

ABSTRACT

Coronavirus Disease (COVID-19) is declared as a pandemic by WHO after attacking almost all countries in the world. The city of Surabaya is one of the cities in Indonesia with the highest number of COVID-19. Healthcare workers are classified as a vulnerable group to infected COVID-19 due to direct contact with COVID-19 patients. The government has released Balanced Nutrition Guidelines (PGS) during the COVID-19 pandemic related to diet, physical activity, and rest periods to maintain the immune system of healthcare workers and other community groups. Therefore, this study aims to look at the diet, physical activity, and rest time for Surabaya city healthcare workers during the COVID-19 pandemic.

This type of research is a descriptive survey involving 92 healthcare workers in the city of Surabaya as respondents and was taken using purposive sampling technique. The data was collected online using a questionnaire with google form media for \pm 1 month.

The survey results showed that out of 92 healthcare workers, 59 healthcare workers (64.51%) had been categorized according to the guidelines for balanced nutrition (PGS) while 33 others were categorized as not in accordance with PGS. The outcome of this research is that respondents are expected to be able to implement PGS as recommended, especially during the COVID-19 pandemic. In addition, given the limited research related to nutrition during the pandemic, it is hoped that there will be further research development on related topics.

Keywords : COVID-19, balanced nutrition guidelines (PGS), healthcare worker

ABSTRAK

Coronavirus Disease (COVID-19) ditetapkan sebagai pandemi oleh WHO setelah menyerang hampir seluruh negara di dunia. Kota Surabaya menjadi salah satu kota di Indonesia dengan angka COVID-19 tertinggi. Tenaga kesehatan tergolong kelompok rentan untuk tertular COVID-19 dikarenakan kontak langsung dengan pasien COVID-19. Pemerintah telah mengeluarkan Pedoman Gizi Seimbang (PGS) di masa pandemi COVID-19 terkait pola makan, aktivitas fisik, dan waktu istirahat untuk menjaga daya tahan tubuh tenaga kesehatan maupun kelompok masyarakat lainnya. Maka dari itu, penelitian ini bertujuan untuk melihat pola makan, aktivitas fisik, dan waktu istirahat tenaga kesehatan Kota Surabaya di masa pandemi COVID-19.

Jenis penelitian adalah survei deskriptif yang melibatkan 92 tenaga kesehatan di Kota Surabaya sebagai responden dan diambil menggunakan teknik *purposive sampling*. Pengumpulan data dilakukan secara *online* menggunakan alat berupa kuesioner dengan media *google form* selama ± 1 bulan.

Hasil survey menunjukkan bahwa dari 92 orang tenaga kesehatan, sebanyak 59 tenaga kesehatan (64,51%) telah dapat dikategorikan sesuai dengan pedoman gizi seimbang (PGS) sedangkan 33 orang lainnya termasuk dalam kategori tidak sesuai dengan PGS. Luaran dari penelitian ini, responden diharapkan dapat menerapkan PGS sesuai dengan yang dianjurkan utamanya di masa pandemi COVID-19. Selain itu, mengingat masih terbatasnya penelitian terkait gizi di masa pandemi diharapkan akan ada pengembangan penelitian lanjutan mengenai topik terkait.

Kata Kunci : COVID-19, pedoman gizi seimbang (PGS), tenaga kesehatan