

ABSTRAK

Ilham Setiawan: Hubungan Status Gizi dengan Kelelahan Kerja pada Pekerja Perempuan Home Industri Sarang Burung Walet di Desa Kolam. Skripsi. Program Studi Sarjana Gizi. Fakultas Teknik. Universitas Negeri Medan. 2025.

Kelelahan kerja masih kerap dialami oleh pekerja padahal berpotensi meningkatkan insiden kecelakaan kerja dan menurunkan performa kerja. Salah satu faktor yang berhubungan dengan kelelahan kerja ialah status gizi. Temuan hasil studi pendahuluan pada 15 pekerja perempuan di Home Industri Sarang Burung Walet Desa Kolam menunjukkan bahwa sebesar 33,3% mengalami kelelahan kerja tingkat tinggi dan ditemukan 46,7% pekerja mengalami masalah gizi. Tujuan dilakukan penelitian ini yaitu untuk mengetahui hubungan status gizi dengan kelelahan kerja pada pekerja perempuan Home Industri Sarang Burung Walet di Desa Kolam.

Penelitian ini dilakukan di Home Industri Sarang Burung Walet di Desa Kolam pada bulan November-Desember 2024. Desain penelitian yang digunakan adalah *cross-sectional*. Sampel penelitian terdiri dari 46 pekerja perempuan di Home Industri Sarang Burung Walet Desa Kolam, yang dipilih dengan metode total populasi sesuai dengan kriteria inklusi dan eksklusi. Data kelelahan kerja dikumpulkan menggunakan kuesioner baku dari *Industrial Fatigue Research Committee* (IFRC), sementara status gizi ditentukan melalui penimbangan berat badan menggunakan timbangan digital ONEMED dan pengukuran tinggi badan dengan alat ukur tinggi badan merk Serenity, yang kemudian dihitung untuk memperoleh Indeks Massa Tubuh (IMT). Pengujian hipotesis dilakukan dengan uji korelasi *rank Spearman*.

Hasil penelitian menunjukkan bahwa proporsi terbesar kategori usia terdapat pada kategori dewasa awal (41,3%), kategori status pernikahan pada kategori sudah menikah (69,6%), tingkat pendidikan terakhir pada SMP/Sederajat (47,8%), bagian kerja pada bagian pembersihan sarang burung walet (80,5%), kategori status gizi pada status gizi normal (45,7%), dan kelelahan kerja pada kategori sedang (37%). Hasil penelitian juga menunjukkan bahwa terdapat hubungan positif antara status gizi dengan kelelahan kerja pada pekerja perempuan Home Industri Sarang Burung Walet di Desa Kolam ($p\text{-value}=0,005$; $r=0,411$). Saran untuk pekerja adalah untuk menjaga status gizi normal, mengonsumsi cukup air, dan memaksimalkan waktu istirahat. Saran untuk pemilik home industri adalah memudahkan akses air minum dengan menambah titik lokasi penyediaan air minum dan menambah pendingin ruangan.

Kata kunci: kelelahan kerja, pekerja perempuan, status gizi

ABSTRACT

Ilham Setiawan: *The Relationship between Nutritional Status and Work Fatigue in Female Workers of the Swallow's Nest Home Industry in Kolam Village*. Thesis. Undergraduate Nutrition Study Program. Faculty of Engineering. Medan State University. 2025.

Work fatigue is still often experienced by workers even though it has the potential to increase the incidence of work accidents and reduce work performance. One of the factors related to work fatigue is nutritional status. The findings of a preliminary study on 15 female workers at the Swallow's Nest Home Industry in Kolam Village showed that 33.3% experienced high levels of work fatigue and it was found that 46.7% of workers experienced nutritional problems. The aim of this research was to determine the relationship between nutritional status and work fatigue in female workers at the Swallow's Nest Home Industry in Kolam Village.

This study was conducted at the Bird's Nest Home Industry in Kolam Village during November-December 2024. The research design used was cross-sectional. The study sample consisted of 46 female workers at the Bird's Nest Home Industry in Kolam Village, selected using the total population method based on inclusion and exclusion criteria. Data on work fatigue were collected using a standard questionnaire from the Industrial Fatigue Research Committee (IFRC), while nutritional status was determined by weighing body weight using an ONEMED digital bathroom scale and measuring height with a Serenity height measuring tool, which was then used to calculate the Body Mass Index (BMI). Hypothesis testing was performed using the Spearman rank correlation test.

The results of the study showed that the largest proportion in terms of age category was in the early adult category (41.3%), the marital status category was predominantly married (69.6%), the highest level of education was at the junior high school/equivalent level (47.8%), the work section was in bird's nest cleaning (80.5%), the nutritional status category was normal nutritional status (45.7%), and work fatigue was mostly in the moderate category (37%). The study also indicated a positive correlation between nutritional status and work fatigue among female workers at the Bird's Nest Home Industry in Kolam Village ($p\text{-value}=0.005$; $r=0.411$). Recommendations for workers include maintaining normal nutritional status, consuming adequate water, and maximizing rest time. Recommendations for the home industry owners include facilitating access to drinking water by adding more water supply points and adding air conditioners.

Key words: work fatigue, female workers, nutritional status