

Stresor tanggung jawab personal dan faktor lainnya terhadap risiko stresor beban kerja kualitatif rendah pada pemandu lalu lintas udara di Bandar Udara Internasional Soekarno-Hatta = personal responsible and other factors related to slight qualitative workload stressor among air traffic controller at Soekarno-Hatta International Airport

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Abstrak

Latar belakang. Pemandu lalu lintas udara (PLLU) mempunyai tanggungjawab yang tinggi yang akan mempertinggi kemungkinan stresor kerja kualitatif. Namun masih terdapat yang mempunyai stresor beban kerja kualitatif rendah. Tujuan penelitian untuk mengidentifikasi stresor kerja kualitatif (SBKL) rendah dan faktor yang berkaitan di antara PLLU di Bandara Soekarno-Hatta.

Metode. Studi kros-seksional pada November 2008 dengan subjek PLLU efektif bekerja minimal 6 bulan. Penelitian ini menggunakan kuesioner standar survei diagnostik stres. Kuesioner stresor rumah tangga yang diisi subjek.

Hasil. Subjek berumur 27-55 tahun terdiri dari 121 PLLU dengan SBKL sedang/berat dan serta 14 PLLU dengan SBKL rendah. Stresor yang rendah dalam hal stresor tanggung jawab personal, stresor ketaksamaan peran, stresor pengembangan karir, serta persepsi suhu ruangan tidak dingin meningkatkan SBKL rendah. Sebaliknya, subjek yang menikah menurunkan risiko SBKL rendah. Faktor jenis kelamin, umur, jumlah anak, pendidikan, kebiasaan merokok, kebiasaan olah raga, jabatan, unit kerja, masa kerja, pengalaman pemanduan lalu lintas penerbangan, pelatihan manajemen stres, pekerjaan tambahan, penerangan, kebisingan, tempat duduk, tata letak, ruangan, stresor konflik peran dan stresor rumah tangga tidak terbukti berhubungan dengan SBKL rendah. Subjek yang mempunyai stresor tanggung jawab personal rendah dibandingkan dengan yang berat berisiko 6,4 kali lipat SBKL rendah [odds ratio (OR) = 6,39; 95% interval kepercayaan (CI) = 1,12-36,44]. Subjek dengan persepsi subyektif tidak dingin dibanding terlalu dingin kemungkinan 9,2 kali lipat SBKL rendah (OR = 9,22; CI 95% = 1,69-50,09).

Kesimpulan. Stresor tanggung jawab personal rendah dan suhu nyaman meningkatkan kemungkinan SBKL rendah pada PLLU. Oleh karena itu perlu program konseling SBKL dan penyediaan baju hangat yang ergonomis.

<hr>Background: Air traffic controllers (ATCs) have high responsibility which may result in qualitative work load stressor (QLWS). However, some of them still have slight QLWS. This study identified several risk factors related to slight qualitative work load stressor among the ATCs.

Methods. This cross sectional study was conducted in November 2008 at International Soekarno-Hatta Airport. Subjects consisted of active ATCs with minimum 6 months working tenure. The study used standard diagnostic as well as home stressor questionnaire surveys) and filled by the participants.

Results. Subjects aged 27 - 55 years consisted of 121 ATCs with moderate/heavy QLWS and 14 ATCs with the slight QLWS. Low personal responsibility, ambiguity, as well as development career stressor, freezing room temperature perception increased risk slight QLWS. However, married subjects had lower risk to be slight QLWS. Several demographic factors and habits, job (title, unit, length of employment), experience to control near miss flights, stress management training, role conflict and home stressor were not noted had

correlation with slight QLWS. Subjects with low than moderate/high personal responsibility stressor had increased risk to be slight QLWS for 6.4-fold (adjusted odd ratio (ORa) 6.39; 95% confidence interval (CI) 1.12-36.44). Those who felt comfortable than freezing room temperature had 9.2-fold risk to be slight QLWS (ORa 9.22; 95% CI 1.69-50.09).

Conclusion. Low personal responsibility stressor and comfortable room temperature increased risk slight QLWS. Hence, ATCs need to be provided ergonomic warm jacket and the qualitative work load stressor counseling program.