

## Hubungan stres dengan temporomandibular disorder pada pilot TNI AU = The relationship between stress and temporomandibular disorder in Indonesian Air Force Pilot.

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### Abstrak

Latar Belakang: Pilot TNI AU terdiri dari korp tempur, helikopter dan transport merupakan salah satu profesi dengan tingkat stres yang tinggi. Pilot tempur mengalami g-force yang tinggi. Hal ini disebabkan perubahan lingkungan penerbangan meliputi perubahan tekanan udara, suplai oksigen, suhu dan percepatan yang dapat menyebabkan gangguan sendi temporomandibula atau Temporomandibular Disorder (TMD) pada pilot. Penelitian mengenai hubungan stres dengan TMD, serta bruxism sebagai respon terhadap stres dan keausan gigi sebagai akibat bruxism terhadap TMD di pilot TNI AU belum pernah dilakukan di Indonesia.

Tujuan: Menganalisis hubungan antara stres, bruxism dan keausan gigi terhadap TMD pada pilot transport dan tempur TNI AU.

Metode: Penelitian menggunakan desain cross-sectional pada 50 pilot tempur dan 50 pilot transport TNI AU. Setiap subjek dilakukan pemeriksaan klinis menggunakan formulir Axis I DC/TMD untuk menentukan diagnosa TMD dan menggunakan kriteria identik untuk mengukur keausan gigi. Setelah itu setiap subjek mengisi kuesioner bruxism dari American Academy of Sleep Medicine dan kuesioner stres emosional dari indeks etiologi TMD.

Hasil Penelitian: Uji mann-whitney menunjukkan bahwa terdapat perbedaan bermakna antara stres dengan TMD pada pilot transport ( $p = 0.018$ ) dan pilot tempur ( $p = 0.010$ ). Uji mann-whitney menunjukkan bahwa terdapat perbedaan bermakna antara bruxism dengan TMD pada pilot transport ( $p = 0.000$ ) dan pilot tempur ( $p = 0.000$ ). Uji mann-whitney menunjukkan bahwa terdapat perbedaan bermakna antara keausan gigi dengan TMD pada pilot transport ( $p = 0.000$ ) dan pilot tempur ( $p = 0.000$ ).

Kesimpulan: Terdapat hubungan antara stres dengan TMD pada pilot TNI AU baik pilot transpor maupun pilot tempur.

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Background: Indonesian Air Force pilots consists of fighter and transport corp are one of the professions with high levels of stress. Fighter pilots experience high g-force. This is due to changes in the aviation environment including changes in barometric pressure, oxygen supply, temperature and acceleration which can cause Temporomandibular Disorder (TMD) on pilot. The study analyzing the association between stress and TMD, as well as bruxism in response to stress and tooth wear as a result of bruxism against TMD in Indonesian Air Force pilots has never been conducted in Indonesia.

Objective: Analyzing the relationship between stress, bruxism and tooth wear with TMD in transport pilots and fighter pilots of Indonesian Air Force.

Method: This cross sectional study assessed the data of 50 transport pilots and 50 fighter pilots of Indonesian Air Force. Subject performed a clinical examination using the Axis I DC/TMD form to determine the diagnosis of TMD and used identical criteria to measure tooth wear. After that each subject fills the bruxism questionnaire from American Academy of Sleep Medicine and emotional stress

questionnaire from the TMD etiology index.

Result: Mann-whitney test showed significant differences between stress and TMD in transport pilot ( $p = 0.018$ ) and fighter pilot ( $p = 0.010$ ). Mann-whitney test showed significant differences between bruxism with TMD in transport pilot ( $p = 0.000$ ) and fighter pilot ( $p = 0.000$ ). Mann-whitney test showed significant differences between tooth wear and TMD in transport pilot ( $p = 0.000$ ) and fighter pilot ( $p = 0.000$ ).

Conclusion: Stress was associated with TMD in Indonesian Air Force Pilot both transport pilot and fighter pilot.