

ABSTRAK

Latar Belakang: Pada masa pandemi covid-19 saat ini, banyak orang yang mengalami permasalahan dalam kesehatan mental/gangguan psikologis, pekerjaan, dan penghasilan. Pekerja yang merantau akan bergantung pada penghasilan yang diperoleh untuk memenuhi kebutuhan sedangkan masa pandemi saat ini berdampak pada penghasilan pekerja karena adanya PHK dan pemotongan penghasilan. Adanya pemotongan penghasilan memungkinkan terjadi perubahan pada pola makan pekerja yang dapat mempengaruhi status gizi. **Metode:** Jenis penelitian ini menggunakan desain *cross-sectional* termasuk dalam metode survei analitik, yakni penelitian guna mempelajari dinamika kolerasi antara hasil variabel independen dan variabel dependen. Analisis data yang digunakan dalam penelitian ini adalah uji Uji *Chi Square*. **Hasil Penelitian:** karakteristik responden rata-rata jenis kelamin perempuan (75,5%), rata-rata umur dalam kategori remaja akhir 17-25 tahun (62,2%), rata-rata pendidikan yaitu S1 (56,8%), rata-rata jenis pekerjaan adalah karyawan swasta (94,6%), rata-rata pekerja mengalami pemotongan penghasilan (51,4%), dan sebagian besar pekerja tidak kesulitan membeli bahan pangan (62,2%). Rata-rata pekerja mengalami gangguan psikologis kategori ringan (51,4%), rata-rata tingkat kecukupan energi pekerja kategori kurang (64,9%), rata-rata tingkat kecukupan karbohidrat pekerja kategori kurang (78,4%), rata-rata tingkat kecukupan lemak pekerja kategori cukup (54,1%), rata-rata tingkat kecukupan protein pekerja kategori cukup (59,5%) dan rata-rata status gizi pekerja adalah normal (59,5%). Gangguan psikologis terhadap status gizi ($p=0,892$), tingkat kecukupan energi, tingkat kecukupan karbohidrat, tingkat kecukupan lemak, dan tingkat kecukupan protein terhadap status gizi secara berurutan yaitu ($p=1,000$), ($p=0,431$), ($p=0,726$), ($p=1,000$). **Kesimpulan:** Tidak terdapat hubungan yang signifikan antara gangguan psikologis, tingkat kecukupan energi, tingkat kecukupan karbohidrat, tingkat kecukupan lemak dan tingkat kecukupan protein terhadap status gizi pekerja rantau.

Kata kunci: gangguan psikologis, energi, zat gizi makro, status gizi

ABSTRACT

Background: During the current covid-19 pandemic, many people experience problems in mental health/psychological disorders, work, and income. Workers who migrate will depend on the income earned to meet their needs, while the current pandemic has an impact on workers' income due to layoffs and income cuts. The existence of income deductions allows changes to the worker's diet that can affect nutritional status. **Methods:** This type of research uses a cross-sectional design including the analytical survey method, namely research to study the dynamics of the correlation between the results of the independent variable and the dependent variable. Analysis of the data used in this study is the Chi Square test. **Results:** the average respondent's characteristics are female (75.5%), the average age in the late teens category is 17-25 years (62.2%), the average education is S1 (56.8%), the average type of work is private employee (94.6%), the average worker experiences a cut in income (51.4%), and most workers have no difficulty buying food (62.2%). The average worker experienced a mild category of psychological disorders (51.4%), the average energy adequacy level of the worker was in the less category (64.9%), the average level of carbohydrate adequacy of the worker was in the less category (78.4%), the average the average level of fat adequacy of workers in the sufficient category (54.1%), the average protein adequacy level in the sufficient category (59.5%) and the average nutritional status of workers is normal (59.5%). Psychological disorders on nutritional status ($p=0.892$), energy adequacy level, carbohydrate adequacy level, fat adequacy level, and protein adequacy level to nutritional status respectively ($p=1,000$), ($p=0.431$), ($p=0.726$), ($p=1,000$). **Conclusion:** There is no significant relationship between psychological disorders, energy adequacy levels, carbohydrate adequacy levels, fat adequacy levels and protein adequacy levels on the nutritional status of overseas workers.

Keywords: psychological disorders, energy, macronutrients, nutritional status