

ABSTRAK

ANALISIS KEBUTUHAN PENGEMBANGAN BUKU SAKU GIZI UNTUK PEKERJA

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Latar belakang: Pekerja adalah individu yang bekerja dengan menerima imbalan, dengan beban kerja yang perlu disesuaikan dengan kemampuan fisik dan mental agar tidak menyebabkan kelelahan yang dapat memengaruhi status gizi. Status gizi dipengaruhi oleh pengetahuan gizi yang berperan dalam membentuk sikap dan perilaku dalam pemilihan makanan. Peningkatan pengetahuan dan status gizi pekerja dapat dilakukan melalui edukasi kesehatan dengan memanfaatkan media seperti buku saku yang disesuaikan dengan kebutuhan gizi pekerja.

Tujuan: Tujuan penelitian ini yaitu mengembangkan rancangan buku saku gizi untuk pekerja di Universitas Gadjah Mada.

Metode: Penelitian ini menggunakan pendekatan kualitatif dengan acuan model PRECEDE-PROCEED yang dipadukan dengan model pengembangan 4D. Data dikumpulkan melalui studi dokumen, survei, wawancara mendalam, dan wawancara grup. Sebanyak 17 informan dipilih menggunakan teknik *purposive sampling*. Instrumen penelitian meliputi *informed consent*, pedoman regulasi, *Google Form*, serta panduan wawancara mendalam dan wawancara grup. Analisis data dilakukan dengan metode analisis tematik.

Hasil penelitian: Universitas Gadjah Mada menunjukkan komitmen dalam menyusun kebijakan operasional yang berfokus pada pemenuhan kebutuhan gizi pekerja. Kebijakan HPU yang dikembangkan terkait dengan aspek kesehatan pekerja. Instansi juga menyediakan berbagai fasilitas, program, dan layanan kesehatan, meskipun pemanfaatannya masih beragam. Oleh karena itu, disusun rancangan buku saku yang sesuai dengan karakteristik dan kebutuhan pekerja, serta telah mendapatkan masukan dari ahli materi.

Kesimpulan: Universitas Gadjah Mada berkomitmen dalam penyusunan kebijakan kesehatan pekerja dan menunjukkan adanya kebutuhan informasi kesehatan. Data dari survei, wawancara mendalam, dan wawancara grup digunakan untuk menyusun rancangan buku saku yang telah disesuaikan dan divalidasi oleh ahli. Buku saku gizi ini diharapkan menjadi alternatif media edukasi kesehatan bagi pekerja.

Kata Kunci: buku saku, kebutuhan gizi, pekerja

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ABSTRACT

NEEDS ANALYSIS FOR THE DEVELOPMENT OF A NUTRITION POCKETBOOK FOR WORKERS

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Background: Workers are individuals who perform work in exchange for compensation, with workloads that should be adjusted to their physical and mental capacities to prevent fatigue that may affect nutritional status. Nutritional status is influenced by nutrition knowledge, which plays an important role in shaping attitudes and behaviors in food selection. Improving workers' knowledge and nutritional status can be achieved through health education by utilizing media such as pocket books that are tailored to workers' nutritional needs.

Objective: This study aims to develop a design of a nutrition pocket book for workers at Universitas Gadjah Mada.

Methods: This study used a qualitative approach based on the PRECEDE-PROCEED model combined with the 4D development model. Data were collected through document review, surveys, in-depth interviews, and group interviews. A total of 17 informants were selected using purposive sampling. The research instruments included informed consent forms, regulatory guidelines, Google Forms, as well as guides for in-depth and group interviews. Data were analyzed using thematic analysis.

Results: Universitas Gadjah Mada demonstrates a commitment to developing operational policies focused on fulfilling workers' nutritional needs. The HPU policy developed is related to workers' health aspects. The institution also provides various facilities, programs, and health services, although their utilization varies. Therefore, a pocket book design was developed in accordance with workers' characteristics and needs, and has received input from subject matter experts.

Conclusion: Universitas Gadjah Mada is committed to developing health policies for workers and indicates a need for health-related information. Data obtained from surveys, in-depth interviews, and group interviews were used to develop a pocket book design that has been tailored to workers' needs and validated by experts. This nutrition pocket book is expected to serve as an alternative medium for health education for workers.

Keyword: pocketbook, nutrition needs, workers

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