

Hubungan Indeks Massa Tubuh, Hemoglobin, dan Kesegaran Jasmani dengan Produktivitas Kerja Pada Tenaga Kerja Wanita Bagian Packaging (Studi di PT Danliris, Banaran, Grogol, Sukoharjo)

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Status gizi yang buruk termasuk anemia menyebabkan daya kerja fisik terbatas, kesegaran jasmani menurun, dan pada usia produktif dapat menurunkan produktivitas kerja. Tujuan dari penelitian ini adalah untuk mengetahui hubungan IMT, Hb, dan kesegaran jasmani dengan produktivitas kerja. Penelitian ini merupakan penelitian penjelas dengan metode survei dan pendekatan *Cross Sectional*. Sampel adalah tenaga kerja wanita bagian packaging di PT Danliris sebanyak 59 orang yang dipilih secara simple random sampling. Pengumpulan data IMT dengan mengukur berat badan dan tinggi badan, kadar hemoglobin dengan menggunakan HemoCue, kesegaran jasmani dengan metode *Harvard Step Test*, dan produktivitas kerja dengan menghitung jumlah produk garmen yang dipak dalam sehari. Analisis data dilakukan dengan uji korelasi *Pearson*. Hasil penelitian menunjukkan bahwa 57,6% dari subyek termasuk dalam status gizi normal berdasarkan IMT. Sebanyak 35,6% dari subyek menderita anemia dan hanya 49,2% yang mempunyai kesegaran jasmani baik. Sebanyak 44,1% dari subyek termasuk dalam kriteria tidak produktif. Tidak ada hubungan IMT dengan kesegaran jasmani ($r=-0,019$, $p=0,370$) dan produktivitas kerja ($r=0,064$, $p=0,631$). Semakin tinggi kadar Hb semakin tinggi kesegaran jasmaninya ($r=0,511$, $p=0,0001$) dan produktivitas kerja ($r=0,312$, $p=0,016$). Semakin tinggi kesegaran jasmani semakin tinggi pula produktivitas kerjanya ($r=0,535$, $p=0,0001$).

Kata Kunci: Indeks Massa Tubuh, kadar hemoglobin, kesegaran jasmani, produktivitas kerja, tenaga kerja wanita

The Correlation Between Body Mass Index, Haemoglobin, Physical Fitness And Productivity On Women Employee At Packaging Division (A Study At PT Danliris, Banaran, Grogol, Sukoharjo)

Malnutrition including anemia, causes limited physical capability, decreasing physical fitness and also decreasing work produktivity at productive age. The aim of the study was to investigate the correlation between body mass index, haemoglobin, physical fitness and work produktivity. The study was an explanatory research with survey method and cross sectional approach. Fifty-nine subjects were selected randomly among women employee who worked at packaging division, PT Danliris. Data on BMI were collected by measuring weight and height for 3 times. Haemoglobin level was obtained by blood examination using HemoCue. Physical fitness was measured by Harvard Step Test. Work produktivity was measured by counting the packed product by each worker per day. Data was analyzed by Pearson correlation test. The result showed that 57.6% had normal BMI. The incidence of anemy among subjects was 35.6%. Only 49.2% of the subjects have

good physical fitness and 44.1% of the subjects were not productive. There was no correlation between BMI, physical fitness ($r=-0.119, p=0.370$) and work productivity ($r=0.064, p=0.631$). There was correlation between haemoglobin level, physical fitness ($r=0.511, p=0.0001$) and work productivity ($r=0.312, p=0.016$). There was correlation between physical fitness and work productivity ($r=0.535, p=0.0001$)

Keyword : Body Mass Index, haemoglobin level, physical fitness, work productivity, women employee