

Hubungan faktor sosiodemografis, lingkungan kerja, dan stressor kerja terhadap gangguan mental emosional pada pekerja navigasi udara cabang pontianak di Bandara Udara International Supadio-Pontianak tahun 2020 = Relationship sociodemographic, work environment and work stressor against mental emotional disorders in air navigation (Airnav) branch west-Borneo at west-Borneo Supadio International Airport 2020

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Abstrak

Gangguan Mental Emosional (GME) adalah suatu kondisi yang mengindikasikan seseorang mengalami perubahan psikologis yang mungkin merupakan sebuah kondisi normal, tetapi dapat juga merupakan kondisi patologis. Istilah lain GME adalah distress psikologik atau mental distress. Penelitian ini bertujuan untuk mengetahui prevalensi GME dan hubungannya dengan lingkungan kerja, sosiodemografis, dan stressor kerja pada pekerja navigasi udara (airnav) cabang Pontianak di Bandara Udara Internasional Supadio-Pontianak. Penelitian ini dilakukan secara deskriptif dengan potong lintang. Seratus tiga puluh pekerja airnav dari 97 petugas airnav cabang Pontianak telah diambil datanya lewat kuesioner. Hasil penelitian menunjukkan bahwa prevalensi GME pada seluruh petugas airnav adalah 12%, diantaranya 9,5% petugas lalu lintas udara (controller), tidak terdapat hubungan bermakna faktor sosiodemografis dan lingkungan kerja terhadap gangguan mental emosional dan terdapat hubungan bermakna faktor stressor pengembangan karier dengan gangguan mental emosional. Kesimpulannya prevalensi gangguan mental emosional pada seluruh pekerja airnav adalah 12% , diantaranya 9,5% adalah petugas lalu lintas udara (controller). Terdapat hubungan bermakna faktor stressor kerja pengembangan karier terhadap gangguan mental emosional pada pemandu lalu lintas udara di Bandara Udara Internasional Supadio-Pontianak.

.....Mental Emotional Disorder (MED) is a condition that indicates a person experiencing psychological changes which may be a normal condition, but can also be a pathological condition. Another term for MED is psychological distress or mental distress. This study aims to determine the prevalence of MED and its relationship with the work environment, sociodemographics, and work stressors of the worker air navigation (airnav) branch West-Borneo at West Borneo-Supadio International Airport. This research was conducted descriptively with a cross section. One hundred and thirty Airnav workers out of 97 Airnav Pontianak branch officers had their data collected through questionnaires. The results showed that the prevalence of MED in all airnav workers was 12%, including 9.5% air traffic controllers, there was no significant relationship between sociodemographic factors and work environment on mental emotional disorders but there was a significant relationship between career development stressors and MED. In conclusion, the prevalence of mental emotional disorders in all airnav officers is 12%, of which 9.5% are air traffic officers (controllers). There is a significant relationship between career development work stressors and emotional mental disorders in air traffic controllers at West Borneo-Supadio International Airport.