

PENGARUH PEMBERIAN MAKANAN TRADISIONAL “SERWIT” TERHADAP PRODUKTIVITAS KERJA KARYAWAN

(Eksperimen Pada Karyawan Petik Bibit Nanas I PT. Great Giant Pineapple
Terbanggi Besar Di Propinsi Lampung)

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RINGKASAN

Kaitan gizi dan produktivitas kerja telah dibuktikan terhadap para pekerja di Indonesia. Terbukti bahwa kurang gizi akan menurunkan daya kerja serta produktivitas kerja. Seorang tenaga kerja dengan keadaan gizi yang baik akan meningkatkan kapasitas kerja dan ketahanan fisik yang lebih baik.

Makanan Tradisional (MT) diolah dari bahan yang tersedia dan sebagian mempunyai fungsi khusus baik sebagai makanan ritual maupun sosial budaya. Salah satu MT penduduk asli Tulang Bawang Lampung adalah makanan tradisional “Serwit” yang terdiri dari sambal terasi yang diremas remas (diblender) dengan ikan digoreng, atau lainnya yang ditambah dengan buah **nanas** atau lainnya, diberi air minum secukupnya, setelah menjadi satu disebut “Serwit” dimakan dengan nasi dan lalapan yang direbus maupun mentah. “Serwit” mempunyai potensi kandungan gizi yang relatif mudah didapat, namun “Serwit” masih belum dimanfaatkan dengan optimal.

Tujuan penelitian ini adalah untuk mempelajari pengaruh pemberian Makanan Tradisional “Serwit” (PMTS) terhadap produktivitas kerja karyawan Petik Bibit Nanas I PT. Great Giant Pineapple Terbanggi Besar di Propinsi Lampung.

Digunakan penelitian eksperimental pada 18 responden karyawan laki – laki yang terbagi menjadi 3 (tiga) kelompok dengan jumlah yang sama yaitu kelompok “Seluang”, “Gabus” dan kontrol. Rancangan penelitian yang digunakan adalah *Non randomized pretest- posttest control group design*. Sebagai variabel *independent* adalah PMTS dan sebagai *variable dependent* adalah produktivitas. Uji statistik yang digunakan adalah uji t berpasangan dan uji F (Analisis varian dan Analisis Kovarian).

Hasil uji F menunjukkan bahwa kondisi sebelum perlakuan produktivitas dari responden di 3 (tiga) kelompok tidak berbeda ($p = 0,195$). Demikian juga pada kondisi sesudah perlakuan produktivitas responden di 3 (tiga) kelompok tidak berbeda ($p = 0,104$). Hasil uji t menunjukkan ada perbedaan produktivitas sebelum dan sesudah perlakuan pada ke 3 (tiga) kelompok ($p < 0,05$).

Hasil analisis kovarian menunjukkan bahwa zat Fe dan energi memberikan kontribusi yang bermakna pada produktivitas ($p = 0,003$ untuk Fe dan $p = 0,026$

untuk energi). Secara berurutan nilai rerata Fe dari yang tertinggi hingga terendah adalah “Seluang”, “Gabus” dan Kontrol. Secara berurutan nilai rerata energi dari yang tertinggi hingga terendah adalah “Gabus”, “Seluang” dan kontrol.

Dari hasil penelitian ini “Serwit” dapat menjadi menu alternatif bagi perusahaan untuk meningkatkan produktivitas kerja karyawan petik bibit nanas I PT GGP Terbanggi Besar di Propinsi Lampung, “Serwit” merupakan makanan tradisional yang kaya akan kandungan gizi dan bebas bahan pengawet. Aspek sosial dari pemanfaatan makanan tradisional “Serwit” dapat dicapai karena makanan tradisional lebih meningkatkan kecintaan pada makanan asli Indonesia.



THE EFFECT OF TRADITIONAL FOOD“SERWIT”DISTRIBUTION ON EMPLOYEES PRODUCTIVITY

**(An Experiment among Employees at Petik Bibit Nanas I, PT. Great Giant
Pineapple Terbanggi Besar, Lampung Province)**

Hj. Djelita Rickum

SUMMARY

A relationship between nutrition and productivity has been proved among many workers in Indonesia. It was evident that inadequate nutrition would result in a decrease in the working morale and productivity. A good nutrition for a worker could increase his work capacity and physical endurance as well.

