

Perbedaan proporsi antara asupan gizi status gizi aktivitas fisik dan faktor lainnya dengan kelelahan fisik pada pekerja di PT. X tahun 2015 = Proportional differences between nutritional intake nutritional status physical activity other associated factors with physical fatigue of worker in PT. X 2015

Innes Marinda, author

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Abstrak

Penelitian ini bertujuan untuk mengetahui perbedaan proporsi kelelahan fisik pada pekerja PT. X. Penelitian ini menggunakan pendekatan kuantitatif dengan desain studi cross sectional. Pengumpulan data dilaksanakan pada bulan Mei-Juni 2015 di PT. X. Data diperoleh melalui pengisian kuesioner yang diisi secara mandiri, pengukuran antropometri, dan 24H food record dengan jumlah sampel 126 responden. Analisis data menggunakan uji Chi-square untuk melihat perbedaan proporsi antara variabel independen dengan variabel dependen.

Hasil penelitian menunjukkan bahwa terdapat perbedaan proporsi antara asupan protein (P value =0,049), konsumsi air putih (P value=0,022), dan status merokok (P value=0,027) dengan kelelahan fisik. Sebaiknya perusahaan menyediakan botol untuk menampung urin, sehingga pekerja dapat mengukur warna urin dan mengetahui kecukupan konsumsi air putih selama bekerja.

.....This study aims to describe the proportional difference between fatigue, physical fatigue of worker in PT. X. This study is a quantitative study using cross-sectional study design. The data were collected in May-June 2015. The data were collected by using self-administered questionnaire, anthropometric measurement, and 24H food record involving 126 respondents. The data were analyzed using Chi-square test to describe the proportion difference between the independent variables and the dependent variables.

The result shows that there are proportional differences between protein intake (P value=0,049), mineral water consumption (P value=0,022), smoking status (P value=0,027), and physical fatigue. The company is suggested to be more concerned regarding the menu in the canteen. Furthermore, the worker are suggested to be more active like increase their exercise frequency and routine by using the facilities in the company. The company should provide a bottle to accommodate the urine, so that workers can measure the color of the urine and aware of the sufficiency of white water consumption during work.