

# Hubungan stres kerja dan beberapa faktor lainnya terhadap risiko gangguan siklus haid pada pramugari penerbangan sipil di Indonesia = Correlation between job stress and other risk factors on menstrual cycle disorder among civil flight attendants in Indonesia

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## Abstrak

Latar belakang: Stres kerja pada pramugari mengurangi tingkat konsentrasi dan kinerja dalam tugas terbang, serta menimbulkan gangguan fisiologis berupa gangguan siklus haid. Penelitian ini bertujuan mengidentifikasi stres kerja dan faktor lainnya terhadap risiko gangguan siklus haid pada pramugari.

Metode: Desain potong lintang dengan sampling purposif pada pramugari usia 19-50 tahun yang melaksanakan pengujian kesehatan berkala di Balai Kesehatan Penerbangan dan Garuda Sentra Medika tanggal 18-29 Mei 2015. Data untuk gangguan siklus haid dikumpulkan melalui kuesioner. Stres kerja diidentifikasi dengan National Institute for Occupational Safety and Health generic job stress questionnaire mental demands.

Hasil: Di antara 521 pramugari yang melaksanakan pengujian kesehatan, tersedia 251 subyek yang terpilih. Stres kerja, jenis penerbangan long haul dan pernah merokok merupakan faktor risiko dominan yang berhubungan dengan gangguan siklus haid. Subyek dengan stres kerja berisiko 2 kali lebih tinggi mengalami gangguan siklus haid [risiko relatif suaian (RRa)= 2,03; p= 0,104]. Subyek dengan jenis penerbangan jarak jauh 1 tahun terakhir berisiko 79% mengalami gangguan siklus haid (RRa= 1,79; p= 0,041). Subyek yang pernah merokok berisiko 70% mengalami gangguan siklus haid (RRa= 1,70; p= 0,072).

Kesimpulan: Pramugari penerbangan sipil dengan stres kerja, jenis penerbangan jarak jauh dalam 1 tahun dan pernah merokok, memiliki risiko lebih tinggi mengalami gangguan siklus haid.

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Background: Job stress among female flight attendants reduce level of concentration and flight duty performance, also cause physiological disorder such as menstrual cycle disorder. This study aimed to identify risk factors related to menstrual cycle disorder on female flight attendants.

Methods: A cross-sectional with purposive sampling was conducted on female flight attendants age 19-50 years who underwent periodic medical examination at Civil Aviation Medical Center and Garuda Sentra Medika on May 18-29, 2015. Menstrual cycle disorder data collected with questionnaire. Job stress was identified by using National Institute for Occupational Safety and Health generic job stress questionnaire mental demands.

Results: Among 521 flight attendants, 251 subjects to analyze. Job stress, flight type and ever smoked were the risk factors related to menstrual cycle disorder. Subjects who had job stress had 2 times higher risk to menstrual cycle disorder [adjusted relative risk (RRa)= 2.03; p= 0.104]. Subject who had long haul flight had 79% higher risk to menstrual cycle disorder (RRa= 1.79; p= 0.041). Subject who ever smoke had 70% higher risk to be menstrual cycle disorder (RRa= 1.70; p= 0.072).

Conclusions: Female civilian flight attendant who had job stress, long haul flight within the last one year, and who ever smoked had higher risk to be menstrual cycle disorder.