

Faktor - Faktor Yang Berhubungan Dengan Perilaku Gizi Seimbang Pada Pegawai PT XY di DKI Jakarta Tahun 2024

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Abstrak

Latar Belakang: Konsep gizi seimbang adalah setiap orang harus memperhatikan sendiri kebutuhan nutrisi berdasarkan aktivitas dan kebutuhan harian sesuai usianya. Pedoman Gizi Seimbang diantaranya ada berbagai variasi makanan. Pesan gizi seimbang diantaranya adalah konsumsi banyak sayur dan cukup buah, membiasakan mengonsumsi lauk pauk tinggi protein. Membiasakan makan berbagai ragam makanan pokok, matasi makan makanan manis, asin, dan berlemak. Biasakan sarapan pagi, membiasakan minum air putih yang cukup dan aman serta membiasakan membaca label kemasan makanan.

Metode: Tujuan penelitian ini untuk mengetahui faktor-faktor yang berhubungan dengan Perilaku Gizi Seimbang Pada Pegawai PT XY Di DKI Jakarta Tahun 2024. Penelitian ini merupakan penelitian kuantitatif dengan desain cross sectional menggunakan data primer. Sampel penelitian ini berjumlah 280 sampel.

Kesimpulan: Sebagian besar responden tidak berperilaku gizi seimbang sebanyak (53,6%), Terdapat hubungan faktor predisposisi (pengetahuan) p value=0,004 OR 2, faktor predisposisi (sikap) p value=0,012 OR 1,8, faktor pemungkin (paparan media edukasi gizi) p value=0,003 OR 2,1 dan faktor penguat (peran keluarga) dengan perilaku gizi seimbang pegawai PT XY di Jakarta dengan p value=0,042 OR 2,1. Saran yang peneliti berikan hendaknya pengelola Promosi kesehatan melakukan advokasi kepada perusahaan untuk melakukan gerakan Pegawai sadar gizi, penyediaan kantin sehat, Bantuan perhitungan kebutuhan kalori dan zat gizi pada Pegawai sesuai keadaan, menu makanan yang dianjurkan serta aktivitas fisik yang perlu dilakukan. Memberikan pendampingan ahli gizi dalam upaya Pegawai melaksanakan program gizi seimbang secara efektif dan dukungan berkelanjutan. Melakukan publikasi di media sosial dengan tagar khusus peduli gizi seimbang

Background: The concept of balanced nutrition is that everyone must pay attention to their own nutritional needs based on their activities and daily needs according to their age. Balanced Nutrition Guidelines include various food variations. Balanced nutrition messages include consuming lots of vegetables and enough fruit, getting used to consuming high-protein side dishes. Getting used to eating a variety of staple foods, avoiding sweet, salty, and fatty foods. Getting used to having breakfast, getting used to drinking enough and safe water and getting used to reading food packaging labels.

Method: The purpose of this study was to determine the factors related to Balanced Nutrition Behavior in PT XY Employees in DKI Jakarta in 2024. This study is a quantitative study with a cross-sectional design using primary data. The sample of this study amounted to 280 samples.

Conclusion: Most respondents did not have a balanced nutrition as much as (53.6%), There was a relationship between predisposing factors (knowledge) p value = 0.004 OR 2, predisposing factors (attitude) p value = 0.012 OR 1.8, enabling factors (exposure to nutrition education media) p value = 0.003 OR 2.1 and reinforcing factors (family role) with balanced nutrition behavior of PT XY employees in Jakarta with p value = 0.042 OR 2.1. The suggestion to health promotion managers should carry out advocacy to companies to carry out a movement for employees to be aware of nutrition, provide healthy canteens, Assistance in calculating

calorie and nutrient needs for employees according to their circumstances, recommended food menus and physical activities that need to be done. Provide assistance from nutrition experts in efforts for employees to implement balanced nutrition programs effectively and ongoing support. Conduct publications on social media with a special hashtag caring for balanced nutrition </p>