

## Stres kerja terhadap risiko gangguan durasi haid pada pramugari maskapai sipil di Indonesia = Job stress and risk of menstrual duration disorder among female civilian flight attendants in Indonesia

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### Abstrak

[Latar belakang: Stres kerja pada pramugari dapat menyebabkan gangguan durasi haid yang menimbulkan dampak psikologis sehingga performa kerja terganggu. Tujuan penelitian adalah untuk mengetahui faktor-faktor risiko yang berhubungan terhadap gangguan durasi haid pada pramugari.

Metode: Penelitian potong lintang dengan metode convenient sampling dilakukan pada pramugari yang melakukan pemeriksaan kesehatan berkala di Balai Kesehatan Penerbangan dan Garuda Sentra Medika tanggal 18-29 Mei 2015. Data gangguan durasi haid dikumpulkan melalui kuesioner. Stres diidentifikasi dengan National Institute for Occupational Safety and Health Generic Job Stress Questionnaire Mental Demands Form Number 11. Analisis dilakukan dengan regresi Cox.

Hasil: Sebanyak 393 dari 521 pramugari berusia 19-50 tahun setuju berpartisipasi, 19 dieksklusi karena menderita gangguan durasi haid sebelum bekerja sehingga jumlah total 374 subyek dan 35,8% di antaranya menderita gangguan durasi haid. Stres kerja, jenis penerbangan dan usia merupakan faktor risiko yang berhubungan dengan gangguan durasi haid. Pramugari dengan stres kerja memiliki risiko menderita gangguan durasi haid 58% lebih tinggi [risiko relatif suaian (RRa)=1,58; confidence interval (CI)= 0.96-2.62; p=0,071]. Pramugari dengan jenis penerbangan jarak jauh dalam tiga bulan terakhir memiliki risiko gangguan durasi haid 69% lebih tinggi (RRa=1,69; CI=1.17-2.43; p=0,004). Pramugari berumur 30-39 tahun memiliki risiko gangguan durasi haid 50% lebih rendah (RRa=0,50; CI=0.22-1.02; p=0,057).

Kesimpulan: Pramugari dengan stres kerja, jenis penerbangan jarak jauh dalam tiga bulan terakhir dan berusia 19-24 tahun dibandingkan dengan usia 30-39 tahun memiliki risiko lebih tinggi terhadap gangguan durasi haid.;Background: Job stress on female flight attendants can lead to menstrual duration disorder and cause psychological effects that impaired work performance. The research objective was to identify risk factors related to menstrual duration disorder in female flight attendants.

Methods: A cross-sectional study with convenient sampling was conducted on female flight attendants age 19-50 years who underwent routine medical examination at Civil Aviation Medical Center and Garuda Sentra Medika, Jakarta on May 18-29 2015. Menstrual duration disorder data collected with questionnaire. Stress was identified by using National Institute for Occupational Safety and Health Generic Job Stress Questionnaire Mental Demands Form

Number 11. Relative risk was analyzed by Cox regression.

Results: Among 521 female flight attendants age of 19-50 years old, 393 were willing to participate in this study with 19 subjects were excluded and 35.8% from total of 374 subjects had menstrual duration disorder. Job stress, flight type and age were the risk factors related to menstrual duration disorder. Subjects with job stress and long haul flight within three months had higher risk for having menstrual duration disorder by 58% [adjusted relative risk (RRa)=1.58; confidence interval (CI)= 0.96-2.62; p=0.071] and 69% (RRa=1.69; CI=1.172.43;

p=0.004) respectively. Those between age 30-39 years old had 50% less risk of having menstrual duration disorder (RRa=0.50; CI=0.22-1.02; p=0.057).

Conclusion: Female flight attendants with job stress, long haul flight within three months and younger age had higher risk to be menstrual duration disorder. , Background: Job stress on female flight attendants can lead to menstrual

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