

Studi intake energi (Kalori) Kerja di PT United Tractors Tbk tahun 2011

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Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20291346&lokasi=lokal>

Abstrak

Penelitian ini bertujuan untuk mengetahui kebutuhan energi (kalori) kerja, intake energi (kalori) kerja, pemenuhan energi (kalori) kerja, dan riwayat penyakit yang berkaitan dengan intake energi (kalori) yang tidak tepat di PT United Tractors Tbk. Jenis penelitian ini bersifat deskriptif analitik dengan desain studi cross sectional. Sampel dalam penelitian ini berjumlah 106 pekerja PT United Tractors Tbk. Berdasarkan hasil penelitian didapatkan 49,1% pekerja mengalami kekurangan energi (kalori) selama kerja dan 50,1% pekerja mengalami kelebihan energi (kalori) selama kerja. Disarankan kepada pihak perusahaan untuk melakukan program gizi kerja melalui nutrition awareness programs, behavior change programs, weight control programs, dan healthy foods program.

.....This study aims to determine energy (calories) work needs, energy (calories) work intake, the fulfillment of the work energy (calories), and the history of disease at PT United Tractors Tbk. Type research is descriptive analytical with design cross sectional study. The samples in this study were 106 workers of PT United Tractors Tbk. Based on the results of research was obtained 49,1% employee suffers lack of work energy (calories) and 50,1% employee suffers excess work energy (calories). Recommendations for the company are performing a program of nutrition workplace by nutrition awareness programs, behavior change programs, weight control programs, and healthy foods programs.