

Stres dan temporomandibular disorder pada aircrew = Stress and temporomandibular disorder in aircrew

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Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20391142&lokasi=lokal>

Abstrak

Latar Belakang : Telah diketahui bahwa stres merupakan salah satu faktor penyebab terjadinya Temporomandibular Disorder (TMD), dan "Home Stress", yang merupakan bagian dari stres psikososial perlu diperhatikan. Selama ini, fenomena tersebut belum pernah diteliti sebelumnya pada aircrew di Indonesia.

Tujuan : Menganalisis korelasi stres dengan TMD pada aircrew.

Metode : Cross Sectional pada 318 aircrew maskapai komersial nasional di Jakarta. Subjek mengisi dua jenis kuesioner, yaitu Indeks Diagnostik TMD untuk mendiagnosis TMD dan Modifikasi Sloan and Cooper's Questionnaire untuk mendiagnosis stres, yang terdiri dari "Home Stress" dan "pengaruh Home Stress pada pekerjaan", kemudian dilakukan uji hipotesis korelatif numerik distribusi data tidak normal.

Hasil Penelitian : Hasil uji Spearman menunjukkan bahwa terdapat korelasi antara "Home Stress" dan "pengaruh Home Stress pada pekerjaan" dengan TMD pada aircrew ($p=0.000$). Korelasi tersebut juga didapatkan pada cockpit crew ($p=0.000$) maupun cabin crew ($p = 0.000$). Nilai korelasi (r) yang didapat berturut-turut adalah 0.363, 0.387, 0.345, 0.341, 0.393 dan 0.346.

Kesimpulan : Terdapat korelasi yang sedang antara stres dengan TMD pada aircrew.

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Background : It is known that stress is one of the risk factor for Temporomandibular Disorder (TMD), and "Home Stress" as part of a psychological stress should get more attention. Until so far, this phenomenon in Indonesian aircrew had never been studied yet.

Objectives : The aim of this study was to analyze the correlation between stress and Temporomandibular Disorder in aircrew.

Methods : A cross sectional study was performed towards 318 commercial aircrew of national company in Jakarta. The subjects were asked to fill two kinds of questionnaire, first was TMD Diagnostic Index to assess the TMD and the other was Modification of Sloan and Cooper's Questionnaire to examine the stress which was consisted of two sections, "Home Stress" and "Effect Home Stress at Work". Then the correlative numerical hypothetic analysis was done.

Results : Spearman test showed that there was a correlation between "Home Stress" , "Effect Home Stress at Work" and TMD in aircrew ($p=0.000$). This correlation was also found in cockpit crew ($p=0.000$) and cabin crew ($p = 0.000$). The Spearman rank correlation coefficients (r) were 0.363, 0.387, 0.345, 0.341, 0.393 and 0.346.

Conclusion : There is a fair degree of correlation between stress and TMD in aircrew.