

DETERMINAN STATUS GIZI PEKERJA PT. X JAKARTA SELATAN BERDASARKAN INDEKS MASSA TUBUH (IMT) TAHUN 2025

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Abstrak

Permasalahan status gizi merupakan tantangan kesehatan bagi pekerja karena berdampak pada produktivitas kerja dan risiko penyakit degeneratif. Prevalensi masalah gizi pada pekerja masih tinggi secara nasional, termasuk di PT. X dengan prevalensi *overweight* 17,5% dan obesitas 65,2%, yang dipengaruhi durasi kerja panjang, perilaku sedentari, konsumsi makanan berisiko, serta rendahnya aktivitas fisik. Penelitian ini bertujuan menganalisis determinan status gizi pekerja PT. X berdasarkan Indeks Massa Tubuh (IMT) Tahun 2025. Penelitian dilaksanakan pada November hingga Desember 2025 menggunakan desain *cross-sectional* dan teknik *purposive sampling* terhadap 126 pekerja. Data primer dikumpulkan melalui pengisian kuesioner dan observasi langsung, sementara data sekunder bersumber dari hasil *medical check-up* perusahaan. Analisis data dilanjutkan hingga tingkat multivariat dengan menggunakan uji regresi logistik ganda. Hasil menunjukkan 2,4% pekerja *underweight*, 44,4% normal, 23% *overweight*, dan 30,2% obesitas. Analisis multivariat menunjukkan bahwa aktivitas fisik ringan menjadi faktor paling dominan yang memengaruhi status gizi (POR: 13,406; 95% CI: 2,463-72,976; $p\text{-value} = 0,003$). Aktivitas fisik yang ringan membuat pekerja berisiko lebih besar mengalami masalah status gizi akibat rendahnya tingkat pengeluaran energi. Sedangkan usia, jenis kelamin, pengetahuan gizi, dan masa kerja bersifat *confounding* karena tidak menunjukkan hubungan signifikan ($p\text{-value} > 0,05$). Oleh karena itu, perusahaan perlu meningkatkan promosi kesehatan terintegrasi, melalui peningkatan aktivitas fisik.

Kata Kunci: Determinan, Indeks Massa Tubuh, Pekerja Kantor, Status Gizi

DETERMINANTS OF NUTRITIONAL STATUS AMONG PT. X SOUTH JAKARTA EMPLOYEES BASED ON BODY MASS INDEX (BMI) IN 2025

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Abstract

Nutritional status remains a health concern for workers because it affects work productivity and risk of degenerative diseases. The prevalence of nutritional problems among workers was high nationwide, including at PT. X, where overweight and obesity reached 17.5% and 65.2%, influenced by long working hours, sedentary behavior, unhealthy dietary patterns, and low physical activity. This study was conducted to examine the determinants of workers nutritional status at PT. X using BMI in 2025. Conducted between November and December 2025, the study employed a cross-sectional design and purposive sampling, involving 126 workers. Questionnaires and observations were used to collect primary data. Secondary data came from the company's 2025 medical check-up. Data analysis included multivariate level using multiple logistic regression. Results indicated that 2.4% of workers underweight, 44.4% normal, 23.0% overweight, and 30.2% obese. Low physical activity emerged as the dominant factor in multivariate analysis (OR: 13.406; 95% CI: 2.463-72.976; p-value = 0.003). Workers with low level physical activity have a greater risk of nutritional problems due to low energy expenditure. Age, sex, nutritional knowledge, and length of service were considered confounding variables, showing no significant associations (p-value > 0.05). Therefore, companies need to increase health promotion focusing on physical activity.

Keyword : Body Mass Index, Determinants, Nutritional Status, Office Workers