



## Kondisi stres pada karyawan mempengaruhi tingkat konsumsi gula sederhana dan natrium

<https://doi.org/10.22146/ijcn.51507>

Cita Eri Ayuningtyas<sup>(1\*)</sup>, Nurul Putrie Utami<sup>(2)</sup>, Widodo Hariyono<sup>(3)</sup>, Retno Natalina<sup>(4)</sup>

(1) Prodi Bisnis Jasa Makanan, Fakultas Ekonomi dan Bisnis, Universitas Ahmad Dahlan, Yogyakarta

(2) Prodi Bisnis Jasa Makanan, Fakultas Ekonomi dan Bisnis, Universitas Ahmad Dahlan, Yogyakarta

(3) Prodi Ilmu Kesehatan Masyarakat, Fakultas Kesehatan Masyarakat, Universitas Ahmad Dahlan, Yogyakarta

(4) Prodi Ilmu Kesehatan Masyarakat, Fakultas Kesehatan Masyarakat, Universitas Ahmad Dahlan, Yogyakarta

(\*) Corresponding Author

### Abstract

#### *Stress in work staff influenced simple sugar and sodium intake*

**Background:** Stress is a condition that occurs to individual experiences a burden of a problem that can not solve there for lead to an unspecific response from the body. One of the causes of stress is the load of work. Stress caused by work could lead to obesity, cardiovascular disease, and diabetes. Change of behavior during stress like eating behavior cause of changing appetite on the individual.

**Objective:** This research was aimed to analyze simple glucose and sodium intake during stress in staff.

**Method:** This was a cross-sectional research design. A total of 125 subjects were chosen by purposive random sampling. The subject was the educational staff of Universitas Ahmad Dahlan. Data was collected as identity, nutrition intake used the Semi-Quantitative Food Frequency Questionnaire (SQFFQ), and stress level used Depression Anxiety Stress Scales (DASS) questionnaire. The statistical test used the Chi-Square test.

**Results:** There is no significant difference between a simple sugar and sodium intake to stress level ( $p > 0.05$ ). The average of simple sugar and sodium intake classified as normal as much as  $56.49 \pm 77.20$  g for simple sugar intake and as much as  $653.30 \pm 464.55$  mg for sodium derived from food ingredients added salt and preservative foods. Data characteristic showed that the nutritional status of 40,8% of the staff was overweight and obese.

**Conclusions:** There is no significant difference between stress level and simple sugar and sodium intake.

### Keywords

body mass index; simple sugar intake; sodium intake; stress level

### Full Text:



### References

1. Gamage AU, Seneviratne RDA. Perceived job stress and presence of hypertension among administrative officers in Sri Lanka. *Asia Pac J Public Health*. 2016;28(1):41S-52S. doi: [10.1177/1010539515598834](https://doi.org/10.1177/1010539515598834)
2. Khotibuddin M. Hubungan depresi dan perilaku makan terhadap berat badan lebih mahasiswa kedokteran. *Mutiara Medika*. 2017;17(1):42-50.
3. Mulyono F. Penanganan stres terkait pekerjaan. *Jurnal Administrasi Bisnis*. 2010;6(2):132-45.

[Focus & Scope](#)

[Author Guidelines](#)

[Author Fees](#)

[Online Submission](#)

[Publication Ethics](#)

[Copyright Transfer Form](#)

[Screening For Plagiarism](#)

[Editorial Board](#)

[Peer Reviewers](#)

[Order Journal](#)

[Visitor Statistics](#)

#### ARTICLE TOOLS

[Print this article](#)

[Indexing metadata](#)

[How to cite item](#)

[Finding References](#)

[Email this article \(Login required\)](#)

[Email the author \(Login required\)](#)

[Save to Mendeley](#)

[Save to Zotero](#)

#### ABOUT THE AUTHORS

*Cita Eri Ayuningtyas*

\* *Corresponding Author*

[orcid](#)

Prodi Bisnis Jasa Makanan,  
Fakultas Ekonomi dan Bisnis,  
Universitas Ahmad Dahlan,  
Yogyakarta  
Indonesia

*Nurul Putrie Utami*

Prodi Bisnis Jasa Makanan,  
Fakultas Ekonomi dan Bisnis,  
Universitas Ahmad Dahlan,  
Yogyakarta  
Indonesia

*Widodo Hariyono*

Prodi Ilmu Kesehatan  
Masyarakat, Fakultas  
Kesehatan Masyarakat,  
Universitas Ahmad Dahlan,  
Yogyakarta  
Indonesia

*Retno Natalina*

TEMPLATE



REFERENCE MANAGEMENT TOOLS



USER

Username   
Password   
 Remember me

JOURNAL CONTENT

Search   
Search Scope

Browse

- ▶ [By Issue](#)
- ▶ [By Author](#)
- ▶ [By Title](#)
- ▶ [Other Journals](#)

