

## Hubungan antara stres penerbang dan gejala psikopatologi pada penerbang militer Indonesia = Relationship of stress and psychopatology in Indonesian military aviator

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### Abstrak

[Penerbang militer memiliki kemungkinan kecil mengalami gejala psikopatologi karena karakter mereka yang kuat dalam menghadapi stres. Penelitian dilakukan untuk melihat adanya psikopatologi pada penerbang militer Indonesia serta hubungannya dengan stres penerbang. Metode yang digunakan penelitian analitik dengan rancang potong lintang terhadap penerbang militer aktif Indonesia. Stres dinilai dengan kuesioner Sumber Stres Pilot Airline Modifikasi, gejala psikopatologi diukur dengan kuesioner Symptom Check List 90 (SCL 90). Subyek penelitian yang mengalami gejala psikopatologi sebesar 7.8%. Tidak ada hubungan antara stres penerbang dengan munculnya gejala psikopatologi pada subyek penelitian ( $p=0.083$ ). ;Military aviators are less likely to experience symptoms of psychopathology because of their character in the face of stress. This research aimed to find the presence of psychopathological symptoms in Indonesia military aviators and relationship with aviator stress. This research was an analytic study with a cross-sectional design to active military aviators. Stress were evaluated using the Sumber Stres Pilot Airline Modifikasi questionnaire whereas psychopathological symptom was evaluated using the Symptom Check List 90 (SCL 90) tool. The prevalence of psychopathological symptoms were 7.8%. There were no significant relationships between levels of stress with the presence of psychopathological symptoms in the study participants ( $p=0.083$ )., Military aviators are less likely to experience symptoms of psychopathology because of their character in the face of stress. This research aimed to find the presence of psychopathological symptoms in Indonesia military aviators and relationship with aviator stress. This research was an analytic study with a cross-sectional design to active military aviators. Stress were evaluated using the Sumber Stres Pilot Airline Modifikasi questionnaire whereas psychopathological symptom was evaluated using the Symptom Check List 90 (SCL 90) tool. The prevalence of psychopathological symptoms were 7.8%. There were no significant relationships between levels of stress with the presence of psychopathological symptoms in the study participants ( $p=0.083$ ).]