

**HUBUNGAN *INTUITIVE EATING*, *SNACKING HABITS* DAN  
KUALITAS DIET TERHADAP STATUS GIZI  
PADA PEGAWAI DI LINGKUNGAN KERJA  
UPN”VETERAN” JAKARTA**

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**Abstrak**

Status Gizi secara langsung berkaitan dengan pola makan. Orang dewasa pekerja kantor biasanya memiliki kualitas makan yang buruk. Sehingga bisa berdampak pada Obesitas. Jakarta Selatan dan kota Depok menjadi lokasi untuk dilakukan penelitian. Berdasarkan hasil Riskesdas tahun 2018, prevalensi penduduk dewasa di Jakarta Selatan berusia >18 tahun dengan status gizi obesitas sebesar 30% dan di Kota Depok mencapai 29,16% (Riskesdas, 2018). Tujuan penelitian ini untuk mengetahui hubungan *Intuitive Eating*, *Snacking Habits* dan Kualitas Diet terhadap Status Gizi pada pegawai di lingkungan kerja UPN “Veteran” Jakarta. Metode penelitian ini dilakukan secara observasional analitik menggunakan desain penelitian *Cross Sectional*. Data dikumpulkan melalui kuesioner IES (*Intuitive Eating Scale*), FFQ (*Food Frequency Questionnaire*), *Recall 24 Hour* dan pengukuran antropometri, kemudian di analisis menggunakan uji *T-test*. Hasil penelitian bivariat menyatakan tidak terdapat perbedaan antara *Intuitive Eating* terhadap status gizi (*p value* 0,857>0,05). Terdapat perbedaan signifikan pada *Snacking Habits* terhadap status gizi (*p value* 0,009<0,05) dan terdapat perbedaan yang signifikan antara kualitas diet terhadap status gizi (*p value* 0,002<0,05). Kualitas diet pada responden perlu di perhatikan, karena menjaga asupan yang bergizi penting untuk menjaga kestabilan tenaga kerja. Serta institusi perlu menyediakan informasi terkait perilaku makan dan pentingnya status gizi bagi pegawai atau tenaga kerja.

**Kata Kunci:** *Intuitive Eating*, Kualitas Diet, Orang Dewasa, Status Gizi,  
*Snacking Habits*

# **THE RELATIONSHIP OF INTUITIVE EATING, SNACKING HABITS AND DIET QUALITY ON NUTRITIONAL STATUS OF EMPLOYEES IN THE WORK ENVIRONMENT OF JAKARTA UPN "VETERAN"**

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## **Abstract**

Nutritional Status is directly related to diet. Office workers usually have poor diet quality. So it can have an impact on Obesity. South Jakarta and Depok City are the locations for the study. Based on the results of the 2018 Riskesdas, the prevalence of adults in South Jakarta aged >18 years with obesity nutritional status was 30% and in Depok City it reached 29.16% (Riskesdas, 2018). The purpose of this study was to determine the relationship between Intuitive Eating, Snacking Habits and Diet Quality to Nutritional Status of Employees in the Work Environment of Jakarta UPN "Veteran". This research method was conducted by analytical observation using a Cross Sectional research design. Data were collected through the IES (Intuitive Eating Scale) questionnaire, FFQ (Food Frequency Questionnaire), 24 Hour Recall and anthropometric measurements, then analyzed using the T-test. The results of the bivariate study stated that there was no difference between Intuitive Eating and nutritional status (p value  $0.857 > 0.05$ ). There is a significant difference in Snacking Habits on nutritional status (p value  $0.009 < 0.05$ ) and there is a significant difference between diet quality on nutritional status (p value  $0.002 < 0.05$ ). The quality of diet in respondents needs to be considered, because maintaining nutritious intake is important to maintain workforce stability. And institutions need to provide information related to eating behavior and the importance of nutritional status for employees or workers.

**Keywords:** Adults, Diet Quality, Intuitive Eating, Nutritional Status, Snacking Habits