SUMMARY

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Excess body weight (overweight / obesity) is one of effects from human behavior which considered as a serious health problem because it has a high risk disease. EMP is a company which number of employees is relatively high overweight cases.

This study was aimed to analyze the level of employee health and factors which affecting Employee health then make a strategy to improve of employees health in EMP. Forms of research will be orientated of the present and the past. Results of the evaluation are credited from results of the existing and past programs. The evaluation is not associated with results to be obtained in the future. Retrospective evaluation stressed on the results related to the actions that have been taken (ex-post). Recommendations came from the evaluation of candidates and made before the action being performed (ex-ante) with a sample of 50% of the total population of 284 workers. Comparative analysis between the before and after of secondary data of the promotion program is analyzed using the t test and later continued with tests of content validity, requirement validity, and prediction validity that simultaneously building validity. Next is test of the top two boxes to combine the percentage of respondents who chose two scales answers and the top two categories of Rating Scale. The latter is analyzed using Confirmatory Factor Analysis section of SEM to identify the relationship between variables testing the correlation between score of BMI with factors that affecting employee Health of Energi Mega Paersada.

From these results, it appear that the factors affecting health is highest seen in the behavior factor. In descriptive distribution of respondents’ answers to the questions in the questionnaire based on the characteristic table of behavior, the statement that carry out regular exercise will implementation of a healthy lifestyle.

Keywords: health factors, health level, health strategy