

Hubungan Kualitas Tidur Dengan Dangerous Driving Behavior Pada Pengemudi Bus Antar Kota Antar Provinsi (AKAP) = Relationship Between Sleep Quality and Dangerous Driving Behaviors of Intercity Bus Drivers

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Abstrak

Latar belakang: Kecelakaan bus dan truk tahun 2019 tercatat 500 peristiwa dengan 119 korban jiwa. Penyebab kecelakaan 60% berasal dari faktor manusia. Salah satunya adalah dangerous driving behavior dan kualitas tidur. Tujuan penelitian untuk mengetahui hubungan kualitas tidur dan faktor lain terhadap dangerous driving behavior pada pengemudi bus antar kota antar provinsi (AKAP).

Metode: Dilakukan pada Oktober 2022, desain analitik potong lintang. Metode consecutive sampling digunakan dengan minimal 78 pengemudi bus. Instrumen yang digunakan Dula Dangerous Driving Behavior Index (DDDI) dan Pittsburgh Sleep Quality Index (PSQI) telah di validasi dalam Bahasa Indonesia. Analisa multivariat regresi logistik digunakan untuk memprediksi faktor dominan.

Hasil: Total 133 pengemudi bus komersial, 55,6% mempunyai kualitas tidur buruk dan dangerous driving behavior rendah-sangat rendah (83,5%). Kualitas tidur memiliki hubungan signifikan dengan dangerous driving behavior (p -value=0,03, aOR (adjusted Odds Ratio)=9,1). Faktor lain yakni kebiasaan merokok (p =0,01, aOR=26). Nilai R square yang didapat adalah 0,48.

Kesimpulan: Pengemudi dengan kualitas tidur buruk dan dangerous driving behavior tinggi mempunyai proporsi lebih kecil. Namun ada hubungan antara keduanya dimana semakin buruk kualitas tidur pengemudi maka beresiko lebih tinggi berperilaku dangerous driving behavior. Faktor resiko lain yang berhubungan adalah kebiasaan merokok.

.....Background: There were 500 bus and truck accidents in 2019 with 119 fatalities. 60% of accidents are caused by the human factor. One of them is dangerous driving behavior and sleep quality. The aim of the study was to determine the relationship between sleep quality and other factors on dangerous driving behavior among intercity bus drivers.

Method: Performed in October 2022, cross-sectional analytical design. The consecutive sampling method was used with a minimum of 78 bus drivers. The instruments used by the Dula Dangerous Driving Behavior Index (DDDI) and the Pittsburgh Sleep Quality Index (PSQI) have been validated in Indonesian.

Multivariate logistic regression analysis was used to predict the dominant factor.

Results: Of a total of 133 commercial bus drivers, 55.6% had poor sleep quality and low-very low dangerous driving behavior (83.5%). Sleep quality has a significant relationship with dangerous driving behavior (p -value=0.03, aOR (adjusted Odds Ratio)=9.1). Another factor is smoking habits (p =0.01, aOR=26). R square value obtained is 0.48.

Conclusion: Drivers with poor sleep quality and high dangerous driving behavior have a smaller proportion. However, there is a relationship between the two where the poorer the sleep quality of the driver, the higher the risk of dangerous driving behavior. Another related risk factor is smoking habit.