

Hubungan Persepsi akan pentingnya latihan fisik bagi kesehatan dan faktor-faktor lain yang berpengaruh terhadap kebiasaan latihan fisik pada pilot sipil di Indonesia = The Relationship of perception of the importance of physical exercise for health and other factors that influence on the habits of physical training in civil pilots

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Abstrak

Latar belakang: Salah satu penyebab inkapasitasi pada pilot adalah penyakit kardiovaskular sehingga perlu dilakukan pengendalian faktor risiko untuk mencegah progresivitas penyakit tersebut, diantaranya adalah dengan melakukan latihan fisik sesuai dengan rekomendasi ACSM. Oleh karena itu perlu dilakukan penelitian mengenai faktor-faktor yang berhubungan terhadap kebiasaan latihan fisik pada pilot sipil di Indonesia.

Hasil: 46,17% subjek memiliki kebiasaan latihan fisik sesuai rekomendasi ACSM, sedangkan 53,83% tidak memiliki kebiasaan latihan fisik yang sesuai. Jika dibandingkan dengan pilot yang mempunyai persepsi latihan fisik tidak penting bagi kesehatan, maka pilot dengan persepsi latihan fisik yang sangat penting bagi kesehatan nampaknya lebih besar 1,64 kali lipat memiliki kebiasaan latihan fisik sesuai.

Simpulan: Faktor risiko yang berpengaruh terhadap kebiasaan latihan fisik adalah persepsi pentingnya latihan fisik bagi kesehatan, jam terbang 7 hari terakhir, IMT serta Indeks Brinkman.

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Background: One of the most dangerous causes of incapacitation among the civil pilot is cardiovascular disease. To prevent it, those risk factors must be manageable by doing physical exercise based on the ACSM recommendation. The study objective is to identify the factors that related with the physical exercise habit among the civil pilots in Indonesia.

Method: A cross sectional study based on the Healthy Lifestyle Survey towards 600 civil pilots, who did their medical examination at the Aviation Medical Center, Jakarta and met the inclusion/exclusion criteria. The collected data were demographic and job characteristics, physical exercise habits, body weight, heights. The data was obtained through interview and physical examinations. Pilot was categorized as having an appropriate physical exercise habit if he/she spent 150 minutes of moderate intensity exercise per week or 75 minutes of vigorous intensity exercise per week.

Results: 46.17% subjects had appropriate physical exercise habit based on ACSM recommendation; meanwhile 53.83% subjects did not. Compared to the pilot who perceived that physical exercise is not important for health, pilot who perceived that physical exercise is very important for health is 1, 64 times more likely to have appropriate physical exercise.

Conclusion: Risk factors of the inappropriate physical exercise habit among the civil pilot are perceived importance of physical exercise, flight hour in 7 consecutive days, BMI, and Brinkman Index.