

Abstarct

Background: A companies certainly want to have a good quality of human resources, so as to produce a good performance, but sometimes many companies not paying attention to the workers health especially about nutrition. because nutrition is also one important aspect in improving the performance and productivity. **Objective:** To find out the relationship between breakfast, macronutrient intake, fluid intake, and perception room temperature comfort on the perception performance of workers at PT. Intan Pertiwi Industri. **Method:** This research with a cross sectional research design in which the independent and dependent variables are observed and measured at the same time. The sample was 59 respondents. Data was collected using questionnaires and food record 2x24 hours. The bivariate analysis used the Pearson correlation test. **Result:** There is a significant relationship between energy of breakfast, protein intake, fat intake, with perception of room temperature comfort with the perception of performance $P\text{-value} \leq 0.05$. There is an almost significant (borderline) relationship between carbohydrate intake, fluid intake with perception of performance of $P\text{-value} \leq 0.1$. **Conclusion:** There is a relationship between energy of breakfast, protein intake, fat intake, perceptions of room temperature comfort with perceptions of performance. There is almost a relationship between carbohydrate intake, fluid intake and perceptions of performance.

Keywords: Performance, Breakfast, Macro Nutrient Intake, Fluid Intake, Room Temperature

Abstrak

Latar belakang: Sebuah perusahaan tentu ingin memiliki sumber daya manusia yang berkualitas sehingga dapat menghasilkan kinerja yang baik, tetapi terkadang banyak perusahaan yang tidak memperhatikan kesehatan pekerjanya terutama tentang gizi pekerjanya, karena gizi merupakan salah satu aspek penting dalam meningkatkan kinerja dan produktivitas. **Tujuan:** Untuk mengetahui hubungan sarapan, asupan zat gizi makro, asupan cairan, dan persepsi kenyamanan suhu ruang kerja terhadap persepsi kinerja pekerja di PT. Intan Pertiwi Industri. **Metode:** Penelitian ini menggunakan desain *Cross Sectional* yang merupakan variabel independen maupun variabel dependen diamati dan diukur pada saat yang bersamaan. Jumlah sampel 59 responden. Pengambilan data menggunakan angket dan *food record* 2x24 jam. Analisis bivariat yang digunakan menggunakan uji korelasi pearson. **Hasil:** Terdapat hubungan yang signifikan antara energi sarapan, asupan protein, asupan lemak, dan persepsi kenyamanan suhu ruang kerja dengan persepsi kinerja $P\text{-value} \leq 0,05$. Terdapat hubungan hampir signifikan (borderline) antara asupan karbohidrat, asupan cairan dengan persepsi kinerja $P\text{-value} \leq 0,1$. **Kesimpulan:** Ada hubungan antara energi sarapan, asupan protein, asupan lemak, persepsi kenyamanan suhu ruang kerja dengan persepsi kinerja. Ada hubungan tetapi kurang signifikan antara asupan karbohidrat, asupan cairan dengan persepsi kinerja.