

SITI AHDIATUN NISA

HUBUNGAN STRES KERJA, ASUPAN ENERGI DAN ZAT GIZI MAKRO TERHADAP STATUS GIZI KARYAWAN AIR TRAFFIC CONTROL (ATC) UNIT AREA CONTROL CENTRE (ACC) DI BANDARA SOEKARNO HATTA

xii,IV BAB, 80 Halaman, 2 Gambar, 19 Tabel, 2 Grafik, 3 Lampiran

ABSTRAK

Latar Belakang: Stres kerja yang dialami para pekerja dapat berdampak jangka panjang dengan munculnya berbagai gangguan kesehatan apabila tidak diatasi dengan baik. Pada saat stres, 40% orang mengurangi asupan makanan, 40% orang meningkatkan asupan makannya dan hanya 20% yang mengkonsumsi asupan makan seperti biasa atau normal. Saat terjadinya stres kerja yang berlarut-larut akan menyebabkan status gizi meningkat atau status gizi kurang. Selain berdampak bagi kesehatan pekerja, stres kerja yang dialami oleh para pekerja juga dapat berdampak bagi perusahaan.

Tujuan: Mengetahui hubungan stres kerja, asupan energi dan zat gizi terhadap status gizi karyawan ATC unit ACC di Soekarno Hatta.

Metode Penelitian: Jenis penelitian ini menggunakan desain *cross-sectional* dengan menggunakan pendekatan kuantitatif, populasi 161 dengan sampel sebanyak 66 menggunakan metode proporsional. Analisis data yang digunakan dalam penelitian ini adalah uji kolerasi *pearson* dan uji *rank Spearman*.

Hasil Penelitian: Karakteristik responden rata-rata berusia 40 tahun, sebagian besar responden laki-laki sebanyak 54 orang, paling banyak berpendidikan D3 sebanyak 29 orang (43.9%), rata-rata lama kerja selama 14 tahun dengan status gizi normal sebanyak 31 orang (47.0%). Rata-rata stres kerja 97.05 ± 6.77 , rata-rata asupan energi dan zat gizi makro dalam satu hari adalah energi 1574.15 ± 465.38 kkal, lemak 65.72 ± 20.08 gram, protein 62.54 ± 17.34 gram, dan karbohidrat 227.07 ± 56.72 gram. Stres kerja terhadap asupan lemak ($p=0.028$) dan energi ($p=0.020$), asupan Energi dan Lemak terhadap status gizi ($p=0.018$)($p=0.44$). Stres kerja terhadap status gizi ($p=0.053$).

Kesimpulan: Ada Hubungan stres dengan asupan energi dan lemak. Ada hubungan asupan energi dan lemak dengan status gizi karyawan ATC unit ACC di Soekarno Hatta

Daftar Bacaan : 82 (1996-2017)

Kata Kunci: Asupan Energi, Asupan Zat Gizi Makro, Karyawan, Status Gizi, Stres Kerja

SITI AHDIATUN NISA
THE RELATIONSHIP OF WORK STRESS, ENERGY INTAKE AND MACRO NUTRITIONAL STATUS OF THE WORKER AIR TRAFFIC CONTROL (ATC) UNIT AREA CONTROL CENTER (ACC) IN SOEKARNO HATTA AIRPORT

Xii, IV CHAPTER, 80 Pages, 2 Figures, 19 Tables, 2 Graphs, 3 Appendices

ABSTRACT

Background: Working stress experienced by workers can have long-term impact with the emergence of various health problems if not addressed properly. At the time of stress, 40% of people reduce food intake, 40% of people increase their intake of food and only 20% who consume normal food intake or normal. The onset of a protracted work stress will lead to increased nutritional status or poor nutritional status. In addition to affecting the health of workers, job stress experienced by workers can also affect the company.

Objective: To know the relation of work stress, energy intake and nutrient to nutritional status of Air Traffic Control (ATC) employee of ACC unit in Soekarno Hatta.

Methods: This study used cross-sectional design using quantitative approach, population 161 with 66 samples using proportional method. Data analysis used in this research is pearson correlation test and Spearman rank test.

Results: The average respondent's characteristic was 40 years old, most of the male respondents were 54 people, most of them had D3 education as many as 29 people (43.9%), the average of 14 years with normal nutritional status of 31 people (47.0%). The average work stress of 97.05 ± 6.77 , the average of energy intake and macro nutrient in one day is energy 1574.15 ± 465.38 kcal, fat 65.72 ± 20.08 gram, protein 62.54 ± 17.34 gram, and carbohydrate 227.07 ± 56.72 gram. Working stress on fat intake ($p = 0.028$) and energy ($p = 0.020$), Energy and Fat intake on nutritional status ($p=0.018$) ($p=0.44$). Job stress on nutritional status ($p=0.053$).

Conclusion: There is a relationship stress with energy and fat intake. There is a relationship of energy and fat intake with nutritional status of Air Traffic Control (ACC) employees of ACC unit in Soekarno Hatta

Reading List: 82 (1996-2017)

Keywords: Energy Intake, Employee, Macro Nutrition Intake, Nutritional Status, Working Stress