

## DAFTAR PUSTAKA

- Andiningsari, P, 2009, *Hubungan Faktor Internal dan Eksternal Terhadap Kelelahan (Fatigue) Pada Pengemudi Travel X-Trans Jakarta Trayek Jakarta-Bandung Tahun 2009*, Skripsi Program Studi Kesehatan Masyarakat, Universitas Indonesia, diakses 8 Juli 2018  
<http://lib.ui.ac.id/detail?id=125826&lokasi=lokal>
- Arya, F, Widyahening, IS, Afian, F, Basuki, B 2017, 'Flight hours within 7 days and risk of fatigue on the civilian pilots in Indonesia', *Health Science Journal of Indonesia*, Vol. 8, no. 1, hlm. 53–58, diakses 8 Juli 2018  
<http://ejournal.litbang.depkes.go.id/index.php/HSJI/article/view/6804>
- Avers, KB, King, SJ, Nethus, TE, Thomas, S, Banks, J 2009, 'Flight Attendant Fatigue , Part I: National Duty , Rest , and Fatigue Survey', *Federal Aviation Administration*, diakses 8 Juli 2018  
<https://libraryonline.erau.edu/online-full-text/faa-aviation-medicine-reports/AM09-24.pdf>.
- Caldwell, JA 2005, 'Fatigue in Aviation', *Travel Medicine and Infectious Disease*, Vol. 3, no. 2, hlm. 85–96, diakses 10 Juli 2018  
<https://www.sciencedirect.com/science/article/abs/pii/S1477893904001012>
- Civil Aviation Safety Authority (CASA) 2013, *Fatigue-The Rules Are Changing*. Australian Goverment, diakses 8 Juli 2018  
<https://www.casa.gov.au/file/151091/download?token=Y67cN4ib>
- Craig, CL, Marshall, AL, Sjöström, M, Bauman, AE, Booth, Michael, L, Ainsworth, BE, Pratt, M, Ekelund, U, Yngve, A, Sallis, JF, Oja, P 2003, 'International physical activity questionnaire: 12-Country reliability and validity', *Medicine and Science in Sports and Exercise*, Vol. 35, no. 8, hlm. 1381–1395, diakses 15 Maret 2019  
[https://www.researchgate.net/publication/10627652\\_International\\_Physical\\_Activity\\_Questionnaire\\_12-Country\\_Reliability\\_and\\_Validity](https://www.researchgate.net/publication/10627652_International_Physical_Activity_Questionnaire_12-Country_Reliability_and_Validity)
- Corwin, EJ, Klein, LC, Rickelman, K 2002, 'Predictors of Fatigue in Healthy Young Adults: Moderating Effects of Cigarette Smoking and Gender', *Biological Research For Nursing*, Vol.3, no. 4, hlm. 222–233, diakses 10 April 2019  
<https://journals.sagepub.com/doi/abs/10.1177/109980040200300407>
- Dahlan, S 2010, *Langkah-langkah Membuat Proposal Penelitian Bidang*

*Kedokteran dan Kesehatan*, Ed. 2, Sagung Seto, Jakarta

Direktorat Jenderal Perhubungan Udara, Kementerian Perhubungan Republik Indonesia 2014, *Kementerian Perhubungan Instruksikan Peningkatan Layanan Publik di Bandara*, diakses 2 April 2019 <http://www.dephub.go.id/berita/baca/kemenhub-instruksikan-peningkatan-layanan-publik-di-bandara/?cat=QmVyaXRhfHNIY3Rp24tNjU=>

European Cockpit Association 2012, *Pilot fatigue barometer*, diakses 1 Agustus 2018  
[https://www.eurocockpit.be/sites/default/files/eca\\_barometer\\_on\\_pilot\\_fatigue\\_12\\_1107\\_f.pdf](https://www.eurocockpit.be/sites/default/files/eca_barometer_on_pilot_fatigue_12_1107_f.pdf)

Federal Aviation Administration 2018, *Fatigue in Aviation*, diakses 1 Agustus 2018  
[https://www.faa.gov/pilots/safety/pilotsafetybrochures/media/Fatigue\\_Aviation.pdf](https://www.faa.gov/pilots/safety/pilotsafetybrochures/media/Fatigue_Aviation.pdf)

