

Hubungan jumlah sektor 24 jam terakhir dan beberapa faktor lainnya terhadap risiko kelelahan pada pramugari sipil di Indonesia = Number of sector and other factors and risk of fatigue among civil female flight attendant in Indonesia

Dyah Vinianti, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20415188&lokasi=lokal>

Abstrak

Latar belakang: Kelelahan yang dialami oleh pramugari dapat mempengaruhi sebagian besar kemampuan dalam melaksanakan tugas. Tujuan penelitian ini untuk mengidentifikasi faktor-faktor yang mempengaruhi kelelahan pada pramugari sipil di Indonesia.

Metode: Desain potong lintang dengan sampling purposif pada pramugari yang melaksanakan pengujian kesehatan di Balai Kesehatan Penerbangan dan Garuda Sentra Medika, tanggal 27 April?13 Mei 2015.

Kelelahan diukur dengan Fatigue Severity Scale (FSS). Data dikumpulkan menggunakan kuesioner , meliputi demografi, pekerjaan, kehilangan waktu tidur , beban kerja mental dan kelelahan.

Hasil: Di antara 512 pramugari yang melaksanakan pemeriksaan kesehatan, 373 subyek termasuk kriteria inklusi, dengan prevalensi kelelahan 36,2%. Jumlah sektor, kehilangan waktu tidur, perubahan jadwal terbang dan kadar hemoglobin merupakan faktor yang berhubungan dengan kelelahan. Jumlah sektor lebih dari enam memiliki risiko 37% menyebabkan kelelahan [risiko relatif suaian (RRa)=1,37;p=0,095].

Kehilangan waktu tidur berisiko dua kali lebih besar menyebabkan kelelahan (RRa=2,07;p=0,000).Perubahan jadwal terbang dan kadar hemoglobin rendah memiliki risiko 44%(RRa=1,41;p=0,011) dan 33%(RRa=1,33;p=0,042) menyebabkan kelelahan.

Simpulan: Jumlah sektor 7-9 dalam 24 jam terakhir, kehilangan waktu tidur, perubahan jadwal terbang dan kadar hemoglobin rendah meningkatkan risiko kelelahan pada pramugari sipil di Indonesia.

.....
Background: Fatigue among flight attendants could affect the capabilities in performing duties. The aim of this study were to investigate factors on fatigue among female flight attendant in Indonesia.

Methods: Cross-sectional study with purposive sampling was directed to female flight attendant who were taking medical examination at Balai Kesehatan Penerbangan and Garuda Sentra Medika, from April 27th-May 13th 2015. Fatigue was measured with Fatigue Severity Scale (FSS). Data were collected by completing an questionnaire on demographics, workload, sleep restriction, mental workload and fatigue.

Results: Among 521 flight attendant were taking medical examination, 373 were choosen as subject and the percentage of fatigue was 36.2%. Number of sector, sleep restriction, changed of duty schedule and hemoglobin level were the factors related to fatigue. Subject with number of sector more than six had 37% increase risk to have fatigue [adjusted relative risk(RRa)=1.37;p=0.095]. Subject with sleep restriction had 2-fold risk to have fatigue(RRa=2.07;p= 0.000). Subject with changed of duty schedule and low hemoglobin levels have 41%(RRa=1.41;p=0.011) and 33%(RRa=1.33;p=0.042) increase risk to have fatigue.

Conclusions: Number of 7-9 sectors in the last 24 hours, sleep restriction, changed of duty schedule and low hemoglobin level have increased risk of fatigue among flight attendant in Indonesia.