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Nomor: SKET/519/VIII/2024/FEB-UBJ

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Adalah benar sebagai Penulis ketiga pada *Journal of Hunan University (Natural Sciences)* dengan judul "*Impact of Commute Time on Health Status in Jabodetabek Metropolitan Area*" telah terbit pada Volume 51, Nomor 3, 29 Maret 2024.

Demikian surat keterangan ini dibuat, agar dapat dipergunakan sebagaimana mestinya.

Jakarta, 02 Agustus 2024


DEKAN FAKULTAS EKONOMI DAN BISNIS

  
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Tembusan:  
- Arsip.



Open Access Article

 <https://doi.org/10.55463/issn.1674-2974.51.3.1>

## Impact of Commute Time on Health Status in Jabodetabek Metropolitan Area

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Received: December 7, 2023 / Revised: January 4, 2024 / Accepted: February 1, 2024 / Published: March 29, 2024

**Abstract:** Increasing the volume of commuters in Jabodetabek metropolitan area has resulted in higher traffic congestion and longer commute time from the place of residence to that of work. Longer travel time also affects the health of commuters. The purpose of this study was to identify the health status of commuters in Jabodetabek metropolitan area and the effect of commute time on their health status. In addition, control variables will also have an effect on the health status of commuters. The data source of this study is the micro data of the 2019 Jabodetabek Commuter Survey, which was conducted by the Central Bureau of Statistics (CBS) of the Republic of Indonesia. The analysis is conducted in two ways, namely descriptive and inferential analysis. Descriptive analysis used in this study was bivariate cross tabulation between each independent variable and health status as a dependent variable. The inferential analysis used was a binary logistic regression model. The two methods of analysis show the consistency of the results, where the longer duration of commute time, the more frequency of riding vehicle, those who with the status as drivers, stress experience, increasing age, male commuters, low levels of education, and working commuters tend to have lower health status.

**Keywords:** commute time, health status, binary logistic regression, Jabodetabek metropolitan area.

## 贾博德塔别克大都市区通勤时间对健康状况的影响

**摘要:** 贾博德塔别克大都市区通勤量的增加导致交通拥堵加剧,从居住地到工作地点的通勤时间更长。较长的出行时间也会影响通勤者的健康。本研究的目的是确定贾博德塔别克大都市区通勤者的健康状况以及通勤时间对其健康状况的影响。此外,控制变量也会对通勤者的健康状况产生影响。本研究的数据来源是印度尼西亚共和国中央统计局(哥伦比亚广播公司)进行的2019年贾博德塔别克通勤调查的微观数据。分析有两种方式,即描述性分析和推理性分析。本研究使用的描述性分析是每个自变量和作为因变量的健康状况之间的双变量交叉表。使用的推理分析是二元逻辑回归模型。两种分析方法结果一致,通勤时间越长,乘车频率越高,驾驶员身份、压力经历、年龄增长、男性通勤者、文化程度低、通勤者的健康状况往往较低。