

ABSTRACT

Diet pattern of female worker is very important, to keep worker's health and nutrition status. Nutrition status of worker is known influencing on productivity improvement. It is also has impact to the menstrual cycle. The objectives of this study were to know correlation between diet pattern with nutrition status and menstrual cycle.

By the type, this study was analytic, and by the time this study was cross sectional. Interview was conducted to the 20 women worker. The population was all female worker in home industry of "Boeagoes Roti" Tuban. The variables were work demand, diet pattern, nutrition status, and menstrual cycle. Data intake was conducted using interview, observation sheet, and anthropometry measurement. Data analysis technique were cross tabulation and correlation of spearman test.

The results showed that all female worker were involve in mild work demand, 12 respondents (60%) were frequently ate three times a day, 16 respondents (80%) were usually consuming meal which consist of rice, vegetable, and beverage, 14 respondents (70%) were always consuming snack. Energy sufficient of 11 respondents (55%) were intermediate, nutrition status of 11 respondents (55%) were normal, 6 respondents (30%) were under, 3 respondents (15%) were over, while menstrual cycle of 12 respondents (60%) were normal. Based on correlation test, it showed that there were correlation between diet pattern with nutrition status and menstrual cycle.

It is recommended to the female workers to put attention on their diet pattern by consuming well balance nutritional and documenting their menstrual cycle regularly.

Keywords : diet pattern, nutrition status, menstrual cycle, female worker