

Hubungan Healthy Eating dengan Penyakit Akibat Kerja dan Kinerja Perawat = Correllation between Healthy Eating with Occupational Disease and Nurse Performance

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Abstrak

Perawat harus berkinerja baik dalam pelayanan keperawatan namun perawat sangat rentan dengan penyakit akibat kerja dalam menjalankan pekerjaannya. *Healthy eating* merupakan salah satu faktor pendukung kesehatan perawat. Tujuan dari penelitian ini adalah untuk mengidentifikasi hubungan *healthy eating* dengan penyakit akibat kerja dan kinerja perawat. Metode penelitian menggunakan metode *crossectional* pada 266 perawat pelaksana yang diambil dengan menggunakan *quota sampling*. Instrumen penelitian terdiri dari instrumen *healthy eating* (*Cronbachs alpha* 0,915), Penyakit akibat kerja (*Cronbachs alpha* 0,939) dan Kinerja (*Cronbachs alpha* 0,859). Hasil *healthy eating* tergolong kurang baik (61,7%), keanekaragaman pangan kurang baik (56,4%), PHBS baik sebesar 52,3%, pemantauan berat badan baik (87,2%), aktivitas fisik rendah (65,8%), status gizi perawat didominasi oleh obesitas (42,5%), perawat tergolong risiko tinggi penyakit akibat kerja (52,3%), kinerja perawat tergolong kurang baik (67,7 %). Kesimpulan: ada hubungan antara *healthy eating* dengan penyakit akibat kerja ($p < 0,037$) dan ada hubungan antara *healthy eating* dengan kinerja perawat ($p < 0,043$). Komponen *healthy eating* yang paling berhubungan dengan penyakit akibat kerja adalah pemantauan berat badan ($p < 0,003$). Komponen *healthy eating* yang paling berhubungan dengan kinerja adalah keanekaragaman pangan ($p < 0,032$). Rekomendasi yang diberikan adalah mengoptimalkan *healthy eating* perawat dengan meningkatkan upaya promotif dan preventif pemantauan berat badan agar mempertahankan status gizi normal, dan mengoptimalkan keanekaragaman pangan perawat dengan upaya *promotive* dan *preventif* tanpa meninggalkan kuratif dan *rehabilitativ*e untuk meningkatkan kinerja perawat dan mencegah risiko terjadinya penyakit akibat kerja sehingga dapat meningkatkan mutu pelayanan keperawatan.

.....Nurses must perform well in nursing services, but nurses are very vulnerable to occupational diseases in carrying out their work. *Healthy eating* is one of the supporting factors for nurses' health. The aim of this research is to identify the relationship between *healthy eating* and occupational diseases and nurse performance. The research method used a cross-sectional method on 266 implementing nurses who were taken using quota sampling. The research instruments consisted of *healthy eating* instruments (Cronbach's alpha 0.915), occupational diseases (Cronbach's alpha 0.939) and performance (Cronbach's alpha 0.859). *Healthy eating* results were classified as poor at 61.7%, food diversity was poor at 56.4%, PHBS was good at 52.3%, weight monitoring was good at 87.2%, low physical activity was 65.8%, status nurses' nutrition is dominated by obesity at 42.5%, nurses are at high risk of occupational diseases at 52.3%, nurses' performance is classified as poor at 67.7%. Conclusion: there is a relationship between *healthy eating* and occupational diseases ($p < 0.037$) and there is a relationship between *healthy eating* and nurse performance ($p < 0.043$). The components of *healthy eating* that are most related to occupational diseases is weight monitoring ($p < 0.003$). The

components of *healthy eating* that are most related to performance is food diversity (p 0.032). The recommendations given are to optimize nurses' *healthy eating* by increasing promotive and preventive efforts to monitor body weight to maintain normal nutritional status to reduce the risk of occupational diseases and optimize the food diversity of nurses with promotive and preventive efforts without neglecting curative and rehabilitative to improve the performance of nurses so as to improve the quality of nursing services.