

HUBUNGAN KARAKTERISTIK PEKERJA DAN KARAKTERISTIK PEKERJAAN DENGAN STRES KERJA DAN STATUS GIZI KARYAWAN TENAGA KEPENDIDIKAN KPTU FK-KMK UGM

Yusnia Pradhitya Wardhani¹, Yayuk Hartriyanti², Toto Sudargo²

INTISARI

Latar belakang: Kesejahteraan pekerja penting untuk diperhatikan. Salah satu bentuk pekerja yang sejahtera yaitu pekerja tidak memiliki tekanan berlebih di lingkungan kerja sehingga tidak memiliki stres kerja yang tinggi. Agar pekerja tidak stres, diperlukan lingkungan kerja yang baik. Stres kerja berlebih dapat mempengaruhi kinerja dan produktivitas pekerja. Stres kerja tidak hanya terbentuk dari kondisi lingkungan tempat kerjanya, tetapi juga karakteristik diri seperti latar belakang pekerja, kepribadian dan kondisi kesehatan termasuk status gizi.

Tujuan: Mengetahui hubungan tingkat stres kerja, status gizi dan faktor-faktornya pada karyawan tenaga kependidikan di KPTU FK-KMK UGM.

Metode penelitian: Penelitian ini merupakan penelitian analitik observasional dengan metode potong lintang. Penelitian ini menggunakan teknik *total sampling* dengan melibatkan 91 karyawan KPTU FK-KMK UGM. Pengambilan data karakteristik pekerja dan karakteristik pekerjaan dilakukan dengan wawancara menggunakan kuesioner, sementara status gizi dilakukan berdasarkan perhitungan dari hasil pengukuran langsung.

Hasil penelitian: Karakteristik responden sebagian besar adalah perempuan berusia 36-45 tahun, sudah menikah, berpendidikan terakhir Diploma 4/ Sarjana, memiliki beban kerja sedang, status kepegawaian tetap, sudah bekerja selama <10 tahun di KPTU FK-KMK UGM, merasa nyaman atas lingkungan kerjanya, memiliki status gizi normal dan tingkat stres kerja rendah. Terdapat hubungan yang signifikan antara usia ($p=0,041$), tingkat pendidikan ($p=0,011$) dan persepsi kebisingan ($p=0,049$) dengan stres kerja serta antara usia ($p=0,008$), status pernikahan ($p=0,001$), masa kerja ($p=0,001$) dan status kepegawaian ($p=0,005$) dengan status gizi karyawan tenaga kependidikan KPTU FK-KMK UGM

Kesimpulan: Terdapat hubungan yang signifikan antara usia, tingkat pendidikan dan persepsi kebisingan dengan stres kerja serta antara usia, status pernikahan, masa kerja dan status kepegawaian dengan status gizi karyawan tenaga kependidikan KPTU FK-KMK UGM

Kata kunci: stres kerja, status gizi, karakteristik pekerja, karakteristik pekerjaan

¹Mahasiswa Program Studi S1 Gizi Kesehatan Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan UGM

²Staf Pengajar Program Studi S1 Gizi Kesehatan Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan UGM

THE ASSOCIATION BETWEEN WORKER'S CHARACTERISTIC, JOB CHARACTERISTIC, WORK-RELATED STRESS AND NUTRITIONAL STATUS OF EMPLOYEES IN KPTU FK-KMK UGM

Yusnia Pradhitya Wardhani¹, Yayuk Hartriyanti², Toto Sudargo²

ABSTRACT

Background: Worker's welfare is important. Prosperous workers can be formed by having the right amount the work pressure on their workplace so that they will have a good condition in both mental and physical, also less in work-related stress. To accomplish that condition, a good workplace is needed. High intensity of work-related stress could influence the worker's work performance and productivity. Work-related stress not only induced from workplace condition but also the worker's background, personality, and health condition which nutritional status is also included.

Objective: To determine the association between worker's characteristic, job characteristic, work-related stress and nutritional status of employees in KPTU FK-KMK UGM.

Method: An observational study with cross-sectional method. Using total sampling and involving 91 employees from KPTU FK-KMK UGM. Data from both worker's characteristic and job characteristic are collected by questionnaire-based interview, while nutritional status based on BMI calculation from anthropometry measurement.

Result: Most respondents are woman, 36-45 years old, married, graduated from bachelor degree as the last education experience, having a moderate workload, signed as a permanent employee, worked for <10 years in KPTU, feeling comfortable in their workplace, have a normal nutritional status and low work-related stress. There are significant correlation between age ($p=0,041$), education ($p=0,011$), workplace noise perception ($p=0,049$) and work-related stress, also between age ($p=0,008$), marriage status ($p=0,001$), years of working ($p=0,001$), job status ($p=0,005$) and nutritional status of employees in KPTU FK-KMK UGM

Conclusion: There are significant correlation between age, education, workplace noise perception and work-related stress, also between age, marriage status, years of working, job status and nutritional status of employees in KPTU FK-KMK UGM.

Keyword: work-related stress, nutritional status, worker's characteristic, job characteristic

¹Student of Nutrition and Health, Faculty of Medicine, Public Health, and Nursing Universitas Gadjah Mada

²Lecturer of Nutrition and Health, Faculty of Medicine, Public Health, and Nursing Universitas Gadjah Mada