leading a healthy lifestyle. Employee Knowledge Frequency Distribution (n = 25).

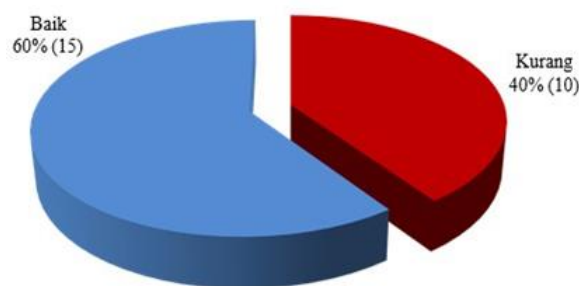


Figure 1. Displays the Statistical Findings of the Frequency Distribution for Employees' Awareness of Leading a Healthy Lifestyle

It demonstrates that 60% of workers are aware of the importance of leading a healthy lifestyle (15).

Figure 2. Frequency Distribution of employees based on hypertension risk (n = 25).

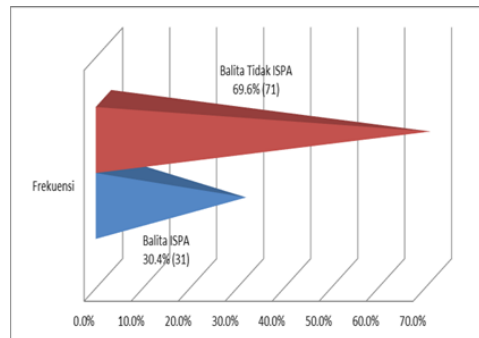


Figure 2. Displays the Statistical Findings of the Frequency Distribution for the Hypertension Risk Variable

At 52%, the data indicate that the risk frequency for hypertension is primarily modest.

Table 1. Shows the Association Between PT X Employees' Risk of Hypertension and Leading a Healthy Lifestyle in Jakarta

Gaya Hidup	Risiko Hipertensi				Total		OR (95% CI)	Pvalue
	Rendah		Tinggi		N	%		
	N	%	N	%				
Baik	8	76.5%	20	23.5%	10	100%	7.500 (2.064-27.252)	0.000
Kurang	2	13.3%	13	86.7%	15	100%		

The findings of the examination of the connection between a healthy lifestyle and the risk of hypertension among PT X employees are displayed in Table 1. It was discovered that employees with limited education had a 52% (32) risk of hypertension, whereas those with strong knowledge but an unhealthy lifestyle accounted for 40% (10). A healthy lifestyle and the risk of hypertension among PT X personnel are significantly correlated, according to the statistical test results, which revealed a p-value of 0.000.

DISCUSSION

The Connection Between PT X Employees' Risk of Hypertension and Leading a Healthy Lifestyle in Jakarta

According to this survey, 15 employees, or 60%, had healthy lifestyles. In order to help hypertensive patients manage their blood pressure and avoid consequences, this research can be followed up with further information about healthy lifestyle choices for hypertension.

The findings of this study are consistent with Anggraeni's (2018) research, which found that 26 respondents (43.3%) fell into the category of good healthy lifestyle behavior, whereas 34 respondents (56.7%) fell into the category of poor healthy lifestyle activity. Human needs are expressed through behavior, which is how people react to stimuli or their surroundings. A number of psychological phenomena, including motivation, interest, perception, will, knowledge, attitudes, and wants, are reflected in human behavior (Hartono, 2016).

This study supports the findings of Fadhli's (2018) research. 156 young adults make up the population of this quantitative, cross-sectional study. The study's findings indicate that there is a substantial correlation between lifestyle and the incidence of hypertension, with a relationship between the two variables of $p=0.016$ (p value < 0.05).

The findings of this study are consistent with a study by Aminuddin (2020) titled "Lifestyle in Patients with Hypertension in RT 17, Baqa Sub-district, Samarinda Seberang," in which 22 respondents (49%) had hypertension and the majority of respondents were between the ages of 20 and 44. Blood pressure rises with age for nearly everyone, with systolic pressure continuing to rise until age 80 and diastolic pressure continuing to climb until age 60 (Muhammadun, 2020).
The Relationship Between a Healthy Lifestyle and the Risk of Hypertension Among Employees of PT X in Jakarta

According to the research findings from 25 employees, 12 respondents (48%) were at risk of hypertension, 10 respondents (40%) had inadequate knowledge, and 13 non-hypertensive respondents (52%) had good understanding. There is a correlation between a healthy lifestyle and the risk of hypertension among PT X employees in Jakarta, according to the findings of the Chi-Square statistical test, which indicated a P-value of 0.000 (P -value < 0.05). As a result, H_1 was accepted and H_a was refused. This study also supports the idea that unhealthy routines and habits, like excessive sitting, smoking, alcoholism, high-fat and low-fiber diets, obesity, stress, and drug use, can have a negative impact on a person's health and are linked to the development of hypertension. (Cahyono, 2018).

CONCLUSIONS AND RECOMMENDATIONS

Twenty-five employees of PT X in Jakarta participated in the study that examined the association between a healthy lifestyle and the risk of hypertension. A low risk of hypertension was present in 76.5%. With a p -value of 0.000 (p -value $< \alpha = 0.05$) and an OR of 2.064-27.252 from the Chi-Square test, it can be said that there is a connection between PT X employees' risk of hypertension and leading a healthy lifestyle.

FURTHER STUDY

This study still has limitations so further research is needed on the topic of The Relationship Between a Healthy Lifestyle and the Risk of Hypertension Among Employees to perfect this study and increase insight for readers and writers.

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