

ABSTRACT

Worker's participation grade in Indonesia has been increase significantly that caused by the increase of women worker's participation. Women worker has main health problem that is nutrition problem which can caused work fatigue. This study was conducted to analyze the relationship between Body Mass Index (BMI) and calories consumption with work fatigue on women worker in PT Mermaid Textile (Mertex) Mojokerto.

This study is an observational analytic study using a cross sectional design. Samples were drawn from the population by simple random sampling. Total sample are 29 peoples. The independent variables were Body Mass Index (BMI) and calories consumption. The dependent variables were work fatigue. The results of the study were analyzed by using Kruskal-Wallis test.

The results show the distribution of the most respondents are normal statue of Body Mass Index (BMI) (55%), defisiensi of calories consumption (76%), and moderate work fatigue (69%). The results of statistictal analyzing Kruskal-Wallis test known that Body Mass Index (BMI) has a relation with work fatigue (p test = 0,002) which the most work fatigue on overweight Body Mass Index (BMI) statue. In other way calories consumption has a relation with work fatigue (p test 0,001) which the most work fatigue on defisiensi calories consumption..

The conclusion is Body Mass Index (BMI) and calories consumption on women worker were significantly related to work fatigue. There was an advised for women worker and the industry. Women worker should give more attention on nutrition aspect especially about calories consumption. In other way, the industry should be able to do repairing work nutrition aspect so it can be a prevention of work fatigue.

Key words : *women worker, work fatigue, Body Mass Index (BMI), calories consumption*