

# Hubungan beban kerja mental, unit kerja, dan masa kerja terhadap peningkatan tekanan darah pada pekerja Jakarta Air Traffic Service Centre (JATSC) di Bandar Udara Soekarno Hatta = The Relationship of mental workload work unit and length of work with increased blood pressure among Jakarta Air Traffic Service Center (JATSC) workers at Soekarno Hatta Airport

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## Abstrak

Pemandu lalu lintas udara (PLLU) memiliki beban kerja dan tanggungjawab yang besar terhadap keselamatan penerbangan. Hal tersebut dapat memicu terjadinya stress kerja, yang selanjutnya dapat menimbulkan gangguan kesehatan seperti peningkatan tekanan darah. Tujuan penelitian ini untuk mengetahui hubungan antara beban kerja mental, unit kerja, dan masa kerja terhadap peningkatan tekanan darah pada pekerja Jakarta Air Traffic Service Centre JATSC di Bandara Soekarno Hatta. Studi ini bersifat kohort prospektif. Sampel berjumlah 191 orang, berupa pekerja controller maupun non controller. Penelitian dilakukan selama bulan Maret ndash; Juli 2017. Data penelitian dikumpulkan berdasarkan pengukuran tekanan darah, tinggi badan, dan berat badan serta dengan menggunakan instrumen skala NASA ndash; TLX dan skala Burn-out. Peningkatan tekanan darah terjadi bila sistolik ge; 140 mmHg atau diastolik ge; 90 mmHg setelah bekerja. Hasil menunjukkan pekerja JATSC yang berusia 40 - 65 tahun lebih berisiko mengalami peningkatan tekanan darah sebesar 2,65 kali jika dibandingkan dengan pekerja JATSC yang berusia 21 ndash; 39 tahun [RR=2,65; interval kepercayaan IK 95 = 1,50-4,67; p=0,001]. Pekerja JATSC dengan beban kerja mental sangat tinggi memiliki risiko 3,55 kali lebih tinggi mengalami peningkatan tekanan darah setelah kontrol dibandingkan pekerja JATSC dengan beban kerja mental tinggi. [RR=3,55; interval kepercayaan IK 95 = 2,05-6,16; p

.....Air traffic controllers have a great workload and responsibility for aviation safety. It can lead to work stress, which can lead to health problems such as increased blood pressure. The purpose of this research is to know the relationship between mental work load, work unit and work period to increase blood pressure at Jakarta Air Traffic Service Center JATSC workers at Soekarno Hatta Airport. This study is a prospective cohort. Sample amounted to 191 people, consist of controller and non controller workers. The study was conducted during March July 2017. The data were collected based on measurements of blood pressure, height, weight, and using NASA TLX and Burn out scale instruments. Increased blood pressure occurs when systolic ge 140 mmHg or diastolic ge 90 mmHg after work. Results showed that JATSC workers aged 40 to 65 were at increased risk of blood pressure by 2.65 times compared with JATSC workers aged 21 39 years RR 2.65 Confidence interval IK 95 1.50 4.67 P 0.001 . JATSC workers with very high mental workloads have a 3.55 times higher risk of increased blood pressure after control than JATSC workers with high mental workload. RR 3.55 Confidence interval IK 95 2.05 6.16 P