

## ABSTRAK



UNIVERSITAS ESA UNGGUL  
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PROGRAM STUDI GIZI

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**Pola Konsumsi Karbohidrat Karyawan RSUD Cengkareng**

**..., VI BAB, 59 Halaman, 16 Tabel, 2 Gambar dan 24 Lampiran**

**Latar Belakang:** Pola konsumsi karyawan sangat beragam, dan banyak faktor yang dapat mempengaruhinya. Pola konsumsi karbohidrat dapat disebabkan beberapa faktor yaitu Pengetahuan gizi, sikap pola konsumsi karbohidrat, *body image*, pengaruh teman, Ketersediaan makanan, dan stress bekerja dan dapat juga mempengaruhi status gizi.

**Tujuan:** Mengetahui pola konsumsi karbohidrat karyawan rsud cengkareng  
**Metode Penelitian:** Penelitian ini menggunakan desain penelitian *cross sectional*.

Sampel penelitian berjumlah 82 responden. Analisis bivariat menggunakan uji *korelasi Spearman*. Pengetahuan Gizi, sikap, pengaruh teman, dan ketersediaan makanan didapatkan dengan cara mengisi kuesioner, *body image* didapatkan dengan cara mengisi kuesioner *figure rating scale*, stress bekerja didapatkan dengan mengisi kuesioner (**NIOSH Generic Job Stress Questionnaire**) dan status gizi diperoleh melalui pengukuran berat badan dan tinggi badan.

**Hasil Uji:** Berdasarkan hasil uji bivariat menunjukkan bahwa tidak ada hubungan yang signifikan antara Pengetahuan Gizi, ( $P_{value} = 0,129$ ), Sikap ( $P_{value} = 0,959$ ), Body Image ( $P_{value} = 0,605$ ), pengaruh teman ( $P_{value} = 0,198$ ) dan ketersediaan makanan ( $P_{value} = 0,516$ ) dengan pola konsumsi karbohidrat responden dan tidak ada hubungan yang signifikan antara pola konsumsi karbohidrat dengan status gizi responden ( $P_{value} = 0,839$ ). Ada hubungan yang signifikan antara stress bekerja ( $P_{value} = 0,031$ ) dengan pola konsumsi karbohidrat.

**Kesimpulan:** Stres bekerja berhubungan signifikan dengan pola konsumsi karbohidrat. Diharapkan pihak rumah sakit membuat menu yang lebih variatif sehingga menumbuhkan keinginan makan responden.

**Kata Kunci:** Pola Konsumsi Karbohidrat, Karyawan

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Analysis of Carbohydrate Consumption Pattern of Karyawan Hospital in Cengkareng

**...VI CHAPTER, 59 Pages, 16 Tables, 2 Pictures and 24 Attachments Background:**  
*Employee consumption patterns are very diverse, and many factors can influence it. Carbohydrate consumption patterns can be caused by several factors, namely nutritional knowledge, the attitude of carbohydrate consumption patterns, body image, the influence of friends, food availability, and work stress and can also affect nutritional status.*

**Purpose:** Knowing the carbohydrate consumption patterns of Rsud Cengkareng employees

**Research Methods:** This study uses a cross sectional research design. The research sample amounted to 82 respondents. Bivariate analysis using the Spearman correlation test. Nutrition knowledge, attitude, friend's influence, and food availability are obtained by filling out questionnaires, body image is obtained by filling out a figure rating scale questionnaire, work stress is obtained by filling out a questionnaire (NIOSH Generic Job Stress Questionnaire) and nutritional status is obtained through weight measurements and height.

**Research Result:** Based on the bivariate test results show that there is no significant relationship between Nutrition Knowledge, (*PValue = 0.129*), Attitude (*PValue = 0.959*), Body Image (*PValue = 0.605*), peer influence (*PValue = 0.198*) and food availability (*PValue = 0.516*) with respondents' carbohydrate consumption patterns and there is no significant relationship between carbohydrate consumption patterns and respondent's gission status (*PValue = 0.839*). There is a significant relationship between work stress (*PValue = 0.031*) with carbohydrate consumption patterns.

**Conclusion:** Stress works significantly related to carbohydrate consumption patterns. It is expected that the hospital will make a more varied menu so that it will foster respondents' desire to eat.

**Keywords:** Carbohydrate Consumption Pattern, Employee

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