

# Pengaruh Konseling Gizi dan Diet RESTTM serta Faktor Pekerjaan terhadap Penurunan Berat Badan pada Perawat Rumah Sakit dengan Status Gizi Berlebih (Studi di RSUD Kesehatan Kerja Provinsi Jawa Barat) = The Effect of Nutrition Counseling and RESTTM Diet also Occupational Factors on Weight Loss among Hospital Nurses with Excessive Weight Nutritional Status (Study in The Occupational Health Hospital of West Java Province)

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## Abstrak

Perawat mempunyai resiko mengalami status gizi berlebih yang dapat meningkatkan resiko terjadinya gangguan kesehatan serius, seperti penyakit jantung, hipertensi dan diabetes melitus. Intervensi konseling gizi dan diet diduga dapat menurunkan berat badan pada orang dengan status gizi berlebih. Tujuan penelitian ini untuk mengetahui efektifitas Konseling Gizi dan penerapan Diet Rendah Energi Seimbang Teratur (REST) terhadap penurunan berat badan pada perawat dengan status gizi berlebih di rumah sakit. Penelitian dilakukan di RSUD Kesehatan Prov. Jabar dengan subjek penelitian 22 orang perawat yang mempunyai status gizi berlebih, melakukan intervensi Konseling Gizi dan penerapan Diet REST TM serta menggunakan kuesioner Bouchard, kuesioner OSI-RTM dan lembar food record. Rata-rata penurunan berat setelah mendapatkan Konseling Gizi dan melaksanakan Diet RESTM paling besar terjadi pada minggu ke-12 akhir pengamatan sebesar 2,6 kg dengan 95% IK=1,3-3,9 kg. Berdasarkan analisa bivariat didapatkan jenis kelamin memberikan pengaruh yang bermakna terhadap rata-rata penurunan berat badan. Perawat laki-laki memiliki rata-rata penurunan yang lebih besar dibandingkan perempuan ( $p=0,038$ ). Rata-rata penurunan berat badan perawat laki-laki  $3,1 \pm 1,7$ kg dan perawat perempuan  $1,6 \pm 1,3$ kg. Sedangkan pengaruh faktor pekerjaan terhadap penurunan berat badan setelah mendapatkan Konseling Gizi dan menjalankan Diet RESTTM tidak menunjukkan pengaruh yang bermakna, yaitu jabatan pekerjaan ( $p=0,948$ ), jumlah jam kerja ( $p=0,220$ ), pembagian shift kerja ( $p=0,692$ ) dan stres kerja ( $p=0,813$ ).

Kesimpulan dari penelitian ini terdapat pengaruh Konseling Gizi dan Diet RESTTM selama 12 minggu terhadap penurunan berat badan pada perawat dengan status gizi berlebih di rumah sakit.

.....Nurse has a risk to get an excessive weight nutritional status that can increase the risk of serious health problems, such as heart disease, hypertension and diabetes mellitus. The intervention of nutrition counseling and diet are expected to lose weight in people with excessive nutritional status. Purpose of this study is to determine the effectiveness of nutrition counseling and the implementation of Rendah Energi, Seimbang dan Teratur (REST) diet on weight loss among hospital nurses with excessive weight nutritional status in the hospital. The study was conducted at Occupational Health Hospital of West Java with 22 nurses as study subjects with excessive weight nutritional status, implemented nutrition counseling intervention, a RESTTM Diet and also used the Bouchard questionnaire, OSI-RTM questionnaire and food record sheets. The greatest average weight loss after receiving nutrition counseling and implementing a REST<sup>TM</sup> Diet occurred in the 12th week of the last observation. It was 2.6 kg with 95% CI=1.3-3.9 kg. Based on the bivariate test showed gender had a significant effect on the average weight loss. The male nurses had greater average weight loss than female nurses ( $p=0.038$ ). The average weight loss of male nurses was  $3.1 \pm 1.7$ kg

and female nurses  $1.6 \pm 1.3$ kg. Meanwhile, the effect of occupational factors on weight loss after receiving nutrition counseling and implementing the RESTTM Diet did not show a significant effect, such as job position ( $p=0.948$ ), the number of working hours ( $p=0.220$ ), work shift schedule ( $p=0.692$ ) and work stress ( $p=0.813$ ). The conclusion of this study is there was an effect of nutrition counseling and a RESTTM Diet in 12 weeks on weight loss among nurses with excessive weight nutritional status in the hospital.