

Hubungan Status Gizi, Kecukupan Zat Gizi, dan Usia dengan Produktivitas Kerja Karyawan PT Inasentra Unisatya

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ABSTRAK

Latar belakang: Produktivitas kerja karyawan secara langsung berpengaruh terhadap profit dan perkembangan perusahaan. Status gizi, kecukupan zat gizi, dan usia adalah faktor yang berpotensi mempengaruhi produktivitas kerja karyawan. Faktor-faktor tersebut umumnya belum diperhatikan secara khusus oleh perusahaan.

Tujuan: Mengetahui hubungan status gizi, kecukupan zat gizi, dan usia dengan produktivitas kerja karyawan PT Inasentra Unisatya.

Metode: Penelitian ini adalah penelitian analitik dengan desain *cross sectional*. Subjek berjumlah 55 orang yang diambil dengan metode *simple random sampling*. Data status gizi diperoleh dengan pengukuran berat badan dan tinggi badan. Asupan makanan diperoleh melalui metode *food recall* 3x24 jam. Data produktivitas kerja diperoleh melalui perbandingan rata-rata jumlah kemasan permen yang dihasilkan selama 5 hari kerja, pencapaian *key performance indicator*, atau tingkat kinerja tahunan. Analisis data dilakukan dengan *Kolmogorov Smirnov* dan *Rank Spearman Correlation*.

Hasil: Terdapat hubungan negatif antara kecukupan lemak dengan produktivitas kerja ($r=-0,28$; $p=0,038$). Tidak terdapat hubungan antara status gizi ($r=0,055$; $p=0,689$), kecukupan energi ($r=-0,25$; $p=0,065$), kecukupan protein ($r=-0,147$; $p=0,285$), kecukupan karbohidrat ($r=-0,084$; $p=0,541$), kecukupan serat ($r=-0,128$; $p=0,352$), kecukupan air ($r=-0,183$; $p=0,182$), dan usia ($r=0,08$; $p=0,563$) dengan produktivitas kerja.

Simpulan: Semakin tinggi kecukupan lemak, semakin rendah produktivitas kerja.

Kata kunci: produktivitas kerja, status gizi, kecukupan zat gizi, usia

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Correlation between Nutritional Status, Adequacy of Nutrients Intake, and Age with Work Productivity of PT Inasentra Unisatya's Employees

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ABSTRACT

Background: The productivity of employees directly impacts company profits and growth. Nutritional status, adequacy of nutrients intake, and age are potential factors that might affect employee productivity. These factors are generally not specifically considered by the company.

Objectives: Determine the correlation between nutritional status, adequacy of nutrients intake, and age with the work productivity of employees at PT Inasentra Unisatya.

Methods: This research was an analytical study with a cross-sectional design. The study involved 55 subjects selected using a simple random sampling method. Nutritional status data were obtained through measurements of body weight and height. Food intake was assessed using the 3x24-hours food recall method. Work productivity data were obtained by comparing the average number of candy packages produced over 5 working days, achievement of key performance indicators, or annual performance levels. Data analysis was conducted using the Kolmogorov-Smirnov and Rank Spearman Correlation.

Results: There was a negative correlation between fat adequacy and work productivity ($r=-0.28$; $p=0.038$). There was no correlation between nutritional status ($r=0.055$; $p=0.689$), energy adequacy ($r=-0.25$; $p=0.065$), protein adequacy ($r=-0.147$; $p=0.285$), carbohydrate adequacy ($r=-0.084$; $p=0.541$), fiber adequacy ($r=-0.128$; $p=0.352$), water adequacy ($r=-0.183$; $p=0.182$), and age ($r=0.08$; $p=0.563$) with work productivity.

Conclusion: The higher fat adequacy, the lower work productivity.

Keywords: work productivity, nutritional status, nutrient adequacy, age

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