

ABSTRAK



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PERBEDAAN KONSUMSI CAIRAN, BUAH, SAYUR, DAN STATUS HIDRASI PADA KARYAWAN *OUTSOURCING* DAN *FRONTLINER* DI BANK CENTRAL ASIA KEBON JERUK JAKARTA BARAT

xiii, VI BAB, 69 Halaman, 15 Tabel, 3 Gambar, 7 Lampiran

Latar Belakang : Perbedaan posisi pekerjaan di suatu perusahaan tentunya memiliki tugas dan tingkat aktivitasnya masing-masing seperti halnya karyawan *outsourcing* dan *frontliner*. Selain kebutuhan zat gizi makro, cairan, buah, dan sayur pun tentunya sangat diperlukan. Selain itu status hidrasi pun perlu untuk diperhatikan.

Tujuan: Mengetahui perbedaan konsumsi cairan, buah, sayur, dan status hidrasi pada karyawan *outsourcing* dan *frontliner* di Bank Central Asia Kebon Jeruk Jakarta Barat.

Metode: Penelitian ini termasuk jenis penelitian *cross sectional* dengan jumlah populasi 22 orang dan sampel 22 orang yang diambil menggunakan *total sampling*, konsumsi cairan, buah, dan sayur diperoleh dengan metode *food recall*, dan status hidrasi diperoleh dengan mengukur berat jenis urin dengan metode carik-celup menggunakan *Urine Reagent Strip (Dipstick)*. Analisis bivariat menggunakan uji *t-test independent*.

Hasil: Dari hasil penelitian rata-rata konsumsi cairan responden 1879,95 ml (75%) dari total kebutuhan perhari, rata-rata konsumsi buah responden 77,73 g (26%) dari total kebutuhan perhari, rata-rata konsumsi sayur responden 38,91 g (19,5%) dari total kebutuhan perhari, rata-rata status hidrasi responden 1,022 g/ml (*significant dehydration*).

Kesimpulan: Ada perbedaan antara konsumsi cairan, buah, sayur, dan status hidrasi pada karyawan *outsourcing* dan *frontliner* di Bank Central Asia Kebon Jeruk Jakarta Barat. Perlunya diadakannya kegiatan intervensi seperti penyuluhan gizi tentang konsumsi cairan, buah, dan sayur oleh ahli gizi kepada karyawan Bank Central Asia Kebon Jeruk Jakarta Barat. Melakukan penelitian lanjutan dengan variabel tingkat aktivitas fisik dan tingkat stres.

Kata Kunci: Konsumsi Cairan, Konsumsi Buah, Konsumsi Sayur, Status Hidrasi
Daftar Bacaan: 45 (2003-2017)

ABSTRACT



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DIFFERENCE OF CONSUMPTION OF LIQUID, FRUIT, VEGETABLES, AND HYDRATION STATUS ON EMPLOYEE OUTSOURCING AND FRONTLINER IN BANK CENTRAL ASIA KEBON JERUK WEST JAKARTA

xiii, VI CHAPTER, 69 Pages, 15 Tables, 3 Pictures, 7 Attachment

Background: Differences in job positions in a company of course has the task and level of their respective activities as well as outsourcing and frontliner employees. In addition to the needs of macro nutrients, fluids, fruits, and vegetables are certainly indispensable. In addition, hydration status also needs to be considered.

Objective: Knowing the difference of consumption of liquid, fruit, vegetables, and hydration status on outsourcing and frontliner employees at Bank Central Asia Kebon Jeruk West Jakarta.

Methods: The study included cross sectional study with 22 population and 22 samples taken using total sampling, fluid, fruit and vegetable consumption was obtained by food recall method, and hydration status was obtained by measuring the density of urine by using dye-dye method using Urine Reagent Strip (Dipstick). Bivariate analysis using independent t-test.

Results: From the result of the research, the average of fluid consumption was 1879.95 ml (75%) of the total daily needs, the average consumption of 77.73 g (26%) of the total daily needs, the average consumption of respondents was 38.91 g (19.5%) of total daily needs, the average hydration status of respondents was 1.022 g / ml (significant dehydration).

Conclusion: There is a difference between the consumption of liquids, fruits, vegetables, and hydration status in outsourced and frontliner employees at Bank Central Asia Kebon Jeruk West Jakarta. The need for intervention activities such as nutrition counseling about the consumption of liquids, fruits, and vegetables by nutritionists to employees of Bank Central Asia Kebon Jeruk West Jakarta. Do follow-up research with variable level of physical activity and stress level.

Keywords: Fluid Consumption, Fruit Consumption, Vegetable Consumption, Hydration Status

Reading List: 45 (2003-2017)