

ANALISIS KEBUTUHAN PENGEMBANGAN BUKU SAKU GIZI UNTUK PEKERJA DENGAN RISIKO PENYAKIT TIDAK MENULAR

(Trymurti Marito Rajagukguk, Yayuk Hartriyanti, Mutiara T P L Kusuma)

ABSTRAK

Latar Belakang: Peningkatan beban penyakit tidak menular (PTM) berdampak pada penurunan derajat kesehatan, produktivitas kerja, serta peningkatan beban sosial-ekonomi, khususnya di kalangan pekerja. Meskipun program promotif dan preventif, seperti CERDIK dan Posbindu PTM telah diimplementasikan, rendahnya tingkat pengetahuan serta keterbatasan akses terhadap informasi kesehatan yang terpercaya masih menjadi hambatan dalam mendorong perubahan perilaku sehat.

Tujuan: Menghasilkan media edukasi kesehatan berupa draft materi buku saku mengenai gizi dan kesehatan yang ditujukan bagi pekerja dengan risiko PTM.

Metode: Penelitian deskriptif kualitatif dilakukan untuk merancang media edukasi dengan pendekatan gabungan *preceed-proceed* dan 4D, melalui studi dokumen, survei terhadap 92 responden, wawancara mendalam, serta diskusi kelompok terarah yang melibatkan 22 informan kunci. Data dianalisis secara tematik untuk menyusun materi, desain, dan format buku saku, sedangkan data survei dianalisis secara deskriptif sebagai bagian dari penilaian pengetahuan untuk menggambarkan tingkat pemahaman responden yang menjadi dasar dalam pengembangan buku saku.

Hasil: Mayoritas responden dan informan merupakan tenaga kependidikan yang berisiko PTM dengan prevalensi tinggi hiperkolesterolemia, hipertensi, obesitas, dan diabetes mellitus. Meski memahami gaya hidup sehat, masih ada kesenjangan pemahaman dan rendahnya pemanfaatan layanan kesehatan, sehingga buku saku efektif sebagai media edukasi ringkas dan terfokus. Berdasarkan penilaian sosial, epidemiologi, edukasi-ekologi, dan administratif-kebijakan, materi yang dibutuhkan mencakup pengenalan PTM, faktor risiko, gejala, dampak, mekanisme penyakit terkait lingkungan kerja, panduan tatalaksana diet, serta informasi layanan dan prosedur kegawatdaruratan di tempat kerja guna meningkatkan literasi kesehatan dan optimalisasi pencegahan PTM. Penilaian ahli menyatakan materi telah relevan, dengan saran penambahan penjelasan pada beberapa subtopik.

Kesimpulan: Materi yang disusun dinilai relevan berdasarkan hasil validasi ahli, sehingga dapat dijadikan dasar penyempurnaan desain buku saku bagi pekerja dengan risiko PTM.

Kata kunci: Kesehatan Kerja; Media Edukasi; Buku Saku Gizi

NEEDS ANALYSIS FOR THE DEVELOPMENT OF A NUTRITION POCKETBOOK FOR WORKERS AT RISK OF NON-COMMUNICABLE DISEASES

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ABSTRACT

Background: The increasing burden of non-communicable diseases (NCDs) has resulted in declining health and work productivity, as well as increasing socio-economic burdens, particularly among workers. Despite the implementation of promotive and preventive programs, such as CERDIK and Posbindu PTM, low levels of knowledge and limited access to reliable health information remain barriers to encouraging healthy behavior change.

Objective: To produce a draft of a health education media pocketbook on nutrition and health aimed at workers at risk of NCDs.

Methods: A qualitative descriptive study was conducted to design the educational media using a combined precedent-proceed and 4D approach. This involved document review, a survey of 92 respondents, in-depth interviews, and focus group discussions involving 22 key informants. Data were analyzed thematically to develop the material, design, and format of the pocketbook. Survey data were analyzed descriptively as part of a knowledge assessment to describe respondents' level of understanding, which served as the basis for developing the pocketbook.

Results: The majority of respondents and informants were education personnel at risk of NCDs, with a high prevalence of hypercholesterolemia, hypertension, obesity, and diabetes mellitus. Despite understanding healthy lifestyles, there are still gaps in understanding and low utilization of health services, making this pocketbook effective as a concise and focused educational tool. Based on social, epidemiological, educational-ecological, and administrative-policy assessments, the required material includes an introduction to NCDs, risk factors, symptoms, impacts, disease mechanisms related to the work environment, dietary management guidelines, and information on emergency services and procedures in the workplace to improve health literacy and optimize NCD prevention. Expert assessments indicated the material was relevant, with suggestions for additional explanations on several subtopics.

Conclusion: The compiled material was deemed relevant based on expert validation results, and can serve as a basis for improving the design of this pocketbook for workers at risk of NCDs.

Key Words: Occupational Health; Educational Media; Nutrition Pocketbook