

ABSTRAK

Es batu merupakan air minum hasil pembekuan yang mencapai suhu 0°C. Es batu yang digunakan untuk minuman berpotensi menjadi media penularan penyakit jika kualitas fisik dan bakteriologis es batu tidak sesuai standar untuk konsumsi. Berdasarkan hal tersebut telah dilakukan penelitian mengenai kualitas fisik dan bakteriologis, serta kaitannya dengan *Personal Hygiene* dan pengetahuan penjual minuman yang menggunakan es batu kristal dan es batu balok di sekitar Pasar Cikini, Jakarta.

Metode penelitian menggunakan analisis data primer dengan pendekatan deskriptif kuantitatif menggunakan data primer dari 21 sampel es batu yang diperiksa di Laboratorium Mikrobiologi FKUI pada Juli sampai dengan Agustus 2025. Pemeriksaan meliputi uji kualitas fisik (warna, bau, rasa) dan uji bakteriologis menggunakan metode Angka Paling Mungkin (APM) sesuai SNI 3839:2019, disertai observasi *Personal Hygiene* dan kuesioner pengetahuan.

Hasil penelitian menunjukkan 19% sampel (4 es kristal) memenuhi syarat bakteriologis, sedangkan 81% (11 kristal dan 6 balok) tidak memenuhi syarat. Dari aspek fisik, 86% sampel tidak berbau dan tidak berasa, namun 14% es balok terindikasi bau lumut dan rasa tanah. Observasi menunjukkan 75% penjual memiliki *Personal Hygiene* buruk, sementara 93% memiliki pengetahuan baik. Kesimpulan bahwa sebagian besar es batu tidak layak konsumsi, sehingga disarankan peningkatan pengawasan kualitas es batu, edukasi higiene kepada penjual, serta penelitian lanjutan dengan parameter mikrobiologi dan kimia lain.

Kata kunci: Es Batu, Uji Bakteriologis, angka paling mungkin (APM)

Kepustakaan: 2015-2025

ABSTRACT

Ice cubes are drinking water that has been frozen to a temperature of 0°C. Ice cubes used for beverages have the potential to become a medium for disease transmission if their physical and bacteriological quality does not meet the standards for consumption. Based on this, a study was conducted on the physical and bacteriological quality of ice cubes, as well as their relationship with personal hygiene and the knowledge of beverage sellers who use crystal ice cubes and block ice around Cikini Market, Jakarta.

The research method used primary data analysis with a quantitative descriptive approach using primary data from 21 ice cube samples examined at the FKUI Microbiology Laboratory from July to August 2025. The examination included physical quality tests (color, smell, taste) and bacteriological tests using the Most Probable Number (MPN) method in accordance with SNI 3839:2019, accompanied by observations of personal hygiene and knowledge questionnaires.

The results showed that 19% of the samples (4 crystal ice) met the bacteriological requirements, while 81% (11 crystals and 6 blocks) did not meet the requirements. From a physical aspect, 86% of samples were odorless and tasteless, but 14% of ice blocks indicated a mossy odor and earthy taste. Observations showed that 75% of sellers had poor personal hygiene, while 93% had good knowledge. The conclusion is that most ice cubes are unfit for consumption, so it is recommended to improve ice cube quality control, provide hygiene education to sellers, and conduct further research with other microbiological and chemical parameters.

Keywords: Ice Cubes, Bacteriological Testing, Most Probable Number (MPN)

Bibliography: 2015-2025