The traditional food was processed from the existing materials and some the traditional food had specific purposes, either as ritual or socio-cultural foods. One of the traditional foods originated in Tulang Bawang Lampung was “Serwit” made of *sambal terasi* (a kind of sauce prepared from shrimp paste). This was then well blended and mixed with some fish which have been toasted, roasted and fried, and other ingredients plus several sour fruits such as *isem kembang*, *kedondong pelan/hutan*, *rampai*, pineapple and others. The next step was to add a drinking water into this sauce and after became mixed completely, this food was called “Serwit” which could be eaten together with rice and raw and cooked vegetables. “Serwit” contained many nutrients useful for health but it has not been used optimally yet.

The objective of this recent research was to study an effect of “Serwit” food administration on the employee productivity at Petik Bibit Nanas I, PT. Great Giant Pineapple Terbanggi Besar in Lampung province.

This was an experiment research in which respondents were treated with “Serwit” for 15 days. The sample included 18 male respondents. The research used *Non-randomized Pretest - Posttest Control Group Design*. Variables measured were

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independent and dependent variables. The former consisted of the traditional food “Serwit” and the latter covered respondents’ characteristics such as age, education and working tenure. In addition, the physical data were including Hb and nutrition status. The statistical test used in this research was the paired t test and ANOVA.

The results of F test showed that there was no difference in productivity between before and during “Serwit” administration among each group (p 0.258). However, during and after “Serwit” administration there was a significant difference in productivity among each group (p 0.029). Before and after “Serwit” administration, the condition indicated that there was no difference in productivity among *seluang*, *gabus* and the control groups (p 0.081). Similarly, the results of F_{count} test suggested that there was no difference in employee wage between before and during “Serwit” administration among *seluang*, *gabus* and the control groups (p 0.266). There was no difference in productivity between during and after “Serwit” administration among each group (p 0.161) and this was also applied to condition before and after “Serwit” administration among each group (p 0.057).

The results of anacova suggested that Fe substance and energy significantly contributed to the employee productivity. This could be seen from p 0.003. Highest mean Fe values existed in *seluang*, followed by *gabus* and the control groups, while covariable energy had p 0.026. In descriptive term, the largest energy came from *gabus*, followed by *gabus* and the control group.

From findings of the research, “Serwit” could be an alternative menu for company to increase its employee productivity, particularly for PT GGP Terbanggi Besar in Lampung province. “Serwit” represented a traditional food which was rich in nutrients and free of preservatives. Social aspect from the traditional food “Serwit” could be achieved since its usage will enhance the demand for Indonesian local foods.

**Effect of Traditional Food “Serwit” on Employee Productivity
(An Experiment among Employees at Petik Bibit Nanas I, PT. Great Giant
Pineapple Terbanggi Besar, Lampung Province)**

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ABSTRACT

The objective of this recent research was to investigate an effect of “Serwit” food administration on the employee productivity at Petik Bibit Nanas I, PT. Great Giant Pineapple Terbanggi Besar in Lampung province.

This was an experiment research in which respondents were treated with “Serwit” food for 15 days. The sample included 18 respondents. The research employed *Non-randomized Pretest – Posttest Control Group Design*. Variables measured were independent and dependent variables. The former consisted of the traditional food “Serwit” and the latter covered productivity. The statistical test used in this research was the paired t test and ANOVA.

The results of F test showed that there was no difference in productivity between before and during “Serwit” administration among each group (p 0.258). However, during and after “Serwit” administration there was a significant difference in productivity among each group (p 0.029). Before and after “Serwit” administration, the condition indicated that there was no difference in productivity among *seluang*, *gabus* and the control groups (p 0.081). Similarly, the results of F_{count} test suggested that there was no difference in employee wage between before and during “Serwit” administration among *seluang*, *gabus* and the control groups (p 0.266). There was no difference in productivity between during and after “Serwit” administration among each group (p 0.161) and this was also applied to condition before and after “Serwit” administration among each group (p 0.057).

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Keywords: employee productivity, traditional food “Serwit”.