

DETERMINAN PERILAKU HIGIENE PADA PENJAMAH MAKANAN DI RUMAH MAKAN KECAMATAN SUKMAJAYA KOTA DEPOK TAHUN 2025

Anasya Kustanti

Abstrak

Perilaku higiene penjamah makanan yang buruk dapat mengkontaminasi makanan dan menularkan penyakit. Tahun 2024, 53% kasus Kejadian Luar Biasa Keracunan Pangan berasal dari masakan rumah tangga dan 44,3% Tempat Pengelolaan Pangan di Jawa Barat yang memenuhi syarat higiene dan sanitasi di bawah standar nasional yang ditetapkan sebesar 59,5%. Penelitian ini bertujuan menganalisis determinan perilaku higiene pada penjamah makanan di rumah makan Kecamatan Sukmajaya Kota Depok tahun 2025. Penelitian ini menggunakan desain studi *cross-sectional* yang menggunakan data primer melalui wawancara dengan lembar kuesioner. Data dianalisis dengan menggunakan uji *chi-square*. Sebanyak 121 responden diperoleh menggunakan teknik *purposive sampling*. Hasil penelitian menunjukkan terdapat hubungan antara pengetahuan rendah ($p\text{-value}=0,001$; PR=3,21; 95%CI= 1,43-7,24), pengetahuan sedang ($p\text{-value}=0,032$; PR=2,60; 95%CI=1,10-6,14), sikap buruk ($p\text{-value}=0,001$; PR=3,37; 95%CI=1,37-8,30) sikap sedang ($p\text{-value}=0,021$; PR=2,73; 95%CI=1,09-6,86), usia ($p\text{-value}=0,009$; PR=1,70; 95%CI=1,23-2,37), sarana prasarana ($p\text{-value}=0,000$; PR=3,41; 95%CI=2,18-5,33), pelatihan ($p\text{-value}=0,001$; PR=2,28; 95%CI=1,30-4,00) dengan perilaku higiene penjamah makanan. Disimpulkan bahwa pengetahuan, sikap, usia, sarana prasarana dan pelatihan berhubungan dengan perilaku higiene. Pemerintah Kota Depok perlu meningkatkan pelatihan keamanan pangan dan praktik higiene dengan melibatkan dinas kesehatan, lembaga Pendidikan, organisasi, serta memastikan ketersediaan sarana dan prasarana yang memadai di rumah makan.

Kata Kunci: Perilaku Higiene, Penjamah Makanan, Keamanan Makanan

DETERMINANTS OF HYGIENE BEHAVIOR AMONG FOOD HANDLERS IN FOOD STALLS IN SUKMAJAYA DISTRICT, DEPOK CITY, 2025

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Abstrack

Poor Food handler hygiene behavior can contamination food and transmit disease, In 2024, 53% of Food Poisoning Outbreak cases came from household cooking and 44.3% of Food Processing Places in West Java that met hygiene and sanitation requirements were below the national standard set at 59.5%. This study aims to analyze the determinants of hygiene behavior in food handlers in restaurants in Sukmajaya District, Depok City in 2025. This study used a cross-sectional design using primary data through interviews with questionnaires. Data were analyze by using a chi-square test. A total of 121 respondents were obtained using purposive sampling techniques. The results showed that there was a relationship between low knowledge ($p\text{-value}=0.001$; $PR=3.21$; $95\%CI= 1.43-7.24$), medium knowledge ($p\text{-value}=0.032$; $PR=2.60$; $95\%CI=1.10-6.14$), poor attitude ($p\text{-value}= 0.001$; $PR=3.37$; $95\%CI=1.37-8.30$). moderate ($p\text{-value}=0.021$; $PR=2.73$; $95\%CI=1.09-6.86$), age ($p\text{-value}=0.009$; $PR=1.70$; $95\%CI=1.23-2.37$), infrastructure ($p\text{-value}=0.000$; $PR=3.41$; $95\%CI=2.18-5.33$), training ($p\text{-value}=0.001$; $PR=2.28$; $95\%CI=1.30-4.00$) with hygiene behavior of food handlers. It was concluded that knowledge, attitude, age, facilities and infrastructure and training were related to hygiene behavior. The Depok City Government needs to improve food safety training and hygiene practices by involving health services, educational institutions, organizations, and ensuring the availability of adequate facilities and infrastructure in restaurants.

Keywords: Hygiene Behavior, Food Handlers, Food Safety