

HUBUNGAN ASUPAN ZAT GIZI MAKRO DAN STATUS GIZI (IMT) DENGAN SINDROM METABOLIK PADA PEGAWAI PERUSAHAAN X

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Abstrak

Latar Belakang: Sebagian besar tugas pegawai perusahaan yaitu bagian administrasi. Lingkungan pekerjaan dapat memengaruhi status gizi dan asupan pegawai. Kondisi Kesehatan yang buruk dapat memengaruhi produktivitas pegawai. Salah satu masalah kesehatan yaitu sindrom metabolik pada pegawai eksekutif Jakarta cukup besar hingga mencapai 21,58%. Asupan zat gizi berlebih dan obesitas menjadi salah satu faktor memicu akumulasi penyakit menjadi sindrom metabolik. **Tujuan:** Menganalisis hubungan asupan zat gizi makro dan status gizi (IMT) dengan sindrom metabolik pada pegawai Perusahaan X. **Metode:** Penelitian *cross-sectional* dengan *purposive sampling* melibatkan 62 pegawai. Data penelitian diperoleh dari wawancara *food recall* 24 jam via chat dan *medical check-up* bulan Maret 2020. **Hasil:** Terdapat 4 orang (6,5%) termasuk kriteria sindrom metabolik. Tidak ada hubungan antara asupan karbohidrat ($p=0,404$), protein ($p=0,404$), lemak ($p=285$), dan status gizi (IMT) ($p=0,426$) dengan sindrom metabolik. **Kesimpulan:** Tidak ada hubungan antara asupan zat gizi makro (karbohidrat, protein dan lemak) dan status gizi (IMT) dengan sindrom metabolik.

Kata Kunci: Zat Gizi Makro, Status Gizi, IMT, Sindrom Metabolik, Pegawai.

RELATIONSHIP MACRONUTRIENT AND NUTRITIONAL STATUS (BMI) WITH METABOLIC SYNDROME IN EMPLOYEES OF X COMPANY

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Abstract

Background: Most of the company's employees are administrative tasks. The work environment can affect the nutritional status and employee intake. Poor health conditions can affect employee productivity. One of the health problems is the metabolic syndrome in Jakarta executive employees is quite large to reach 21.58%. High nutrient intake and obesity are among the factors triggering the accumulation of the disease into metabolic syndrome. **The aim of study:** Analyse relationship macronutrient and nutritional status (BMI) with metabolic syndrome in employees of X Company. **Method:** Cross-sectional studi with a purposive sampling involving 62 employees. Data were collected from food recall 24 hours interview via chat and medical check-up. **Result:** The result is the incidence of metabolic syndrome criterias was 4 employees. There were not relationship between carbohydrate ($p=0,404$), protein ($p=0,404$), fat ($p=285$), and nutritional status (BMI) ($p=0,426$) with metabolic syndrome. **Conclusion:** There were not relationship between macronutrient (carbohydrate, fat, and protein) and nutrition status (BMI) with metabolic syndrome.

Keywords: Macronutrient, Nutritional Status, BMI, Metabolic Syndrome, Employee