

HUBUNGAN TINGKAT STRES KERJA DAN POLA KONSUMSI PANGAN TERHADAP STATUS GIZI WANITA USIA SUBUR (WUS) PEGAWAI RSUD QUEEN LATIFA

Arrum Nur Aisyah¹, Toto Sudargo², Yayuk Hartriyanti²

INTISARI

Latar belakang: Pegawai rumah sakit rentan mengalami stres kerja dan perubahan pola konsumsi yang dapat memengaruhi status gizinya. RSUD Queen Latifa merupakan rumah sakit yang didominasi oleh pegawai perempuan, dengan peningkatan beban kerja dan keterbatasan akses makanan sehat. Pegawai perempuan rawan mengalami permasalahan gizi, sehingga penelitian terkait tingkat stres kerja, pola konsumsi, dan status gizi pada kelompok ini penting untuk dilakukan.

Tujuan: Mengetahui hubungan antara tingkat stres kerja dan pola konsumsi (asupan zat gizi dan frekuensi konsumsi makanan olahan) dengan status gizi (IMT, LILA, dan lingkar abdomen) serta hubungan tingkat stres kerja dengan pola konsumsi pegawai perempuan RSUD Queen Latifa.

Metode: Penelitian observasional *cross-sectional* yang melibatkan 70 pegawai perempuan RSUD Queen Latifa. Pengambilan sampel dengan teknik *purposive sampling*. Pengambilan data tingkat stres kerja dan pola konsumsi dilakukan menggunakan kuesioner. Pengujian statistik menggunakan uji *rank Spearman*.

Hasil: Sebagian besar subjek memiliki tingkat stres kerja sedang, memiliki asupan makanan yang kurang, frekuensi makanan olahan yang sering, serta status gizi normal. Tidak ada hubungan antara stres kerja dengan IMT ($p=0,819$), LILA ($p=0,635$), lingkar abdomen ($p=0,682$). Tidak ada hubungan antara asupan energi dengan IMT ($p=0,078$), LILA ($p=0,184$), lingkar abdomen ($p=0,699$). Tidak ada hubungan antara asupan protein dengan IMT ($p=0,905$), LILA ($p=0,726$), lingkar abdomen ($p=0,702$). Tidak ada hubungan antara asupan lemak dengan IMT ($p=0,746$), LILA ($p=0,557$), lingkar abdomen ($p=0,310$). Tidak ada hubungan antara asupan karbohidrat dengan IMT ($p=0,273$), LILA ($p=0,510$), lingkar abdomen ($p=0,622$). Tidak ada hubungan antara frekuensi dengan IMT ($p=0,657$), LILA ($p=0,668$), lingkar abdomen ($p=0,816$). Tidak ada hubungan antara stres kerja dengan asupan energi ($p=0,500$), protein ($p=0,182$), lemak ($p=0,258$), karbohidrat ($p=0,924$), dan frekuensi ($p=0,649$).

Kesimpulan: Tidak ada hubungan antara tingkat stres kerja dengan status gizi. Tidak ada hubungan antara pola konsumsi dengan status gizi. Tidak ada hubungan antara tingkat stres kerja dengan pola konsumsi.

Kata kunci: pegawai perempuan; pola konsumsi; status gizi; tingkat stres kerja; wanita usia subur

¹Mahasiswa Program Studi Gizi Kesehatan FK-KMK UGM

²Dosen Program Studi Gizi Kesehatan FK-KMK UGM

THE RELATIONSHIP BETWEEN WORK STRESS LEVELS AND FOOD CONSUMPTION PATTERNS ON THE NUTRITIONAL STATUS OF WOMEN OF CHILDBEARING AGE EMPLOYEES OF QUEEN LATIFA HOSPITAL

Arrum Nur Aisyah¹, Toto Sudargo², Yayuk Hartriyanti²

ABSTRACT

Background: Hospital staff are susceptible to occupational stress and changes in consumption patterns that can affect nutritional status. RSU Queen Latifa is a hospital dominated by female employees, with increased workloads and limited access to healthy food. Female employees are susceptible to several nutritional problems, hence a research relating to work stress levels, consumption patterns and nutritional status in this population is important.

Objective: To determine the relationship between work stress levels and consumption patterns (food intake and frequency of processed food consumption) with nutritional status (BMI, MUAC and waist circumference) and the relationship between work stress levels and consumption patterns of female employees of RSU Queen Latifa.

Methods: Cross-sectional observational study involving 70 female employees of RSU Queen Latifa. Samples were collected using purposive sampling technique. A questionnaire was used to collect data on work stress levels and consumption patterns. Statistical tests were performed using Spearman's rank test.

Results: Most subjects had moderate levels of work stress, inadequate food intake, frequent consumption of processed foods and normal nutritional status. There was no association between work stress and BMI ($p=0.819$), MUAC ($p=0.635$), waist circumference ($p=0.682$). There was no association between energy intake and BMI ($p=0.078$), MUAC ($p=0.184$), waist circumference ($p=0.699$). There was no association between protein intake and BMI ($p=0.905$), MUAC ($p=0.726$), waist circumference ($p=0.702$). There was no association between fat intake and BMI ($p=0.746$), MUAC ($p=0.557$), waist circumference ($p=0.310$). There was no association between carbohydrate intake and BMI ($p=0.273$), LILA ($p=0.510$), waist circumference ($p=0.622$). There was no association between frequency and BMI ($p=0.657$), MUAC ($p=0.668$), waist circumference ($p=0.816$). There was no association between work stress and energy intake ($p=0.500$), protein ($p=0.182$), fat ($p=0.258$), carbohydrate ($p=0.924$) and frequency ($p=0.649$).

Conclusion: There is no relationship between work stress and nutritional status. There is no relationship between consumption patterns and nutritional status. There is no relationship between work stress level and consumption patterns.

Keywords: female employees; consumption patterns; nutritional status; work stress level; women of childbearing age

¹Student of Nutrition and Health, Faculty of Medicine, Public Health, and Nursing Universitas Gadjah Mada

²Lecturer of Nutrition and Health Department, Faculty of Medicine, Public Health, and Nursing Universitas Gadjah Mada