

The Level of Food Consumption, Nutritional Status and Hemoglobin Levels  
related worker productivity of women Processing the tobacco at Warehouse  
in PTPN X Kebun Kertosari

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## **ABSTRACT**

Problems that occur in the work environment is very diverse, it can affect the productivity of work such as the level of food consumption, nutritional status and levels of hemoglobin that causes the onset of anemia on the workers. The purpose of this research is to know the relation between level of food consumption, nutritional status and levels of hemoglobin with productivity of women workers in tobacco processing warehouse at PTPN X Kertosari Garden. This type of research Survey with cross sectional Analytic. Sampling techniques using Simple Random Sampling techniques, obtained a large sample of 22 respondents. The analysis of Univariate Analysis and Bivariat use correlation tests with the Sommers'd on the Software SPSS (Statistic Package for Social Science) version 16.0 to figure out the relationships among the variables are bound and free variables. Results of the study indicate that there is a relationship between the level of energy consumption with work productivity  $p=0.002$  ( $p<0.05$ ), There is a relationship between the level of consumption of protein with work productivity  $p=0.003$  ( $p<0.05$ ), There is no relationship between levels of fat consumption with work productivity  $p=1.000$  ( $p>0.05$ ), There is no relationship between the level of carbohydrate consumption with work productivity  $p=0.063$  ( $p>0.05$ ), There is a relationship between the level of consumption of iron with work productivity  $p=0.005$  ( $p<0.05$ ), There is no relationship between the nutritional status with work productivity  $p=0.468$  ( $p>0.05$ ), and there is the relationship between the levels of hemoglobin with work productivity  $p=0.019$  ( $p<0.05$ ). The conclusion from this study is there is a relationship between the level of consumption of energy, protein and iron with the productivity of work, there is no relationship between the level of consumption of fats and carbs with the productivity of work, there is no relationship between the nutritional status with work productivity and there is a relationship between the levels of hemoglobin with work productivity.

**Keyword** : Work productivity, The level of food consumption, Nutritional status, Levels of hemoglobin