

ABSTRAK

RISKI MAULIDAR AZHARI. Gambaran Tingkat Pengetahuan dan Perilaku Higiene Penjamah Makanan di Eva's Catering Kota Pekanbaru. Dibimbing oleh Roziana, SST, M.Gizi dan Prof. Dr. Aslis Wirda Hayati, SP, M.Si

Higiene penjamah makanan berperan penting dalam menjaga keamanan pangan dan mencegah kontaminasi makanan. Berdasarkan observasi awal, masih ditemukan penjamah makanan yang belum menerapkan personal higiene secara optimal. Penelitian ini bertujuan untuk mendeskripsikan tingkat pengetahuan, perilaku higiene, dan mengidentifikasi indikator perilaku higiene yang belum diterapkan secara optimal oleh penjamah makanan di Eva's Catering Kota Pekanbaru. Penelitian ini menggunakan desain deskriptif kuantitatif dengan teknik total sampling pada 15 penjamah makanan. Data dikumpulkan menggunakan kuesioner dan lembar observasi, kemudian dianalisis secara univariat. Hasil penelitian menunjukkan bahwa 13 responden (86,7%) memiliki tingkat pengetahuan kategori baik dan 2 responden (13,3%) kategori sedang. Perilaku higiene terdiri atas kategori baik sebanyak 8 responden (53,3%) dan kategori cukup sebanyak 7 responden (46,7%). Indikator yang belum diterapkan secara optimal meliputi penggunaan masker (100%), celemek (80,0%), berbicara saat menjamah makanan (66,7%), penggunaan penutup kepala (53,3%), dan mencuci tangan menggunakan sabun (33,3%). Disimpulkan bahwa tingkat pengetahuan penjamah makanan sudah baik, namun penerapan perilaku higiene masih perlu ditingkatkan, terutama penggunaan alat pelindung diri dan kebiasaan mencuci tangan.

Kata kunci: higiene, pengetahuan, perilaku higiene, penjamah makanan, keamanan pangan.

ABSTRACT

RISKI MAULIDAR AZHARI. Description of the Knowledge Level and Hygiene Practices of Food Handlers at Eva's Catering, Pekanbaru City. Supervised by Roziana, SST, M.Gizi dan Prof. Dr. Aslis Wirda Hayati, SP, M.Si

Food handlers' personal hygiene plays an important role in maintaining food safety and preventing food contamination. Preliminary observations showed that some food handlers had not implemented personal hygiene practices optimally. This study aimed to describe the level of hygiene knowledge, hygiene practices, and identify hygiene practice indicators that had not been optimally implemented by food handlers at Eva's Catering, Pekanbaru City. This study employed a quantitative descriptive design using a total sampling technique involving 15 food handlers. Data were collected using a knowledge questionnaire and an observation checklist, then analyzed using univariate analysis. The results showed that 13 respondents (86.7%) had good hygiene knowledge, while 2 respondents (13.3%) had moderate knowledge. Hygiene practices were categorized as good in 8 respondents (53.3%) and fair in 7 respondents (46.7%). The hygiene indicators that were not optimally implemented included wearing masks (100%), wearing aprons (80.0%), talking while handling food (66.7%), wearing head covers (53.3%), and washing hands with soap (33.3%). In conclusion, the food handlers had a good level of hygiene knowledge; however, the implementation of hygiene practices still needs improvement, particularly in the use of personal protective equipment and proper handwashing practices.

Keywords: hygiene, knowledge, hygiene practices, food handlers, food safety.