

HUBUNGAN TINGKAT KECUKUPAN PROTEIN DAN Fe DENGAN KADAR Hb (STUDI PADA PEKERJA WANITA UNIT SPINNING III PT.AIC BAWEN, SEMARANG)

NOVI HERIDA SUHERMAN -- E2A000066
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Perkembangan industri yang pesat menyebabkan meningkatnya tenaga kerja wanita. Tingkat kecukupan gizi dan kondisi fisiologik mempengaruhi kadar Hb pekerja wanita, sedangkan kadar Hb mempengaruhi produktivitas kerja. Penelitian ini bertujuan mengetahui hubungan tingkat kecukupan protein dan Fe dengan kadar Hb pada pekerja wanita di unit Spinning III PT. AIC.

Penelitian ini merupakan penelitian penjelasan dengan metode survei dan pendekatan *Crossectional*. Populasi adalah pekerja wanita Subunit Roving Unit Spinning III di PT. AIC sejumlah 76 orang. Kriteria inklusi sampel yaitu tidak sedang haid dan hamil saat penelitian, yang memenuhi sejumlah 53 orang. Pengambilan sampel dengan *Proporsional Random Sampling* sejumlah 43 orang.

Hasil penelitian menunjukkan 81,4% kadar Hb responden normal dan 18,6% dibawah normal, sedangkan tingkat kecukupan gizi (protein dan Fe) termasuk kategori defisit (<70% AKG). Dengan uji korelasi *Product Moment* diperoleh, hubungan bermakna antara tingkat kecukupan protein dengan kadar Hb (r 0,608 dan p -value 0,001) begitu juga dengan hubungan antara tingkat kecukupan Fe dengan kadar Hb (r 0,815 dan p -value 0,001). Karena masih ada pekerja wanita yang mengalami anemia (18,6%), maka perusahaan harus memperhatikan lebih baik lagi kesehatan pekerja wanita dengan cara pemberian 13 tablet Fe, vitamin C dan asam folat tiap bulan, meningkatkan pemberian makanan yang mengandung protein 3 kali tiap minggu serta meningkatkan pemberian makanan yang mengandung zat gizi yang meningkatkan kadar Hb.

Kata Kunci: Tingkat kecukupan protein dan Fe, Kadar Hb, Pekerja wanita

THE CORRELATION BETWEEN PROTEIN AND Fe SUFFICIENCY
DEGREE WITH THE Hb LEVEL (A STUDY TO THE FEMALE WORKER AT
SPINNING UNIT III IN PT.AIC BAWEN, SEMARANG)

The vast expansion of industry causes an increase to the amount of female worker. Nutrition sufficiency degree and physiology condition influence the Hb level of the female worker, while the Hb level influences work productivity. This research has an aim to find out the correlation between protein and Fe sufficiency with the Hb level of the female worker at Spinning III of PT. AIC. This research is an explanatory research with survey method and crosssectional approachment. Population is the female worker at Roving subunit, Spinning unit III in PT. AIC the amount is 76 persons. This inclusion criteria of the sample are as mentioned : female workers who were not pregnant or having menstruation at the time the research was conducted, the amount is 53 persons. Determining the sample by using Proportional Random Sampling and the sample is 43 persons. The result of the research shows that 81,4% respondent has normal Hb level and 18,6% respondent has lower Hb level than it should be, while the nutrition sufficiency degree (protein and Fe) is included in the deficit category (<70% AKG). By using the the product moment correlation test is found that there is a correlation between protein sufficiency degree with the Hb level (r 0,608 and p -value 0,001) and so does with the correlation between the Fe sufficiency degree with Hb level (r 0,815 and p -value 0,001). Because there are some female workers that still anemia (18,6%), so the company must give more attention to the health condition of the female workers by giving them 13 Fe tablets, vitamin C and folic acids every month, increasing the food given to them which contain protein three time every week, and also increasing the nutritious food given to them which can increase the Hb level.

Keyword: bprotein and Fe sufficiency degree, Hb level, female worker