

## ABSTRAK

### HUBUNGAN KECUKUPAN ENERGI, ZAT GIZI MAKRO, KUALITAS TIDUR, DAN TINGKAT STRES DENGAN STATUS GIZI (Studi pada Karyawan *Shift* Malam PT Sarana Mitra Luas Majalengka Jawa Barat)

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**Latar Belakang:** Prevalensi status gizi pada kelompok pekerja karyawan menurut Riskesdas (2018) gizi kurang sebesar 8,3%, gizi lebih 14,3%, dan obesitas 21,8%. Tenaga kerja menempati posisi kedua dengan prevalensi gizi lebih dan obesitas paling banyak, yaitu 30,8%. Karyawan *shift* malam memiliki potensi permasalahan gizi yang dapat menurunkan produktivitas kerja terlepas dari gaya hidup yang tidak sehat seperti asupan tidak seimbang, kualitas tidur buruk dan tingkat stres yang berat. Penelitian ini bertujuan mengetahui hubungan kecukupan energi, zat gizi makro, kualitas tidur dan tingkat stres dengan status gizi.

**Metodologi:** Penelitian ini merupakan penelitian *cross sectional*. Sampel yang diambil sebanyak 43 karyawan *shift* malam berusia 19-35 tahun dengan teknik *purposive sampling*. Variabel asupan zat gizi diukur menggunakan *recall* 2x24 jam, kualitas tidur dengan *Pittsburgh Quality Sleep Indeks* (PSQI), tingkat stres dengan *Kessler Psychological Distress Scale* (KPDS), dan status gizi dengan Indeks Massa Tubuh (IMT). Analisis data menggunakan uji *Rank Spearman*.

**Hasil penelitian:** Terdapat hubungan asupan energi ( $p=0,000$   $r=0,738$ ), protein ( $p=0,000$   $r=0,689$ ), lemak ( $p=0,000$   $r=0,850$ ), karbohidrat ( $p=0,000$   $r=0,743$ ), kualitas tidur ( $p=0,000$   $r= -0,618$ ), dan tingkat stres ( $p=0,004$   $r= -0,433$ ) dengan status gizi.

**Kesimpulan:** Terdapat hubungan asupan energi, protein, lemak, karbohidrat, kualitas tidur, dan tingkat stres dengan status gizi.

**Kata Kunci:** Kecukupan zat gizi, kualitas tidur, tingkat stres, status gizi

## ABSTRACT

### THE RELATIONSHIP BETWEEN ENERGY ADEQUACY, MACRONUTRIENTS, SLEEP QUALITY, AND STRESS LEVELS WITH NUTRITIONAL STATUS (Study on Night Shift Employees of PT Sarana Mitra Luas Majalengka, West Java)

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**Background:** The prevalence of nutritional status in employee worker group according to Riskesdas (2018) is 8.3% of undernutrition, 14.3% of overnutrition, and 21.8% of obesity. Workers are in second place with the highest prevalence of overnutrition and obesity, which is 30.8%. Night shift worker have potential for nutritional problems that can reduce work productivity apart from unhealthy lifestyle such unbalance intake, poor sleep quality, and high stress levels. This study aims to determine the relationship between energy adequacy, macro-nutrient intake, sleep quality, and stress levels with nutritional status.

**Methods:** This research is a cross-sectional study. The sample consisted of 43 night shift employees aged 19-35 years selected using purposive sampling technique. The variable of nutrient intake was measured using a 2x24 hour recall, sleep quality with the Pittsburgh Quality Sleep Index (PSQI), stress levels with the Kessler Psychological Distress Scale (KPDS), and nutritional status with the Body Mass Index. (IMT). Data analysis used Spearman rank Test.

**Result:** There is a relationship between energy intake ( $p=0.000$   $r=0.738$ ), protein ( $p=0.000$   $r=0.689$ ), fats ( $p=0.000$   $r=0.850$ ), carbohydrates ( $p=0.000$   $r=0.743$ ), sleep quality ( $p=0.000$   $r= -0.618$ ), and stress levels ( $p=0.004$   $r= -0.433$ ) with nutritional status.

**Conclusion:** There is a relationship between energy intake, protein, fats, carbohydrates, sleep quality, and stress levels with nutritional status.

**Keyword:** Nutrient adequacy, sleep quality, stress level, nutritional status