

**ABSTRACT**

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**THE CORRELATION BETWEEN FOODS INTAKE, NUTRITIONAL STATUS AND PHYSICAL ACTIVITY TO HEMOGLOBIN LEVELS AMONG FEMALE WORKER IN PT. INDAH KIAT PULP & PAPER, TBK SERPONG**

xv, VI Chapter, 113 Pages, 17 Tables, 5 Picture, 9 Attachments

**Background :** Anemia is a major health problem related to the nutrients that occur in women labour. The prevalence of anemia among female worker is 20-60% with correlation factors is foods consumption, nutritional status and physical activity.

**Objective :** To know the relationship of food intake, nutritional status and physical activity to haemoglobin levels among female worker in PT. Indah Kiat Pulp & Paper, Tbk Serpong.

**Methods :** The research use cross sectional study, by purposive sampling to 45 female workers. Bivariate data analysis was performed using Pearson test and Spearman test

**Results :** Prevalence of anemia were 26 respondents (57,8%), with the highest age group is 21-35 years. There is a correlation between energy intake (*sig* 0,001,  $r = 0,574$ ), protein (*sig* 0,001,  $r = 0,574$ ), iron (*sig* 0,001,  $r = 0,590$ ), and nutritional status (*sig* 0,001,  $r = 0,467$ ) and there is no correlation between vitamin C intake (*sig* 0,591,  $r = 0,082$ ), and physical activity (*sig* 0,197,  $r = 0,196$ ) to hemoglobin levels.

**Conclusion:** There was a correlation between energy intake, protein, iron and nutritional status but there was no correlation between vitamin C intake and physical activity to hemoglobin levels.

**Keywords :** Hemoglobin, Foods Intake, Nutritional Status, Physical activity, Female workers.