

HUBUNGAN POLA KONSUMSI DAN STRES KERJA DENGAN PERILAKU MAKAN PADA TENAGA KEPENDIDIKAN DI UNIVERSITAS GADJAH MADA

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ABSTRAK

Latar Belakang: Lingkungan kerja seharusnya dapat membentuk perilaku yang baik bagi pekerjaanya, salah satunya perilaku makan. Pada praktiknya, pekerja justru sering melewati makan dan salah dalam pemilihan makanan. Kondisi pekerjaan dapat memengaruhi pekerja untuk mengalami stres. Stres yang dialami serta pola konsumsi makanan yang tidak tepat akan membentuk perilaku makan yang buruk.

Tujuan: Mengetahui hubungan antara pola konsumsi dan stres kerja dengan perilaku makan pada tenaga kependidikan di Universitas Gadjah Mada (UGM) serta mengetahui hubungan antara pola konsumsi dengan stres kerja pada tenaga kependidikan di Universitas Gadjah Mada.

Metode: Penelitian ini menggunakan metode kuantitatif observasional dengan rancangan *cross-sectional* yang melibatkan 100 tenaga kependidikan di Universitas Gadjah Mada. Pengambilan data menggunakan teknik *purposive sampling* dengan pengambilan subjek tiap fakultas dihitung dengan metode *proportionate stratified random sampling*. Analisis bivariat menggunakan uji *Chi-square*.

Hasil: Sebagian besar subjek memiliki pola konsumsi energi, protein, dan karbohidrat yang kurang baik, serta memiliki pola konsumsi lemak yang lebih. Sebagian besar subjek memiliki tingkat stres ringan. Sebagian besar subjek memiliki perilaku makan yang positif (mendekati makan). Tidak terdapat hubungan yang signifikan antara pola konsumsi energi ($p = 0,775$), pola konsumsi lemak ($p = 0,247$), dan pola konsumsi karbohidrat ($p = 0,207$) dengan perilaku makan. Terdapat hubungan yang signifikan antara pola konsumsi protein dengan perilaku makan ($p = 0,008$). Terdapat hubungan yang signifikan antara stres kerja dengan perilaku makan ($p = 0,020$). Tidak terdapat hubungan yang signifikan antara stres kerja dengan pola konsumsi energi ($p = 0,519$), pola konsumsi protein ($p = 0,810$), pola konsumsi lemak ($p = 0,276$), dan pola konsumsi karbohidrat ($p = 0,125$).

Kesimpulan: Tidak terdapat hubungan antara pola konsumsi energi, lemak, dan karbohidrat dengan perilaku makan, tetapi terdapat hubungan antara pola konsumsi protein dan stres kerja dengan perilaku makan pada tenaga kependidikan di UGM. Tidak terdapat hubungan antara stres kerja dengan pola konsumsi pada tenaga kependidikan di UGM.

Kata kunci: Pola konsumsi, perilaku makan, stres kerja, tenaga kependidikan

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ASSOCIATION BETWEEN CONSUMPTION PATTERN AND WORK-RELATED STRESS WITH EATING BEHAVIOUR AMONG EDUCATION SUPPORT STAFF IN UNIVERSITAS GADJAH MADA

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ABSTRACT

Background: The work environment should be able to form good behaviour for its workers, one of which is eating behaviour. In practice, workers often skip meals and make the wrong choice of food. Work conditions can influence workers to experience stress. The stress experienced as well as improper food consumption patterns will form poor eating behaviour.

Objective: To determine the association between consumption patterns and work-related stress with eating behaviour as well as between work-related stress with consumption patterns among education support staff at Universitas Gadjah Mada (UGM).

Method: This study used an observational quantitative method with a cross-sectional design involving 100 education support staff at Universitas Gadjah Mada. Data collection used a purposive sampling technique with subjects from each faculty calculated using the proportionate stratified random sampling method. Chi-square test was employed for the bivariate analysis.

Results: Most of the subjects had poor energy, protein, and carbohydrate consumption patterns, and had higher fat consumption patterns. Most of the subjects had mild stress levels. Most of the subjects had a positive eating behaviour (food approach). There was no significant association between energy consumption patterns ($p = 0.775$), fat consumption patterns ($p = 0.247$), and carbohydrate consumption patterns ($p = 0.207$) with eating behaviour. There was a significant association between protein consumption patterns with eating behaviour ($p = 0.008$). There was a significant association between work-related stress with eating behaviour ($p = 0.020$). There was no significant association between work-related stress with energy consumption patterns ($p = 0.519$), protein consumption patterns ($p = 0.810$), fat consumption patterns ($p = 0.276$), and carbohydrate consumption patterns ($p = 0.125$).

Conclusion: There is no relationship between energy, fat, and carbohydrate consumption patterns with eating behaviour, but there is a relationship between protein consumption patterns and work-related stress with eating behaviour of UGM's education support staffs. There is no relationship between work-related stress with consumption patterns of UGM's education support staffs.

Keywords: Consumption pattern, eating behaviour, work-related stress, education support staff

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