

## Hubungan antara stres dengan sleep bruxism pada aircrew = Relationship between stress and sleep bruxism in aircrew

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### Abstrak

[<b>ABSTRAK</b><br>

Latar belakang: Sleep bruxism merupakan aktifitas parafungsi yang berhubungan dengan keadaan tidur. Salah satu penyebabnya adalah stres (?home stress? dan ?pengaruh home stress terhadap pekerjaan?) pada lingkungan kerja dengan tanggung jawab dan resiko tinggi seperti profesi aircrew pada lingkungan penerbangan. Namun penelitian mengenai stres dan sleep bruxism pada aircrew di Indonesia belum pernah dilakukan

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Tujuan: Menganalisis hubungan antara stres dengan sleep bruxism pada aircrew.

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Metode: Subjek terdiri dari 214 aircrew maskapai penerbangan nasional Indonesia. Subjek melakukan pengisian 2 kuesioner yaitu modifikasi Sloan and Cooper?s questionnaire dan kuesioner sleep bruxism.

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Penelitian ini melalui 2 tahap yaitu pada tahap pertama dilakukan uji validasi dan reliabilitas modifikasi Sloan and Cooper?s questionnaire, kemudian tahap kedua dilakukan uji potong lintang.

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Hasil: Uji Mann-Whitney menunjukkan tidak terdapat hubungan bermakna antara ?home stress? dan umur dengan sleep bruxism ( $p > 0.05$ ). Uji t tidak berpasangan menunjukkan terdapat hubungan bermakna antara ?pengaruh home stress terhadap pekerjaan? dengan sleep bruxism ( $p < 0.05$ ). Uji Chi-Square tidak menunjukkan hubungan bermakna antara jenis kelamin dan jabatan dengan sleep bruxism ( $p > 0.05$ ).

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Kesimpulan: Tidak terdapat hubungan yang bermakna antara ?home stress? dan sleep bruxism, namun terdapat hubungan yang bermakna antara ?pengaruh home stress terhadap pekerjaan? dan sleep bruxism pada aircrew.;

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Background: Sleep bruxism is parafunctional activities that related to sleep condition. One of the etiology is stress (?home stress? and ?effect home stress at work?) at working environment with high risk and responsibility such as aircrew in aviation. However research about stress and sleep bruxism among aircrew in Indonesia has not yet been done.

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Objective: To analyze the relationship between stress and sleep bruxism among aircrew

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Methods: 214 subjects are aircrew at national Indonesia airline. Subjects were ask to fill 2 questionnaires i.e. modification of Sloan and Cooper?s questionnaire and sleep bruxism questionnaire. This study was analyzed in 2 steps, the first was to test the validity and reliability of modification Sloan and Cooper?s questionnaire, and the second step was cross-sectional design.

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Result: Mann-Whitney test showed that there was no significantly difference between ?home stress? and age with sleep bruxism ( $p > 0.05$ ). Unpaired-t test showed that there was significantly difference between ?effect home stress at work? with sleep bruxism ( $p < 0.05$ ). Chi-Square test showed that there was no significantly difference

between gender and job position with sleep bruxism ( $p > 0.05$ ).

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Conclusion: There was no correlation found between ?home stress? and sleep bruxism, however a correlation found between ?effect home stress at work? with sleep bruxism among aircrew.;Background: Sleep bruxism is parafunctional activities that related to sleep condition. One of the etiology is stress (?home stress? and ?effect home stress at work?) at working environment with high risk and responsibility such as aircrew in aviation. However research about stress and sleep bruxism among aircrew in Indonesia has not yet been done.

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