ABSTRACT

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 quantitativetechniques. 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.

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