

Hubungan Masukan Kalori Makan Pagi dengan Kadar Gula Darah dan Produktivitas Tenaga Kerja Wanita di Perusahaan Tenun, Jakarta, 1994

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Abstrak

ABSTRAK

Ruang lingkup penelitian ialah gizi kerja dalam hubungannya dengan produktivitas kerja. Makan pagi merupakan salah satu faktor yang diasumsikan berhubungan dengan produktivitas kerja sedangkan kadar gula darah secara kualitatif dapat mengukur masukan kalori makan pagi. Penelitian ini bertujuan untuk melihat apakah ada hubungan masukan kalori makan pagi dengan kadar gula darah dan produktivitas kerja terhadap 81 tenaga kerja wanita (TKW) bagian jahit perusahaan tenun di Jakarta pada bulan Nopember 1994 dengan alasan rendahnya pencapaian target produksi {40 %} di perusahaan ini. Penelitian ini menggunakan desain pendekatan kros sektional, data dikumpulkan dengan melakukan wawancara, "recall" 2x24 jam, pemeriksaan fisik, pemeriksaan hemoglobin dan kadar gula darah, pencatatan hasil produksi mulai jam 7.00 sampai jam 12.00 pada hari penelitian. Hasil penelitian menunjukkan, 9 (11,1 %) TKW tidak makan pagi, 30 (37 %) TKW makan pagi dengan kalori kurang, 42 (51,9 %) TKW makan pagi dengan kalori cukup. Masukan makanan harian secara kualitatif 91,4 % kurang bervariasi. Secara kuantitatif menunjukkan protein {56,52 %}, vitamin C dan besi belum mencukupi AKG yang dianjurkan WNPG V tahun 1993. Status gizi TKW 11,1 a kurang, 70,4 % normal dan 18,5 % lebih. Uji statistik mendapatkan adanya perbedaan yang bermakna antara TKW makan pagi dan TKW tidak makan pagi dengan hasil produksi ($p=0.004$), dengan kadar gula darah jam 6.30 ($p = 0.02$).

A Study On The Relationship Between Breakfast Calory Intake, Blood Glucose And Productivity Among Women Workers At Weaving Factory In Jakarta, 1994The scope of study is the women workers nutrition in relation to their work productivity. Breakfast is one of the factors which was assumed related to work productivity while blood glucose is one of the objective parameters to measure breakfast calory intake. The objective of this study is to identify the relationship between breakfast calory intake, blood glucose and productivity. A sample of 81 women workers at sewing department a weaving factory in Jakarta had become the population of study due to the low productivity record (40 %) of the factory, on November 1994. The design of study is cross-sectional and data were collected through interviews, questionnaire, recall 2x24 hour, physical examination, haemoglobin and blood glucose test and one day women workers productivity measured by recording her work productivity performed from 7.00 AM until 12.00 AN. Study result showed that 9 {11.1 %} workers did not have breakfast, 30 (37 %) had breakfast with less calories, 24 (51.9 %) had breakfast with sufficient calories. The one day recall calory intake showed qualitatively that about 91.4% of their food compositions did not vary. The quantitative food analysis showed that 56.52 0 of protein, vitamin C and iron had not met recommended daily allowance based on WNPG V,1993. About 11.1 % of women workers were undernutrition, 70.4 % normal, 18.5 % overnutrition. Statistical analysis, there were significant relation between works productivity ($p = 0.004$), blood glucose at 6.30 AM ($p=0.02$) and women

workers who had breakfast compared to those who did not have.