Griffiths, RF dan Powell, DMC 2012, 'The occupational health and safety of flight attendants', *Aviation Space and Environmental Medicine*, Vol. 83, no.5, hlm. 514–521, diakses 10 Juli 2018  
[https://www.researchgate.net/publication/225045914\\_The\\_Occupational\\_Health\\_and\\_Safety\\_of\\_Flight\\_Attendants](https://www.researchgate.net/publication/225045914_The_Occupational_Health_and_Safety_of_Flight_Attendants)

Guyton, AC dan Hall, JE 2006, *Textbook of Medical Physiology*, Elsevier Saunders Philadelphia, USA, diakses 15 Juli 2018  
<https://books.google.co.id/books?id=krLSCQAAQBAJ&pg=PA752&lpg=PA752&dq=guyton+and+hall+inhibition+cortex&source=bl&ots=ZCgrzJTW&sig=5ew5mx3xe5eeG9Q7sZ95UNIIW8&hl=en&sa=X&ved=0ahUKEwi7276q56fXAhUETo8KHSLMAdMQ6AEIMTAB#v=onepage&q=guyton%20and%20hall%20inhibition%20cortex&f=false>

Guyton, AC dan Hall, JE 2011, *Guyton and Hall Textbook of Medical Physiology*, Elsevier Saunders Philadelphia, USA

Harris, D dan Thomas, L 2005, 'Contributions of Industrial/Organizational Psychology to Safety in Commercial Aircraft', *International Review of Industrial and Organizational Psychology*, Vol. 20, no. 5, diakses 2 April 2019 <https://onlinelibrary.wiley.com/doi/abs/10.1002/0470029307.ch5>

Holcomb, K dan Dobbins, L 2009, 'Flight Attendant Fatigue Part IV : Analysis of Incident Reports', *Federal Aviation Administration*, diakses 8 Juli 2018.  
[https://www.faa.gov/data\\_research/research/med\\_humanfac/oamtechrepor ts/2000s/media/200925.pdf.](https://www.faa.gov/data_research/research/med_humanfac/oamtechrepor ts/2000s/media/200925.pdf)

ICAO, IATA, dan IFALPA 2011, *Fatigue Risk Management Systems*, diakses 10 April 2019  
[https://www.icao.int/safety/fatiguemanagement/FRMS%20Tools/FRMS%20Implementation%20Guide%20for%20Operators%20July%202011.pdf.](https://www.icao.int/safety/fatiguemanagement/FRMS%20Tools/FRMS%20Implementation%20Guide%20for%20Operators%20July%202011.pdf)

International Civil Aviation Organization 2016, *Doc 9966 Manual for the Oversight of Fatigue Management Approaches*, diakses 8 Juli 2018  
[https://www.icao.int/safety/fatiguemanagement/FRMS%20Tools/Doc%209966.FRMS.2016%20Edition.en.pdf.](https://www.icao.int/safety/fatiguemanagement/FRMS%20Tools/Doc%209966.FRMS.2016%20Edition.en.pdf)

Indonesia, Peraturan Menteri Perhubungan 2017, *Peraturan Menteri Perhubungan Republik Indonesia nomor 55 tahun 2017 tentang Organisasi dan Tata Kerja Balai Kesehatan Penerbangan*, Jakarta

Indonesia, Peraturan Menteri Perhubungan 2017, *Peraturan Menteri Perhubungan Republik Indonesia nomor 80 tahun 2017 tentang Program Keamanan Penerbangan Nasional*, Jakarta

IPAQ 2005, 'Guidelines for Data Processing and Analysis of the International Physical Activity Questionnaire (IPAQ) – Short and Long Forms', *IPAQ*, hlm. 1–15, diakses 15 Maret 2019  
<https://www.researchgate.net/file.PostFileLoader.html?id=5641f4c36143250eac8b45b7&assetKey=AS%3A294237418606593%401447163075131>

Kementerian Perhubungan, Pemerintah RI 2016, *Civil Aviation Safety Regulation (CASR) Part 121 Certification and Operating Requirements: Domestic, Flag, and Supplemental Air Carriers* nomor 41 tahun 2016, hlm. 1–30, Jakarta [hubud.dephub.go.id/?id=sreg/download/808](http://hubud.dephub.go.id/?id=sreg/download/808)

