

Analisis hubungan konsumsi energi dan zat besi dengan status gizi nakerwan divisi factory di PT. Great Giant Pineapple tahun 2013 = Relationship analysis of energy and iron consumption with nutritional status of female worker factory division at PT. Great Giant Pineapple in 2013 / Aidi

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Abstrak

**ABSTRAK**

Ada dua persoalan pokok mengenai gizi nakerwan Indonesia yakni ketidakseimbangan energi kerja dan anemia terutama anemia defisiensi besi. Kedua jenis masalah gizi ini memberikan dampak menurunnya derajat kesehatan pekerja yang berakhir pada menurunnya produktifitas/kapasitas kerja. Tujuan penelitian ini adalah untuk menganalisis hubungan konsumsi energi dan zat besi dengan status gizi nakerwan divisi pabrik di PT. Great Giant Pineapple tahun 2013. Jenis penelitian ini adalah deskriptif analitik dengan rancangan cross sectional. Penelitian dilakukan pada nakerwan divisi pabrik di PT. Great Giant Pineapple, Kecamatan Terbanggi Besar, Kabupaten Lampung Tengah, Propinsi Lampung.

Hasil: Secara statistik ada hubungan antara asupan energi dan karbohidrat dengan IMT. Tetapi tidak ditemukan hubungan umur, asupan lemak, asupan protein dan asupan serat dengan IMT. Secara statistik ada hubungan antara pola haid, asupan energi, asupan lemak, asupan protein, asupan zat besi dan enhancer absorpsi zat besi (asupan vitamin C) dengan anemia. Tetapi tidak ada hubungan umur, asupan karbohidrat, asupan zink, asupan kalsium, asupan magnesium, dan inhibitor absorpsi zat besi (asupan makanan mengandung fitat, asupan minuman mengandung tanin dan asupan serat) dengan anemia.

**ABSTRACT**

There are two main issues regarding nutrition Indonesia female worker the energy imbalance of work and anemia, especially iron deficiency anemia. Both types of nutritional problems this gives the effect of the health status of workers ended in decreased productivity/labor capacity. The purpose of this study was to analyze the relationship between energy and iron consumption with nutritional status of female worker factory division at PT. Great Giant Pineapple in 2013. This research is a descriptive analytic with cross sectional design. The study was conducted at the female worker factory division at PT. Great Giant Pineapple, Terbanggi Besar, Lampung Tengah District, Lampung Province.

## Results:

Statistically, there is a relationship between energy intake and carbohydrate with body mass index. However, no relationship age, fat intake, intake of protein and fiber intake with body mass index. Statistically, there is a relationship between menstrual pattern, energy intake, fat intake, protein intake, iron intake and iron absorption enhancers (vitamin C) with anemia. But there is no relationship of age, carbohydrate intake, intake of zinc, calcium intake, magnesium intake, and inhibitors of iron absorption (intake of foods containing phytate, intake of foods containing tannin and fiber intake) with anemia.