

## ABSTRACT



ESA UNGGUL UNIVERSITY  
FACULTY OF HEALTH SCIENCE  
PROGRAM STUDY SCIENCE NUTRITION  
ESSAY, FEBRUARY 2018

MAY SYARAH, LARAS SITOAYU, PUTRI RONITAWATI

**DIFFERENCES OF ENERGY AND MACRO NUTRITION PROTEIN, FAT, CARBOHYDRATE, WORK PRODUCTIVITY DESIRE, PERCEPTION OF SAFETY AND WORK STRESS BASED ON NUTRITION STATUS OF FOOD IN UNIT GIZI RSIJ CEMPAKA PUTIH DAN RSPAD GATOT SOEBROTO**

xvii + VI Chapters, 97 Pages, 14 Tables, 2 Images, 9 Attachments

**Background:** Food handlers according to Adams (2004) are defined as people who need food to eat. Without enough food and drinks, the energy needed to work will be taken from the existing reserve energy in the body cells. From the shortage of labor intake that can not do a good job and work productivity will decrease even can reach low target (Nugroho, 2007). Work productivity, work safety and work stress by many factors, which is very important and determine the nutritional status.

**Objective:** To know the difference of energy and macro nutrient intake of protein, fat, carbohydrate, work productivity desire and work safety perception based on nutritional status at food handler in nutrition unit of RSIJ Cempaka Putih and RSPAD Gatot Soebroto.

**Technical research techniques:** Using the quantitative techniques. Data analysis in the study using Independent T test and Mann Whitney.

**Result:** From the statistical test of the variables based on nutritional status for RSIJ Cempaka Putih and RSPAD Gatot Soebroto consecutive energy intake  $p = 0,0001$  and  $0,0001$ , protein intake  $p = 0,007$  and  $0,018$ , fat intake  $p = 0,014$  and  $0,002$ , carbohydrate intake  $p = 0,0001$  and  $0,015$ , work productivity desire  $p = 0,388$  and  $0,016$ , perception of work safety  $p = 0,105$  and  $0,297$  and work stress  $p = 0,004$  and  $0,410$ .

**Conclusions:** Normal nutritional food handlers showed higher rates of macro intake of macro proteins, fats and carbohydrates, a higher desire for labor productivity, higher perceptions for working safely, showed lower work stress than the food handler that has nutrition more than normal. It is recommended for further research to use the Food Frequency Questioner (FFQ) method to get deeper information of the intake of the food handlers.

**Keywords:** nutrient intake, work safety, food handler, work productivity, work stress.

**Number of reading:** 149 (2000-2017)