

**FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN PERILAKU
PERSONAL HYGIENE PADA PEDAGANG KANTIN DI RUMAH SAKIT
WILAYAH JAKARTA PUSAT TAHUN 2026**

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Abstrak

Higiene dan sanitasi pangan merupakan upaya untuk menjaga kesehatan dan kebersihan makanan melalui langkah pencegahan keracunan pangan. Pada tahun 2024, persentase kantin yang memenuhi syarat kesehatan di Jakarta Pusat sebesar 69,4%, lebih rendah dibandingkan dengan rata-rata di Provinsi DKI Jakarta, yakni 84,41%. Penelitian ini bertujuan mengetahui faktor-faktor yang berhubungan dengan perilaku *personal hygiene* pada pedagang di kantin rumah sakit wilayah Jakarta Pusat tahun 2026. Penelitian ini menggunakan desain studi *cross-sectional*. Observasi dan wawancara menggunakan kuesioner digunakan untuk mengumpulkan data primer. Dengan menggunakan teknik *cluster sampling*, sebanyak 118 pedagang kantin di empat rumah sakit di Jakarta Pusat dilibatkan sebagai responden. Data dianalisis menggunakan uji *chi-square*. Hasil penelitian ini menunjukkan terdapat hubungan signifikan antara pengetahuan ($p=0,007$; PR=1,533; 95%CI: 1,026–2,351), kebersihan peralatan ($p<0,001$; PR=1,605; 95%CI: 1,262–2,042), sarana Sanitasi ($p<0,001$; PR=1,601; 95%CI: 1,235–2,074), peran petugas ($p=0,002$; PR=1,847; 95%CI: 1,079–3,162) dengan perilaku *personal hygiene* pedagang kantin. Variabel usia, jenis kelamin, lama kerja, sikap, dan kegiatan penyuluhan menunjukkan $p>0,05$. Disimpulkan bahwa pengetahuan, kebersihan peralatan, sarana sanitasi, dan peran petugas berhubungan dengan perilaku *personal hygiene*. Rumah sakit perlu memperkuat pengawasan APD, menyediakan fasilitas sarana sanitasi, dan rutin mengadakan penyuluhan pada pedagang kantin.

Kata Kunci: Perilaku *Personal Hygiene*, Pedagang Kantin, keracunan pangan

FACTORS ASSOCIATED WITH PERSONAL HYGIENE BEHAVIOR AMONG CANTEEN VENDORS IN HOSPITALS IN THE CENTRAL JAKARTA AREA IN 2026

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Abstract

Food hygiene and sanitation are efforts to maintain the health and cleanliness of food through measures to prevent food poisoning. In 2024, the percentage of cafeterias that met health standards in Central Jakarta was 69.4%, lower than the average for the Special Capital Region of Jakarta, which was 84.41%. This study aims to identify the factors associated with personal hygiene behaviors among canteen vendors in hospitals in the Central Jakarta region in 2026. This study employed a cross-sectional design. Observations and interviews using a questionnaire were conducted to collect primary data. Using cluster sampling, a total of 118 cafeteria vendors at four hospitals in Central Jakarta were included as respondents. Data were analyzed using the chi-square test. The results of this study indicate a significant association between knowledge ($p=0.007$; PR=1.533; 95% CI: 1.026–2.351), equipment cleanliness ($p<0.001$; PR=1.605; 95% CI: 1.262–2.042), sanitation facilities ($p<0.001$; PR=1.601; 95% CI: 1.235–2.074), and the role of staff ($p=0.002$; PR = 1.847; 95% CI: 1.079–3.162) were associated with the personal hygiene behavior of cafeteria workers. Age, gender, length of service, attitude, and educational activities showed $p > 0.05$. It was concluded that knowledge, equipment cleanliness, sanitation facilities, and the role of staff are associated with personal hygiene behavior. Hospitals need to strengthen their oversight of PPE, provide sanitation facilities, and regularly conduct training sessions for cafeteria staff.

Keywords: Personal Hygiene Behavior, Cafeteria Workers, Food Poisoning.