

THE INFLUENCE OF NUTRITION AS A PART OF ERGONOMIC RECOMMENDATIONS ON WORK PRODUCTIVITY EMPLOYEES

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ABSTRACT

This study aims to examine the effect of nutrition as an ergonomic method in terms of high room temperature on employee work productivity in a bakpia factory roasting room. Researchers gave treatment in the form of water containing salt with mineral water. Subjects in this study were 2 workers in the roasting. This study has nutrition-free variables as an ergonomic method and variables depending on employee productivity. By using the t-test score, it can be seen that there is a difference in productivity before treatment with treatment, this is indicated by a score of $p = 0.025$; $p < 0.05$. While the comparison between the treatment of water containing salt and mineral water showed insignificant results, this can be seen from the score of $p = 0.72$; $p > 0.05$.

Keywords: Productivity, Ergonomics, Nutrition.