

Gangguan Mental Emosional Pada Pramugari/a Penerbangan Komersial di Masa Transisi Pandemi COVID-19 = Mental Emotional Disorder among Commercial Flight Attendant during the Transition Period of COVID-19 Pandemic

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Abstrak

Pendahuluan: Pramugari/a merupakan salah satu profesi dengan beban kerja cukup besar karena jam kerja yang tidak beraturan, waktu kerja yang panjang serta lingkungan kerja yang tidak biasa. Kondisi pandemi COVID-19 meningkatkan risiko terjadinya gangguan mental emosional pada banyak sektor terutama sektor penerbangan. Meskipun telah memasuki masa transisi pandemi COVID-19, kondisi pekerjaan pramugari/a belum kembali seperti sebelum pandemi terjadi.

Objektif: Tujuan penelitian ini adalah untuk mengetahui prevalensi serta hubungan antara faktor individu serta pekerjaan di masa transisi pandemi COVID-19 dengan risiko terjadinya gangguan mental emosional pada pramugari/a penerbangan komersial di Indonesia.

Metode: Penelitian ini merupakan penelitian potong lintang yang dilakukan di Balai Kesehatan Penerbangan Jakarta dari tanggal 9 September – 3 Oktober 2022. Pengumpulan data menggunakan kuesioner mandiri, Fear of COVID-19 Scale, dan Self Reporting Questionnaire-20 kemudian dianalisis dengan menggunakan SPSS versi

25.

Hasil: Penelitian diikuti oleh 163 responden, terdiri dari 89,6% pramugari dan 10,4% pramugara. Diantara faktor individu dan pekerjaan, ada beberapa yang memiliki hubungan signifikan dengan risiko gangguan mental emosional seperti usia muda $p < 0,001$, tidak memiliki anak $p 0,047$, kebiasaan olahraga yang kurang (95% CI 0,97-9,18); $p 0,048$, masa kerja < 5 tahun (95% CI 1,35-8,78); $p 0,007$ serta persepsi ketidakamanan pekerjaan (95% CI 1,47-8,55); $p 0,003$. Berdasarkan hasil analisis multivariat, masa kerja dan persepsi ketidakamanan pekerjaan merupakan faktor paling dominan yang dapat meningkatkan risiko terjadinya gangguan mental emosional sebesar 3,66 (95% CI 1,39 – 9,66); $p 0,009$ dan 3,31 (95% CI 1,30 – 8,43); $p 0,012$ kali.

Kesimpulan: Prevalensi risiko gangguan mental emosional pada pramugari penerbangan sipil Indonesia di masa transisi pandemi COVID-19 cukup tinggi. Dari semua faktor yang dianalisis pada penelitian ini, terlihat masa kerja dan persepsi ketidakamanan pekerjaan dominan meningkatkan risiko terjadinya gangguan mental emosional. Diperlukan penelitian lanjutan untuk menilai faktor-faktor risiko lainnya yang dapat berkontribusi dengan terjadinya gangguan mental emosional.

.....**Background:** Flight attendant is a profession with a heavy workload due to irregular working hours, long working hours and an working mostly at high altitude. The condition of the COVID-19 pandemic increases the risk of mental emotional disorders in many sectors especially the aviation sector, one of which is due to job insecurity. Even though we have entered the transition period of the COVID-19 pandemic, the stability of flight attendants has not returned to what it was before the pandemic outbreak.

Objective: To determine the prevalence of mental emotional disorders among Indonesian commercial flight attendants during the transition period of the COVID-19 pandemic and its relationship with job insecurity.

Methods: This cross-sectional study was

conducted at the Directorate General of Civil Aviation Medical Jakarta from September 9th to October 3rd 2022. The data was collected using independent questionnaire such as Fear of COVID-19 Scale and Self Reporting Questionnaire-20, which was then analyzed using SPSS version 25.

Results: The subjects were 163 people in total, consisting of 89,6% female flight attendants and 10,4% male flight attendants. The prevalence of mental emotional disorders in Indonesian commercial flight attendants during the transition period of COVID-19 pandemic was found to be 15.3%. The trends showed that there is a significant relationship between perceptions of job insecurity and mental-emotional disorders $p=0.036$, and there are other characteristics that are significantly related to mental-emotional disorders such as young age $p<0.001$, not having children $p=0.047$, and working period <5 years (95% CI 1.35-8.78); $p=0.007$.

Conclusion: The prevalence risk of mental emotional disorders in Indonesian commercial flight attendants during the transition period of COVID-19 pandemic is quite high. The existence of job insecurity is one of the dominant factors associated with the occurrence of mental emotional disorders during the transition period of COVID-19 pandemic and also young age seems to be a contributing factor. However, further research is still needed to assess other risk factors that can contribute to the occurrence of mental emotional disorders.