

ABSTRACT

Productivity is a concept that creates more good and services needed by humans. Work productivity depends on the availability of nutrients. Some factors that include nutrients in a person include : energy, protein, and liquid. The research is done to know the correlation among the sufficiency level of energy, protein and liquid with work productivity of PT. Rosa Sejahtera Eyelash employee in Purbalingga.

The type of research is descriptive analytic. The population is all employees of PT Rosa Sejahtera Eyelash in Purbalingga as many 37 people. The study was conducted from January to February. The sample is the whole of the population. Data analysis uses *Rank Spearman* test. The data of energy, protein and liquidity level were obtained by interviewing uses *Food Recall* for 3 days intermittently and work productivity data was obtained through direct observation.

The average energy sufficiency level is 14.64%, protein is 0.47% and the liquid is 17.28%. the results showed that 67.6% of respondents had deficit category on energy sufficiency, light level deficit as much as 32.4% on protein sufficiency, and 37.8% had weight deficit category on fluid sufficiency. Most respondents have high productivity that is as much as 54.1% (20 people). The obtaining test results doesn't have correlation between Energy Sufficiency level, and Protein and Liquid with Work Productivity Employee with p-value = (0.849 ; 0.599; and $0.977 > \alpha 0.05$)

Keyword : Work Productivity, Energy Sufficiency, Protein Sufficiency, Liquid Sufficiency.