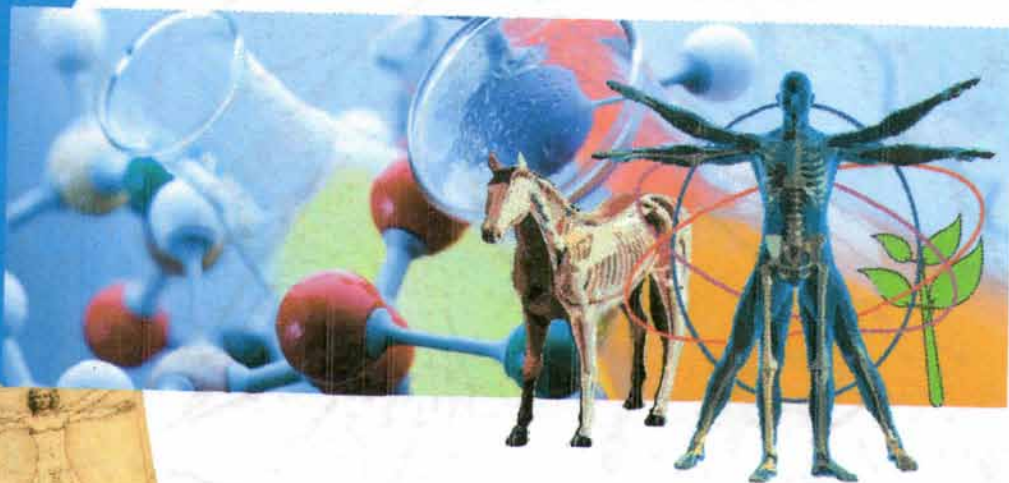


SEMINAR NASIONAL & RAPAT KERJA IKATAN AHLI ILMU FAAL INDONESIA CABANG BOGOR



BOGOR, 23 JANUARI 2013
RUANG MAHONI, MB IPB

“Peran Ilmu Faal
dalam Menghadapi Tantangan Global:
Ketahanan Pangan, Kesehatan,
dan Lingkungan”



MB-IPB
Program Pascasarjana, Manajemen, dan
Pengembangan Masyarakat

Ruang Bangkirai**Tema: Faal Manusia (Gaya Hidup, Nutrisi, dan Olahraga)****Pukul 13.00-14.00**

No	Nama	Judul
1	Alwina Fitria Maulidiani, Meily Kurniawidjaja	Gambaran Keluhan Subjektif Pekerja Akibat Tekanan Panas Di Area Peleburan, Proses Sekunder, Dan Pengecoran Slab Steel Plant (SSP) PT Krakatau Steel Cilegon, Banten Tahun 2012
2	Budi Supriyanto, Faris Salman, Irma Herawati Suparto, Dewi Apri Astuti	Peningkatan Nilai Gizi Mie Basah Dengan Fortifikasi Sayuran Sawi, Cabai Merah, Bit, Dan Kunyit Dalam Adonan Pembuatan Mie
3	La Ode Sumarlin, Anna Muawanah, Masitoh	Potensi Madu Lokal Asal Indonesia Sebagai Antikanker Dan Antioksidan
4	Denisa Dendis, MT Budiono, Nurfitri Bustamam	The Relationship Between Aerobic Fitness And Time Of Useful Consciousness Of Pilot Students Exposed To 25,000 Feet In An Altitude Chamber
5	Ringgo Alfarisi	Pengaruh Kebugaran Jasmani, Aktifitas Fisik, Dan Indeks Massa Tubuh Terhadap Indeks Prestasi Kumulatif (IPK) Mahasiswa Kedokteran Universitas Malahayati

THE RELATIONSHIP BETWEEN AEROBIC FITNESS AND TIME USEFUL CONSCIOUSNESS OF PILOT STUDENTS EXPOSED TO 25,000 FEET IN AN ALTITUDE CHAMBER

D. Dendis, M.T. Budiono, N. Bustaman

Faculty of Medicine, Universitas Pembangunan Nasional Veteran Jakarta
nurfitri_fkupn@yahoo.co.id

ABSTRAK

Background: Aircraft is equipped with safety devices. But the failure of the device may occur, so that hypoxia is still a problem in flight. Hypoxia is a condition that endangers flight safety, because hypoxia reduces the cognitive function. Therefore, the pilot should receive indoctrination and aerophysiology training in order to introduce and remind the danger of hypoxia during flight. Aerobic fitness of the pilot is closely related to the risk of hypoxia. Based on this, the study was conducted in order to determine the relationship between aerobic fitness and time of useful consciousness (TUC) of the pilot students who exposed to 25,000 feet in an altitude chamber.

Methods: This study used cross-sectional design and medical records from Aerophysiology Clinic of Lakespra Saryanto. Research subjects were pilot students of Air Force Academy batch 83, male, aged 20-25 years, and healthy. A number 76 data of 103 total population were taken by simple random sampling.

Results: The median score of aerobic fitness was 55 (39-84) and the median value of TUC was 240 (70-300) seconds. Only 13 people (15.8%) who meet the standards of aerobic fitness and 24 people (31.6%) who meet the standards of TUC. Spearman correlation test showed that increase aerobic fitness will enhance TUC ($p = 0.02$; $r = 0.265$).

Conclusion: Because only a small number of pilot students who meet the standards of aerobic fitness, there should be an intensive training and monitoring of the pilot students to enhance their aerobic fitness and TUC.

Keywords: Aerobic fitness, time of useful consciousness, hypoxia