

INTISARI

HUBUNGAN STATUS GIZI DAN TINGKAT STRES KERJA DENGAN PRODUKTIVITAS PADA PEGAWAI WANITA DI UNIT *WEAVING* PT. *ISKANDAR INDAH PRINTING TEXTILE*

Devanie Amartha Fitri, Emy Huriyati, Yayuk Hartriyanti

Latar belakang: Produktivitas kerja merupakan faktor penting dalam menunjang keberhasilan perusahaan. Produktivitas yang tinggi dapat tercapai apabila pekerja memiliki kesehatan yang optimal, baik dari segi fisik maupun mental. Oleh karena itu, faktor-faktor seperti status gizi, dan tingkat stres kerja harus diperhatikan. Pekerja wanita lebih rentan terhadap gangguan kesehatan, sehingga perlu diidentifikasi kesehatan pada pekerja wanita di penelitian ini dalam upaya peningkatan produktivitas kerjanya.

Tujuan: Mengetahui hubungan antara status gizi, dan tingkat stres kerja terhadap produktivitas kerja pekerja wanita.

Metode: Penelitian ini menggunakan metode *observasional cross-sectional* dengan melibatkan 73 pekerja Wanita di PT Iskandar Indah *Printing Textile* menggunakan *purposive sampling*. Pengambilan data status gizi menggunakan observasi langsung, data tingkat stres menggunakan kuesioner, dan data produktivitas menggunakan data sekunder. Uji statistik yang dilakukan yaitu uji *Chi square*.

Hasil: Dari penelitian yang telah dilakukan didapatkan bahwa sejumlah 68,5% subjek tergolong produktif dalam bekerja. Mayoritas subjek memiliki Indeks Massa Tubuh (IMT) di kategori *overweight*, persentase lemak di kategori normal, dan frekuensi tingkat stress paling besar berada di kategori tingkat stres sedang. Terdapat hubungan antara IMT dengan produktivitas kerja subjek ($p=0,002$). Terdapat hubungan antara persentase lemak dengan produktivitas kerja subjek ($p=0,000$). Tidak terdapat hubungan antara tingkat stres kerja dengan produktivitas kerja subjek ($p=0,402$)

Kesimpulan: Terdapat hubungan antara status gizi dengan produktivitas kerja, tidak terdapat hubungan antara tingkat stress dengan produktivitas kerja.

Kata kunci: produktivitas kerja; pekerja wanita; status gizi; tingkat stres kerja

ABSTRACT

THE RELATIONSHIP OF NUTRITIONAL STATUS AND WORK STRESS LEVEL WITH PRODUCTIVITY OF WOMEN EMPLOYEES IN *WEAVING* UNIT PT. ISKANDAR INDAH *PRINTING TEXTILE*

Devanie Amarta Fitri, Emy Huriyati, Yayuk Hartriyanti

Background: Work productivity is an important factor in supporting the company's success. High productivity can be achieved if workers have optimal health, both physically and mentally. Therefore, factors such as nutritional status and work stress levels must be considered. Female workers are more susceptible to health problems, so it is necessary to identify the health of female workers in this research in an effort to increase their work productivity.

Objective: Knowing the relationship between nutritional status and the level of work stress on the work productivity of female workers.

Method: This research uses methods *cross-sectional observational* involving 73 female workers at PT Iskandar Indah *Printing Textile* use *purposive sampling*. Data collection on nutritional status uses direct observation, stress level data uses questionnaires, and productivity data uses secondary data. The statistical analysis that used in this study were *Chi square* test

Results: From the research that has been carried out, it was found that 68.5% of subjects were classified as productive at work. The majority of subjects had a Body Mass Index (BMI) in the category *overweight*, the percentage of fat is in the normal category, and the greatest frequency of stress levels is in the moderate stress category. There is a relationship between BMI and the subject's work productivity ($p=0.002$). There is a relationship between the percentage of fat and the subject's work productivity ($p=0.000$). There is no relationship between the level of work stress and the subject's work productivity ($p=0,402$)

Conclusion: There is a relationship between nutritional status and work productivity, there is no relationship between stress levels and work productivity.

Keywords: Female workers; nutritional status; work productivity; work stress level