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Hubungan Jam Terbang Total Dan Faktor Individu Terhadap Nyeri Punggung Bawah Pada Pilot Helikopter Militer Di Indonesia = Relationship Between Total Flight Hours And Individual Factors With Low Back Pain In Indonesian Military Helicopter Pilots

Fazlin Khuzaima, author

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Abstrak

Latar Belakang: Nyeri Punggung Bawah (NPB) adalah masalah global yang umum. Beberapa kelompok pekerja lebih berisiko mengalami NPB salah satunya profesi pilot helikopter. Penyebab NPB pada pilot helikopter umumnya diakibatkan oleh paparan faktor risiko di lingkungan pekerjaan dan faktor individu pilot tersebut. Beberapa penelitian sebelumnya mencatat angka kejadian NPB pada pilot helikopter militer berkisar antara 40-80%, namun belum ada data penelitian NPB pada pilot helikopter militer di negara Indonesia. Peneliti ingin mengetahui kejadian NPB pada pilot helikopter militer di Indonesia serta menganalisis lebih lanjut hubungan antara jam terbang dan faktor-faktor individu (usia, tinggi badan, IMT, kebiasaan olahraga dan kebiasaan merokok) terhadap NPB pada pilot helikopter militer di Indonesia.
Metode: Penelitian ini menggunakan metode cross sectional. Dilakukan total sampling pada 124 pilot helikopter militer TNI AD dan TNI AU yang memenuhi kriteria inklusi pada bulan Juli-Agustus 2022. Pengumpulan data dilakukan dengan melakukan pengisian data diri, anamnesa, pengisian Numeric Rating Scale (NRS), pemeriksaan fisik dan pemeriksaan neurologis. Data diolah menggunakan SPSS 26.
Hasil: Penelitian melibatkan 124 orang, terdiri dari 37,9% pilot dan 62,1% kopilot dengan jam terbang total rata-rata 450 jam, usia 30 tahun, tinggi 172,66 cm, kebiasaan olahraga intensitas rendah 61,3% dan perokok sebanyak 45,2%. Sejumlah 57 orang (46%) pilot helikopter militer mengalami NPB. Hasil analisis statistik menunjukkan bahwa jam terbang total memiliki hubungan terhadap NPB (p = 0,035) dimana setiap peningkatan 1 unit jam terbang total memiliki peluang 1,02 kali lebih besar mengalami NPB pada pada pilot helikopter militer. Sementara faktor individu lain tidak memiliki hubungan secara signifikan, seperti usia (p = 0,466), tinggi badan (p = 0,104), IMT (p = 0,96), kebiasaan olahraga (p = 1,03) dan kebiasaan merokok (p =1,3).
Kesimpulan: Kejadian NPB pada pilot helikopter militer di Indonesia sebesar 46%, jam terbang total diketahui memiliki hubungan terhadap kejadian NPB, namun faktor-faktor individu lain tidak berhubungan signifikan terhadap NPB pada pilot helikopter militer.
.....Background: Low back pain (LBP), is a common global problem. Some groups of workers are at high risk of experiencing LBP, one of them is helicopter pilots. The causes of LPB in helicopter pilots are generally caused by exposure to risk factors in the work environment and individual factors of the pilot. Several previous studies recorded the incidence of NPB in military helicopter pilots ranging from 40-80%, but there is no research data on NPB in military helicopter pilots in Indonesia. Researchers want to know the incidence of LBP in military helicopter pilots in Indonesia and further, analyze the relationship between total flight hours and individual factors (age, height, BMI, exercise habits, and smoking habits) on LBP in military helicopter pilots in Indonesia.
Methods: This study used a cross sectional method. Total sampling was carried out on 124 military helicopter pilots of the Indonesian Army and Indonesian Air Force who met the inclusion criteria in July-

August 2022. Data collection was carried out by filling in personal data, history taking, filling in the Numeric Rating Scale (NRS), physical examination, and neurological examination. The data were processed using SPSS 26.

Results: The study involved 124 people, consisting of 37.9% pilot and 62.1% copilot with an average total flight hour of 450 hours, age 30 years, height 172.66 cm, low intensity exercise habits 61.3% and smokers. as much as 45.2%. A total of 57 people (46%) of military hhelicopterpilots experienced LBP. The results of statistical analysis showed that total flight hours had a relationship with LBP ($p = 0.035$) where every 1 unit increase in total flight hours had a 1.02 times greater chance of experiencing LBP in military helicopter pilots. While other individual factors did not have a significant relationship, such as age ($p = 0.466$), height ($p = 0.104$), BMI ($p = 0.96$), exercise habits ($p = 1.03$), and smoking habits ($p = 0.96$). 1,3).

Conclusion: The incidence of LBP in military helicopter pilots in Indonesia is 46%, total flight hours are known to have a relationship with the incidence of LBP, but other individual factors are not significantly related to LPB in military helicopter pilots.