

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA  
POLITEKNIK KESEHATAN KEMENKES RIAU  
JURUSAN GIZI**

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**MIRANTI ANADA PUTRIA**

**GAMBARAN *HYGIENE* PENGOLAH DAN PEDAGANG BAKSO BAKAR DI  
KELURAHAN TELUK BINJAI KOTA DUMAI**

xi + 31 halaman + 3 tabel + 1 gambar + 3 lampiran

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**ABSTRAK**

Bakso bakar merupakan makanan jajanan yang diolah dengan bahan utama daging dan tepung. Proses pengolahan hingga penyajian merupakan tahap yang rentan terkontaminasi oleh bakteri akibat tenaga pengolah kurang memperhatikan kebersihan dirinya. Tujuan dari penelitian ini adalah mengetahui gambaran *hygiene* pengolah dan pedagang bakso bakar di Kelurahan Teluk Binjai, Kota Dumai. Jenis penelitian ini yaitu deskriptif observasional yang dilakukan dengan mengobservasi *hygiene* pengolah dan pedagang bakso bakar menggunakan metode *purposive sampling*. Hasil penelitian menunjukkan bahwa tenaga pengolah dan tidak memenuhi persyaratan *hygiene* perorangan seperti tidak menjaga kebersihan tangan, rambut, kuku, dan pakaian, tidak memakai celemek dan tutup kepala, tidak mencuci tangan setiap hendak menangani makanan. Sedangkan pada pedagang bakso bakar seperti pedagang menderita penyakit menular (*flu*), tidak menjaga kebersihan tangan, rambut kuku, dan pakaian, tidak memakai celemek dan tutup kepala, tidak mencuci tangan setiap hendak menangani makanan tidak memakai alas tangan, menggaruk salah satu anggota badan, dan batuk dihadapan makanan tanpa menutup mulut atau hidung. Hal tersebut menunjukkan bahwa *hygiene* perorangan berpengaruh besar terhadap pencemaran bakteri pada bakso bakar. Sebaiknya pengolah dan pedagang memperbaiki perilaku kebersihan perorang dengan selalu menjaga kebersihan tangan, kuku, dan tutup kepala, mencuci tangan setiap hendak menangani makanan, memakai alas tangan, dan menjaga ke. Saran dari penelitian ini agar melakukan pengamatan melalui pengetahuan dari pengolah dan pedagang serta melakukan uji cemaran bakteri.

**Daftar Pustaka** : 32 Referensi (2003-2020)

**Kata kunci** : Bakso bakar dan gambaran *hygiene*

**MINISTRY OF HEALTH, REPUBLIC OF INDONESIA  
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**MIRANTI ANADA PUTRIA**

***OVERVIEW OF PROCESSORS AND TRADERS HYGIENE OF GRILLED  
MEATBALL ON TELUK BINJAI, DUMAI***

xi + 31 pages + 3 tables + 1 pictures + 3 appendices

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**ABSTRACT**

Grilled meatballs are snacks that are processed with the main ingredients of meat and flour. The processing until the presentation is a stage that is prone to contamination by bacteria due to the processing staff's lack of attention to personal hygiene. The purpose of this study was to determine the hygiene description of grilled meatball processors and traders in Teluk Binjai Village, Dumai City. This type of research is descriptive observational conducted by observing the hygiene of the processors and traders of grilled meatballs using purposive sampling method. The results showed that the processing staff did not meet personal hygiene requirements such as not keeping hands, hair, nails and clothes clean, not wearing aprons and headgear, not washing hands every time they wanted to handle food. Meanwhile, grilled meatball traders such as traders suffer from infectious diseases (flu), do not maintain hand hygiene, nail hair, and clothes, do not wear aprons and headgear, do not wash their hands every time they want to handle food, do not wear gloves, scratch one limb, and coughing in front of food without covering the mouth or nose. This shows that personal hygiene has a major influence on bacterial contamination of grilled meatballs. It is better for processors and traders to improve personal hygiene behavior by always keeping hands, nails and headgear clean, washing hands every time they want to handle food, wearing gloves, and maintaining individual health. Suggestions from this study are to make observations through the knowledge of processors and traders as well as to test for bacterial contamination.

Bibliography : 32 (2003-2020)

Keywords : *Grilled meatball and processors and traders hygiene.*