- Nurzakiah, Achadi E, Sartika RAD. Faktor risiko obesitas pada orang dewasa urban dan rural. Kesmas: Jurnal Kesehatan Masyarakat Nasional (National Public Health Journal). 2010;5(1):29-35.
- Saraswati M, Lubis SRH, Aristi D. Faktor-faktor yang berhubungan dengan stress kerja pada teknisi pesawat terbang unit base maintenance di PT. X tahun 2017 [Skripsi]. Jakarta: FKIK UIN Syarif Hidayatullah Jakarta; 2017.
- Yau YHC, Potenza MN. Stress and eating behaviors. Minerva Endocrinol. 2013;38(3):255-67.
- Apriyani REA, Mulyati T. Asupan protein, lemak jenuh, natrium, serat dan IMT terkait dengan tekanan darah pasien hipertensi di RSUD Tugurejo Semarang. J Nutr Coll. 2012;1(1):21-9. doi: [10.14710/jnc.v1i1.737](https://doi.org/10.14710/jnc.v1i1.737)
- Rohmawati N, Asdie AH, Susetyowati S. Tingkat kecemasan, asupan makan, dan status gizi pada lansia di Kota Yogyakarta. Jurnal Gizi Klinik Indonesia. 2015;12(2):62-71. doi: [10.22146/ijcn.23022](https://doi.org/10.22146/ijcn.23022)
- Wulandari AR, Widari D, Muniroh L. Hubungan asupan energi, stres kerja, aktifitas fisik, dan durasi waktu tidur dengan IMT pada manajer madya Dinas Pemerintah Kota Surabaya. Amerta Nutr. 2019;3(1):40-5. doi: [10.20473/amnt.v3i1.2019.40-45](https://doi.org/10.20473/amnt.v3i1.2019.40-45)
- World Health Organization (WHO). WHO opens public consultation on draft sugars guideline [series online] 2014 [cited 2019 Feb 4]. Available from: URL: <https://www.who.int/mediacentre/news/notes/2014/consultation-sugar-guideline/en/>
- Tan CC, Chow CM. Stress and emotional eating: the mediating role of eating dysregulation. Personality and Individual Differences. 2014;66:1-4. doi: [10.1016/j.paid.2014.02.033](https://doi.org/10.1016/j.paid.2014.02.033)
- Masdar H, Saputri PA, Rosdiana D, Chandra F, Darmawi D. Depresi, ansietas dan stres serta hubungannya dengan obesitas pada remaja. Jurnal Gizi Klinik Indonesia. 2016;12(4):138-43. doi: [10.22146/ijcn.23021](https://doi.org/10.22146/ijcn.23021)
- Oliver G, Wardle J, Gibson EL. Stress and food choice: a laboratory study. Psychosom Med. 2000;62(6):853-65. doi: [10.1097/00006842-200011000-00016](https://doi.org/10.1097/00006842-200011000-00016)
- Rabaita A, Sulchan M. Konsumsi gula sederhana dan aktivitas fisik sebagai faktor risiko kejadian hipertensi obesitik pada remaja awal. J Nutr Coll. 2012;1(1):185-91. doi: [10.14710/jnc.v1i1.674](https://doi.org/10.14710/jnc.v1i1.674)
- Sugianto, Faozan M, Setyani A. Studi Diet Total: survei konsumsi makanan individu Daerah Istimewa Yogyakarta. [series online] 2014 [cited 2019 Feb 4]. Available from: URL: <https://www.pusat2.litbang.kemkes.go.id/wp-content/uploads/2018/03/Buku-Studi-Diet-Total-Survei-Konsumsi-Makanan-Individu-DIY-2014.pdf>
- Nishida C, Uauy R, Kumanyika S, Shetty P. The Joint WHO/FAO Expert Consultation on diet, nutrition and the prevention of chronic diseases: process, product and policy implications. Public Health Nutr. 2004;7(1A):245-50. doi: [10.1079/phn2003592](https://doi.org/10.1079/phn2003592)
- Marchelia V. Stres kerja ditinjau dari shift kerja pada karyawan. Jurnal Ilmu Psikologi Terapan. 2014;2(1):130-43.

DOI: <https://doi.org/10.22146/ijcn.51507>

Article Metrics

Abstract views : 452 | PDF views : 876

Refbacks

- There are currently no refbacks.



Copyright (c) 2019 Jurnal Gizi Klinik Indonesia



This work is licensed under a [Creative Commons Attribution-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-sa/4.0/).

Jurnal Gizi Klinik Indonesia (JGKI) Indexed by:



[6102559](#) [View My Stats](#)