

Hubungan dukungan purser dan faktor lainnya dengan kecenderungan depresi pada pramugari penerbangan sipil di Indonesia = Correlation between purser support and other factors of depression tendency in Indonesia civil aviation flight attendant

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Abstrak

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Latar belakang: kecenderungan depresi yang berkaitan dengan dukungan purser, rekan kerja, beban kerja mental dan masa kerja pada pramugari akan mempengaruhi kinerja dan absen kerja. Tujuan penelitian ini membuktikan pengaruh dukungan purser dan faktor lainnya terhadap kecenderungan depresi pada pramugari penerbangan sipil di Indonesia.

Metode: Studi potong lintang dengan sampling purposif pada tanggal 12-28 Mei 2014 terhadap pramugari yang sedang melakukan pengujian kesehatan rutin di Balai Kesehatan Penerbangan, Jakarta. Pengambilan data dengan kuesioner Beck inventory dan NIOSH generic job stress. Kecenderungan depresi dianalisis dengan menggunakan regresi linear

Hasil: Jumlah total pramugari yang melakukan pengujian kesehatan rutin di Balai Kesehatan Penerbangan 242 orang, tetapi yang memenuhi kriteria inklusi adalah 145 orang, kecenderungan depresi dipengaruhi oleh dukungan purser, dukungan di luar pekerjaan dan beban kerja mental. Beban kerja mental terbukti meningkatkan kecenderungan depresi [koefisien regresi (β) = 0,549; $p = 0,045$] sedangkan dukungan purser [β = 0,552; $p = 0,033$] dan dukungan di luar pekerjaan [β = -1,191; $p = 0,000$] terbukti menurunkan kecenderungan depresi.

Kesimpulan: Dukungan purser dan dukungan di luar pekerjaan menurunkan kecenderungan depresi, sedangkan beban kerja mental meningkatkan kecenderungan depresi.

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ABSTRACT

Background: Depression is associated with a tendency purser support, co-workers support, and mental workload on the flight attendants working lives will affect the performance and absence from work. The purpose of this study demonstrate the influence of other factors support the purser and the tendency of depression in civil aviation flight attendants in Indonesia.

Methods: A cross-sectional study with purposive sampling on 12-28 May 2014 at flight attendant who was doing a routine health examination in Aviation Medical Center, Jakarta. Questionnaire data retrieval Beck inventory and NIOSH generic job stress. The tendency of depression were analyzed using linear regression

Results: The total number of flight attendants who perform routine health examination in aviation medical Center hall 242 flight attendant, but the inclusion and exclusion criteria in this study was 145 flight

attendant, depression tendencies influenced by the purser support, support outside work and mental workload. Mental workload proved increase of depression ($p = 0.045$, $\beta = 0.549$). whereas purser support ($p = 0.033$, $\beta = 0.552$) and support outside work ($p = 0.000$, $\beta = -1.191$) shown to reduce the tendency of depression.

Conclusion: Purser support and support outside work reduces the tendency of depression, whereas mental workload increases of depression.

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