HUBUNGAN TINGKAT STRES DAN AKTIVITAS FISIK DENGAN POLA MAKAN PERAWAT SHIFT MALAM DI RUMAH SAKIT
PROVITA
Jessy Noviyanti Tumba, Tony Arjuna, S.Gz., M.Nut.Diet.,AN.,APD.,Ph.D ; Dr. dr. Emy Huriyati, M.Kes
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

ABSTRAK

Hubungan Tingkat Stres dan Aktivitas Fisik dengan Pola Makan Perawat yang *shift* Malam di Rumah Sakit Provita

Latar Belakang: Perawat *shift* malam berisiko mengalami perubahan pola makan akibat tuntutan kerja, gangguan ritme sirkadian, stres, kelelahan, serta keterbatasan akses makanan selama bekerja. Dalam penelitian ini, pola makan difokuskan pada keberagaman pangan berdasarkan *Dietary Diversity Score* (DDS). Tingkat stres dan aktivitas fisik merupakan faktor perilaku dan kondisi kesehatan yang dapat muncul dalam konteks kerja *shift* malam dan berpotensi berkaitan dengan variasi pola makan perawat.

Tujuan: Menganalisis hubungan antara tingkat stres dan aktivitas fisik dengan pola makan pada perawat yang bekerja dengan sistem *shift* malam di Rumah Sakit Provita.

Metode: Penelitian ini merupakan penelitian kuantitatif dengan desain cross-sectional. Subjek penelitian adalah 58 perawat *shift* malam di Rumah Sakit Provita yang memenuhi kriteria inklusi. Teknik pengambilan sampel menggunakan total sampling. Pola makan dinilai menggunakan *Food Record* 2 x 24 jam yang dianalisis berdasarkan *Dietary Diversity Score* (DDS), tingkat stres diukur menggunakan *Depression Anxiety Stress Scale-21* (DASS-21), dan aktivitas fisik diukur menggunakan *Global Physical Activity Questionnaire* (GPAQ). Analisis bivariabel dilakukan menggunakan uji *Chi-square* atau *Fisher's exact*, sedangkan analisis multivariabel dilakukan menggunakan regresi logistik biner.

Hasil: Sebagian besar responden memiliki pola makan cukup (68,97%), tidak mengalami stres (53,45%), dan memiliki aktivitas fisik cukup (98,28%). Hasil analisis bivariabel menunjukkan bahwa tingkat stres, aktivitas fisik, usia, jenis kelamin, lama kerja, dan jumlah *shift* malam tidak berhubungan signifikan dengan pola makan perawat *shift* malam. Hasil analisis multivariabel juga menunjukkan tidak terdapat variabel yang berhubungan signifikan dengan pola makan. Variabel jumlah *shift* malam ≥5 hari/bulan memiliki nilai *adjusted odds ratio* tertinggi (aOR = 2,67), tetapi tidak bermakna secara statistik.

Kesimpulan: Pola makan perawat *shift* malam tidak berhubungan signifikan dengan tingkat stres, aktivitas fisik, usia, jenis kelamin, lama kerja, maupun jumlah *shift* malam. Jumlah *shift* malam memiliki kecenderungan paling tinggi terhadap pola makan, tetapi belum bermakna secara statistik. Pola makan perawat *shift* malam kemungkinan dipengaruhi oleh faktor lain di luar variabel penelitian.

Kata Kunci: pola makan, perawat *shift* malam, tingkat stres, aktivitas fisik, jumlah *shift* malam.

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ABSTRACT

The Relationship between Stress Levels and Physical Activity with Dietary Patterns among Night-shift Nurses at Provita Hospital

Background: Night-shift nurses are at risk of changes in dietary patterns due to work demands, circadian rhythm disruption, stress, fatigue, and limited access to food during working hours. In this study, dietary patterns were specifically focused on dietary diversity measured using the Dietary Diversity Score (DDS). Stress level and physical activity are behavioral and health-related factors that may occur in the context of night-shift work and may be associated with variations in nurses' dietary patterns.

Objective: To analyze the relationship between stress levels and physical activity with dietary patterns among nurses working night shifts at Provita Hospital.

Methods: This study was a quantitative study with a cross-sectional design. The subjects were 58 night-shift nurses at Provita Hospital who met the inclusion criteria. The sampling technique used was total sampling. Dietary patterns were assessed using a Food Record and analyzed based on the Dietary Diversity Score (DDS). Stress level was measured using the Depression Anxiety Stress Scale-21 (DASS-21), while physical activity was measured using the Global Physical Activity Questionnaire (GPAQ). Bivariate analysis was conducted using the Chi-square or Fisher's exact test, while multivariate analysis was performed using binary logistic regression.

Results: Most respondents had adequate dietary patterns based on DDS (68.97%), did not experience stress (53.45%), and had adequate/sufficient physical activity (98.28%). Bivariate analysis showed that stress level, physical activity, age, sex, length of employment, and number of night shifts were not significantly associated with dietary patterns among night-shift nurses. Multivariate analysis also showed that none of the variables were significantly associated with dietary patterns. The number of night shifts ≥5 days/month had the highest adjusted odds ratio (aOR = 2.67), although it was not statistically significant.

Conclusion: Dietary patterns among night-shift nurses were not significantly associated with stress levels, physical activity, age, sex, length of employment, or number of night shifts. The number of night shifts showed the highest tendency toward dietary patterns, but the association was not statistically significant. Dietary patterns among night-shift nurses may be influenced by other factors beyond the variables examined in this study.

Keywords: dietary patterns, night-shift nurses, stress level, physical activity, number of night shifts.