Kirisako, T, Kokubo, T, Miura, Y, Tsuda, A 2013, 'A randomized, double-masked crossover trial on the effects of L-ornithine on salivary cortisol and feelings of fatigue of flushers the morning after alcohol consumption crossover trial on the effects of L-ornithine on salivary cortisol and feelings of fat', *Biopsychosocial Medicine*, Vol. 7, no. 6, hlm. 1–6, diakses 19 Juli 2018  
[https://www.researchgate.net/publication/235646781\\_A\\_randomized\\_double-masked\\_placebo-controlled\\_crossover\\_trial\\_on\\_the\\_effects\\_of\\_L-ornithine\\_on\\_salivary\\_cortisol\\_andFeelings\\_of\\_fatigue\\_of\\_flushers\\_the\\_morning\\_after\\_alcohol\\_consumption](https://www.researchgate.net/publication/235646781_A_randomized_double-masked_placebo-controlled_crossover_trial_on_the_effects_of_L-ornithine_on_salivary_cortisol_andFeelings_of_fatigue_of_flushers_the_morning_after_alcohol_consumption)

MacDonald, LA, Deddens, JA, Grajewski, BA, Whelan, AE, Hurrell, JJ 2003, 'Job stress among female flight attendants', *Journal of Occupational and Environmental Medicine*, Vol. 45, no. 7, hlm. 703–714, diakses 15 April

2019 <https://www.ncbi.nlm.nih.gov/pubmed/12855911>

Mariska, I, Sosrosumihardjo, D, Moestopo, WI, Basuki, B 2015, 'Purser support and the tendency of depression among civil female flight attendants in Indonesia', *Health Science Journal of Indonesia*, Vol. 6, no.2, hlm. 76–80, diakses 10 Juli 2018  
<http://ejournal.litbang.kemkes.go.id/index.php/HSJI/article/view/4763>

Meng, H, Hale, L, Friedberg, F 2010, 'Prevalence and Predictors of Fatigue Among Middle-Aged and Older Adults: Evidence from the Health and Retirement Study', *Journal of the American Geriatrics*, Vol. 58, no. 10, hlm. 2033–2034, diakses 11 Agustus 2018  
<https://www.researchgate.net/publication/47369613> Prevalence and Predictors of Fatigue Among Middle-Aged and Older Adults Evidence from the Health and Retirement Study

Nesthus, T, Schroeder, D, Connors, M, Rentmeister-Bryant, H, Deroshia, C 2007, 'Flight Attendant Fatigue', *Federal Aviation Administration*, diakses 8 Juli 2018  
[https://www.faa.gov/data\\_research/research/med\\_humanfacs/oamtechreports/2000s/media/200721.pdf](https://www.faa.gov/data_research/research/med_humanfacs/oamtechreports/2000s/media/200721.pdf).

Notoatmodjo,S. 2012. *Metodologi Penelitian Kesehatan*, Rineka Cipta, Jakarta

Ono, Y, Watanabe, S, Kaneko, S, Matsumoto, K, Miyao, M 1991, 'Working hours and fatigue of Japanese flight attendants', *Journal of Human Ergology*, Vol. 20, no. 2, hlm. 155–164, diakses 8 Juli 2018  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=1842962](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=1842962).

Powell, DMC, Spencer, MB, Holland, D, Broadbent, E, Petrie, KJ 2007, 'Pilot fatigue in short-haul operations: Effects of number of sectors, duty length, and time of day', *Aviation Space and Environmental Medicine*, Vol. 78, no. 7, hlm. 698–701, diakses 2 April 2019  
<https://www.researchgate.net/publication/6159036> Pilot fatigue in short-haul operations Effects of number of sectors duty length and time of day

PDPI 2003, *Penyakit Paru Obstruktif Kronik (PPOK) Pedoman Diagnosis dan Penatalaksanaan di Indonesia*, diakses 8 Januari 2019  
<https://www.klikpdpi.com/konsensus/konsensus-ppok/ppok.pdf>.

Rahmah, NF, Maya, P, Irmarahayu, A 2018, 'Flight Hours Within Seven Days,

Flight Type and Risk of Acute Fatigue Syndrome', *Jurnal Perhubungan Udara*, Vol. 44, no. 1, hlm. 17–30, diakses 3 April 2019  
[https://www.researchgate.net/publication/329971924\\_Jam\\_Terbang\\_Dalam\\_Tujuh\\_Hari\\_Jenis\\_Penerbangan\\_dan\\_Risiko\\_Acute\\_Fatigue\\_Syndrome](https://www.researchgate.net/publication/329971924_Jam_Terbang_Dalam_Tujuh_Hari_Jenis_Penerbangan_dan_Risiko_Acute_Fatigue_Syndrome)

