

Hubungan jam terbang terhadap risiko fatigue pada penerbang sipil di Indonesia = Flight hours and risk of fatigue on the civilian pilots in Indonesia

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Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20460545&lokasi=lokal>

Abstrak

Latar Belakang: Dalam dunia penerbangan, fatigue dapat menyebabkan inkapasitasi pilot dan mengakibatkan kecelakaan pesawat. Jam terbang merupakan salah satu faktor yang berhubungan dengan risiko fatigue. Tujuan dari penelitian ini adalah untuk mengidentifikasi hubungan jam terbang 7 hari dan beberapa faktor lain terhadap risiko fatigue pada pilot sipil di Indonesia. Metode: Sebuah studi cross sectional dengan consecutive sampling dilakukan pada pilot sipil yang sedang melakukan medical check-up di Balai Kesehatan Penerbangan di Jakarta pada Juni 2016. Karakteristik demografi, pekerjaan, kebiasaan dan jam terbang diperoleh melalui kuesioner dan wawancara. Data fatigue diperoleh melalui pengisian self-questionnaire fatigue dan dihitung dengan Fatigue Severity Scale FSS yang telah divalidasi. Fatigue dikategorikan menjadi "Tidak Fatigue"; skor FSS

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Background In aviation world, fatigue may cause incapacitation among pilot which can lead to aircraft accidents. Flight hours is believed to be one of the factors related to the risk of fatigue. The purpose of this study is to identify relationship between flight hours in seven day and other factors to the risk of fatigue among civilian pilot in Indonesia. Methods A cross sectional study with consecutive sampling was conducted among civilian pilots who attended medical check up at Aviation Medical Center in Jakarta on June 2016. Demographic characteristics, employment related factors, habits and flight hours were obtained through questionnaire and interviews. Fatigue data were obtained through fatigue self questionnaire form and measured with Fatigue Severity Scale which had been validated. Fatigue was categorized into non fatigue FSS score 30 hours week compared to le 30 hours week, had 1.37 fold higher risk of fatigue adjusted relative risk RRa 1.37 CI 1.14 1.65 p 0.001 . The subject with ATPL license compared to CPL license had 1.28 fold higher risk of fatigue RRa 1.31 CI 1.11 1.54 p 0.001 . Furthermore, subjects who have appropriate exercise had 32 lower risk of fatigue RRa 0.68 CI 0.39 1.19 p 0.094 . Conclusions Civilian pilots in Indonesia who had more than 30 hours flight time in 7 days and ATPL type pilots have an increased risk of fatigue. Appropriate exercise decreased the risk of fatigue. Keywords fatigue, flight hours, civilian pilots, Indonesia