

# **Hubungan Stres Kerja dengan Kualitas Sarapan pada Pekerja Kerah Putih di PT Global Urban Esensial**

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## **Abstrak**

**Latar Belakang :** Sarapan berkualitas penting untuk menjaga kesehatan dan produktivitas, terutama bagi pekerja kerah putih yang sering mengalami stres kerja. Stres kerja dapat memengaruhi pola makan, termasuk kualitas sarapan.

**Tujuan :** Penelitian ini bertujuan untuk menganalisis hubungan antara stres kerja dengan kualitas sarapan pada pekerja kerah putih di PT Global Urban Esensial.

**Metode :** Penelitian cross-sectional ini melibatkan 72 pekerja kerah putih usia 19–35 tahun. Data dikumpulkan menggunakan kuesioner NIOSH *Generic Job Stress* dan penilaian kualitas sarapan dengan *Breakfast Quality Index* (BQI) berdasarkan recall 3x24 jam. Analisis dilakukan dengan uji Fisher's Exact dan regresi logistik multinomial.

**Hasil :** Sebagian besar responden memiliki kualitas sarapan rendah (26,4%). Analisis bivariat menunjukkan stres kerja berhubungan signifikan dengan kualitas sarapan ( $r = -0,340$ ;  $p = 0,003$ ).

**Kesimpulan :** Stres kerja berhubungan signifikan dengan kualitas sarapan pada pekerja kerah putih. Pengelolaan stres yang efektif diharapkan dapat meningkatkan kualitas sarapan dan kesehatan pekerja secara keseluruhan.

**Kata Kunci :** stres kerja, kualitas sarapan, pekerja kerah putih, *Breakfast Quality Index*, PT Global Urban Esensial

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## ***Relationship between Work Stress and Breakfast Quality in White Collar Workers at PT Global Urban Esensial***

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### ***Abstract***

***Background :*** *Quality breakfast is essential for health and productivity, especially among white-collar workers who often experience work-related stress. Work stress can influence eating patterns, including breakfast quality.*

***Objective :*** *This study aims to analyze the relationship between work stress and breakfast quality among white-collar workers at PT Global Urban Esensial.*

***Method :*** *This cross-sectional study involved 72 white-collar workers aged 19–35 years. Data were collected using the NIOSH Generic Job Stress questionnaire and breakfast quality was assessed with the Breakfast Quality Index (BQI) based on 3x24 hour recall. Data were analyzed using Fisher's Exact test and multinomial logistic regression.*

***Results:*** *Most respondents had poor breakfast quality (26,4%). Bivariate analysis showed a significant relationship between work stress and breakfast quality ( $r = -0,340$ ;  $p = 0,003$ ).*

***Conclusion :*** *Work stress is significantly associated with breakfast quality among white-collar workers. Effective stress management is expected to improve breakfast quality and overall worker health.*

***Keywords :*** *work stress, breakfast quality, white-collar workers, Breakfast Quality Index, PT Global Urban Esensial*

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