Rainford, D dan Gradwell, DP 2016 Ernsting's aviation and space medicine, CRC Press, New York, USA, diakses 15 Juli 2018  
<https://books.google.co.id/books?id=WmymCwAAQBAJ&printsec=frontcover&dq=Ernsting%20%99s+aviation+and+space+medicine&hl=en&sa=X&ved=0ahUKEwjbh0qMrqfgAhWIRo8KHaW6BNgQ6AEIKDAA#v=onepage&q=Ernsting%20%99s%20aviation%20and%20space%20medicine&f=false>

Rampen, MA, Budiningsih, S, Supriyadi, A, Basuki, B 2015, 'Job stress and risk of menstrual duration disorder in female civilian flight attendants in Indonesia', *Health Science Journal of Indonesia* Vol. 6, no.2, hlm. 87–91, diakses 15 Maret 2019  
<http://ejournal.litbang.depkes.go.id/index.php/HSJI/article/view/4765>

Reinhart, RO 2007, Basic Flight Physiology, McGraw-Hill, USA, diakses 10 April 2019  
<https://books.google.co.id/books?id=WTTSZpmV27gC&printsec=frontcover&dq=Reinhart,+R.+O.+2008,+Basic+Flight+Physiology&hl=en&sa=X&ved=0ahUKEwjAru66ksjhAhUXknAKHTDWBWgQ6AEIPzAF#v=onepage&q&f=false>

Reis, C, Mestre, C, Canhão, H 2013, 'Prevalence of fatigue in a group of airline pilots', *Aviation Space and Environmental Medicine*, Vol. 84, no. 8, hlm. 828–833, diakses 1 Agustus 2018  
[https://www.researchgate.net/publication/255713133\\_Prevalence\\_of\\_Fatigue\\_in\\_a\\_Group\\_of\\_Airline\\_Pilots](https://www.researchgate.net/publication/255713133_Prevalence_of_Fatigue_in_a_Group_of_Airline_Pilots)

Sastroasmoro, S dan Ismael, S 2014, *Dasar-dasar Metodologi Penelitian Klinis*, Ed. 5, Sagung Seto, Jakarta

Saunders, LL dan Krause, JS 2012, 'Behavioral factors related to fatigue among persons with spinal cord injury', *Archives of Physical Medicine and Rehabilitation*. Elsevier Inc., Vol. 93, no. 2, hlm. 313–318, diakses 19 Juli 2018 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3398712/>

Shappell, SA, Patterson, JM, Sawyer, MW 2007, 'Crew rest and duty restrictions for commercial space flight: Recommendations based upon the scientific literature', *Federal Aviation Administration*, Vol. 12, diakses 23 Juli 2018  
[https://www.researchgate.net/publication/266871791\\_Crew\\_Rest\\_and\\_Dut](https://www.researchgate.net/publication/266871791_Crew_Rest_and_Dut)

y Restrictions for Commercial Space Flight Recommendations Based Upon the Scientific Literature

Sharpe, M dan Wilks, D 2002, 'Fatigue', *British Medical Journal*, Vol. 325, no. 7362, hlm. 480-483, diakses 23 Juli 2018  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1124000/>

Silverthorn, D. 2010, *Human Physiology*, Pearson, USA

Valko, PO, Bassetti, CL, Bloch, KE, Held, U, Baumann, CR 2008, 'Validation of the fatigue severity scale in a Swiss cohort', *Sleep*, Vol.31, n0. 1, hlm. 1601–1607, diakses 1 Agustus 2018  
<https://www.researchgate.net/publication/23478337 Validation of the Fatigue Severity Scale in a Swiss Cohort>

Vinianti, D 2015, *Hubungan jumlah sektor 24 jam terakhir dan beberapa faktor lainnya terhadap kelelahan pada pramugari sipil di Indonesia*, Tesis Program Studi Dokter Spesialis Kedokteran Penerbangan, Universitas Indonesia, diakses 8 Juli 2018  
<http://lib.ui.ac.id/detail?id=20415188&lokasi=lokal>

Yuliawati, I, Siagian, M, Abudi, T, Basuki, B 2015, 'The number of sectors and other risk factors related to fatigue among short- haul commercial pilots in Indonesia', *Health Science Journal of Indonesia*, Vol. 6, no. 2, hlm. 81–86, diakses 8 Juli 2018.  
<http://ejournal.litbang.depkes.go.id/index.php/HSJI/article/view/4762>