

**PROGRAM STUDI S1 ILMU KESEHATAN MASYARAKAT FAKULTAS
KESEHATAN & INFORMATIKA INSTITUT KESEHATAN PAYUNG
NEGERI PEKANBARU**

Studi *Literature Review*, Oktober 2025

Paskah Anatasya Simanjuntak

**Hubungan Stres Kerja dengan Penyakit Hipertensi pada Pekerja Bengkel
Otomotif**

xiii+77 halaman+3 tabel+5 lampiran

ABSTRAK

Penelitian ini bertujuan meninjau hubungan antara stres kerja dan kejadian hipertensi pada pekerja bengkel otomotif. Metode yang digunakan adalah *Literature Review* (LR) dengan pendekatan PICO. Artikel diperoleh melalui *Sinta*, *PubMed*, dan *ScienceDirect* menggunakan kata kunci “work stress,” “hypertension,” dan “automotive workshop workers.” Dari artikel yang ditemukan, 20 artikel dipilih berdasarkan kriteria inklusi dan eksklusi. Hasil menunjukkan bahwa pekerja bengkel otomotif mengalami stres kerja akibat beban kerja berat, paparan panas dan kebisingan, waktu istirahat terbatas, serta rendahnya kompensasi dan dukungan sosial. Stres kerja kronis dapat meningkatkan aktivitas sistem saraf simpatik dan hormon kortisol yang menyebabkan peningkatan tekanan darah serta risiko hipertensi. Faktor usia, masa kerja, dan kebiasaan merokok turut memperkuat hubungan tersebut. Pencegahan dapat dilakukan melalui manajemen beban kerja dan stres, penerapan K3, penggunaan APD, serta peningkatan dukungan sosial untuk menciptakan lingkungan kerja yang sehat dan produktif.

Kata Kunci : Stres terkait pekerjaan, hipertensi, pekerja bengkel otomotif, kesehatan kerja

Daftar Bacaan: 20 (2015–2025)

**UNDERGRADUATE PROGRAM IN PUBLIC HEALTH, FACULTY OF
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NEGERI PEKANBARU**

Literature Review Study, October 2025

Paskah Anatasya Simanjuntak

**The Relationship Between Work-related Stress and Hypertension Among
Automotive Workshop Workers**

xiii+77 pages+3 tables+5 appendices

ABSTRACT

This study aims to examine the relationship between work-related stress and the incidence of hypertension among automotive workshop workers. The method used was a literature review (LR) employing the PICO approach. Articles were retrieved from Sinta, PubMed, and ScienceDirect using the keywords “work stress,” “hypertension,” and “automotive workshop workers.” From the articles identified, 20 were selected based on inclusion and exclusion criteria. The results indicate that automotive workshop workers experience work-related stress due to heavy workloads, exposure to heat and noise, limited rest periods, and low compensation and social support. Chronic work-related stress can increase sympathetic nervous system activity and cortisol levels, leading to elevated blood pressure and an increased risk of hypertension. Factors such as age, length of service, and smoking habits further strengthen this association. Prevention can be achieved through workload and stress management, the implementation of occupational safety and health (OSH) measures, the use of personal protective equipment (PPE), and enhanced social support to create a healthy and productive work environment.

Keywords: *Work-related stress, hypertension, automotive workshop workers, occupational health*

References: *20 (2015–2025)*