

Faktor yang Berhubungan dengan Personal Higiene Penjamah Makanan di Instalasi Gizi RSUD Budhi Asih Jakarta Timur Tahun 2024

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ABSTRAK

Kontaminasi makanan memperpanjang perawatan dan meningkatkan keparahan penyakit, Pengelola industri jasa boga khususnya rumah sakit harus memiliki praktik keamanan pangan terhadap manajemen sistem keamanan pangan.. Tujuan dari penelitian ini adalah untuk mengetahui faktor yang berhubungan dengan personal higiene penjamah makanan di instalasi gizi rsud budhi asih jakarta timur tahun 2024. . Penelitian ini dilakukan dengan desain ” *Cross Sectional*”, sampel pada penelitian berjumlah 34 orang karyawan penjamah makanan Instalasi Gizi RSUD Budhi Asih dengan pengambilan sampel menggunakan *purposive sampling*. Analisa data menggunakan *chi square* ($P - Value = 0,05$). Hasil penelitian responden berusia < 46 Tahun 83.3 %, 50% berjenis kelamin laki laki dan perempuan, responden berpendidikan terakhir jenjang SMK/SMA Sederajat yaitu sebanyak 32 orang (94,1%), untuk penjamah makanan sebagai petugas pengolah makanan terdapat 61.8%, 2.9% sebagai petugas gudang serta 35.3 % sebagai petugas distribus makanan pasien. tingkat pengetahuan penjamah baik sebanyak 88.2%, terdapat 82,4% penjamah memiliki sikap yang baik, terdapat 70.6% penjamah makanan memiliki tindakan baik saat melakukan pekerjaan, dari hasil observasi sebanyak 73.5% responden melakukan personal higiene di tempat kerja dengan baik. Tidak ada hubungan antara usia ($p=0,723$), tingkat pendidikan ($p=0,382$), pengetahuan ($p=0,256$) terhadap personal higiene penjamah makanan di RSUD Budhi Asih. Terdapat hubungan bermakna antara jenis kelamin ($p=0,01$), sikap ($p=0,01$). Tindakan ($p=0,00$) dengan personal higiene penjamah makanan di RSUD Budhi Asih. Hasil penelitain ini meyarankan untuk meningkatkan promosi kesehatan penyuluhan, edukasi ataupun pelatihan, pemasangan poster atau infografis serta pemasangan intruksi kerja di area tempat kerja, evaluasi standar pedoman instalasi gizi, SPO, evaluasi berkala terhadap penjamah makanan dengan indikator penilaian.

Kata Kunci : Pengetahuan, Sikap, Tindakan, Personal Higiene

Factors Related to Personal Hygiene of Food Handlers in the Nutrition Installation of Budhi Asih Regional Hospital, East Jakarta in 2024

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ABSTRACT

Food contamination prolongs treatment and increases the severity of disease. Food service industry managers, especially hospitals, must have food safety practices for food safety system management. The aim of this research is to determine factors related to personal hygiene of food handlers at the nutrition installation at Budhi Asih Hospital, Jakarta. east in 2024. . This research was carried out with a "Cross Sectional" design, the sample in the study consisted of 34 employees of food handlers at the Budhi Asih Hospital Nutrition Installation with samples taken using purposive sampling. Data analysis used chi square ($P - \text{Value} = 0.05$). The results of the research were that respondents aged <46 years were 83.3%, 50% were male and female, respondents with the highest education level were vocational school/high school equivalent, namely 32 people (94.1%), for food handlers as food processing officers there were 61.8%, 2.9 % as warehouse staff and 35.3% as patient food distribution staff. The level of knowledge of the handlers was good at 88.2%, there were 82.4% of the handlers who had a good attitude, there were 70.6% of the food handlers who had good actions when doing their work, from the observation results, 73.5% of the respondents carried out good personal hygiene at work. There was no relationship between age ($p=0.723$), education level ($p=0.382$), knowledge ($p=0.256$) and personal hygiene of food handlers at Budhi Asih Regional Hospital. There is a significant relationship between gender ($p=0.01$), attitude ($p=0.01$). Actions ($p=0.00$) with personal hygiene of food handlers at Budhi Asih Regional Hospital. The results of this research suggest improving health promotion, education and training, installing posters or infographics as well as installing work instructions in workplace areas, evaluating standard nutritional installation guidelines, SPOs, and periodic evaluation of food handlers with assessment indicators.

Keywords: Knowledge, Attitude, Action, Personal Hygiene