

ABSTRACT

Currently, Indonesia is faced with global competition with the start of the ASEAN free trade and free markets of Asia Pacific which requires improving the quality of human resources productive. One effort to improve the quality of human resources in the field of nutrition industry is to work through the efforts of the organization of industrial feed. This study was conducted to determine the suitability of the organization of industry lunch views of the fulfillment of its caloric requirements, caloric intake as well as the relationship of individuals to their productivity.

The experiment was conducted with cross-sectional design using a quantitative approach. Respondents in the study of 93 people drawn from the population as a proportionate random sampling. Variabel obtained through questionnaires in research, measurement, and secondary data from the study site. The independent variables included age, gender, level of workload, as well as individual caloric intake from lunch company. The dependent variable is labor productivity.

The results showed the majority of respondents belong to the age group of young adults (19-29 years), female gender, and level of workload lighter. Average caloric needs working respondents by AKG 2004 amounted to 743.44 kcal while the average lunch at 451.88 kcal industry. Calories in industry lunch only meet 61% of the average caloric needs work. Labor calorie intake by an average of 324.14 kcal or by 71.46% of the calories provided. The level of labor productivity on average by 97%. The results of the analysis of the relationship between variables showed a significant correlation between age and the level of workload and productivity. While gender and individual caloric intake was not associated with work productivity.

The conclusion is organizing lunch does not meet work caloric needs, lunch labor supply plays a role in meeting work calorie needs. Advice given to the company is adding a lunch portion, diversified menu in order to achieve an increase in productivity.

Keywords: workload level, work calories needs, productivity