

FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN PENERAPAN PERSONAL HIGIENE PADA PEDAGANG MAKANAN KAKI LIMA DI KECAMATAN CIBINONG BOGOR TAHUN 2026

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Abstrak

Personal hygiene yang buruk pada penjamah makanan dapat menimbulkan kontaminasi biologis, kimia, maupun fisik yang berpotensi menyebabkan penyakit bawaan makanan (*foodborne diseases*). Di Kecamatan Cibinong, Kabupaten Bogor, tercatat 25 kasus keracunan makanan pada tahun 2025 dengan gejala mual, muntah, diare, dan pusing. Kondisi tersebut menunjukkan perlunya perhatian terhadap keamanan pangan, termasuk penerapan personal hygiene pada penjamah makanan, khususnya pedagang kaki lima. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan penerapan personal hygiene pada pedagang makanan kaki lima di Kecamatan Cibinong, Kabupaten Bogor tahun 2026. Desain studi penelitian ini adalah *cross-sectional* yang menggunakan data primer melalui pengisian kuesioner dan menggunakan teknik sampling berupa *purposive sampling*. Analisis data dilakukan secara univariat, bivariat dengan metode *Chi-Square*, dan multivariat dengan metode regresi logistik berganda. Jumlah sampel yang digunakan sebanyak 100 responden. Frekuensi penerapan personal hygiene yang tidak memenuhi syarat pada pedagang makanan kaki lima sebesar 55%. Hasil analisis multivariat menunjukkan bahwa variabel sikap (POR = 9,533; 95% CI = 2,725 – 33,344), ketersediaan fasilitas sarana prasarana (POR = 6,867; 95% CI = 1,916 – 24,604), dan pendapatan (POR = 4,360; 95% CI = 1,272 – 14,942) secara signifikan berhubungan dengan penerapan personal hygiene di Kecamatan Cibinong, Kabupaten Bogor tahun 2026. Pemerintah diharapkan dapat menyelenggarakan pelatihan dan penyuluhan secara rutin mengenai hygiene sanitasi makanan bagi pedagang kaki lima. Selain itu dapat melakukan pengawasan atau inspeksi kesehatan lingkungan secara rutin terhadap pedagang kaki lima di Kecamatan Cibinong, Kabupaten Bogor.

Kata Kunci: Keamanan Pangan, Pedagang Makanan Kaki Lima, Personal Hygiene

FACTORS ASSOCIATED WITH THE PRACTICE OF PERSONAL HYGIENE AMONG STREET FOOD VENDORS IN CIBINONG SUBDISTRICT, BOGOR, 2026

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Abstract

Poor personal hygiene among food handlers can lead to biological, chemical, and physical contamination that has the potential to cause foodborne diseases. In Cibinong Subdistrict, Bogor Regency, there were 25 reported cases of food poisoning in 2025, with symptoms of nausea, vomiting, diarrhea, and dizziness. This situation highlights the need for attention to food safety, including the practice of personal hygiene among food handlers, particularly street vendors. This study aimed to determine the factors associated with the implementation of personal hygiene among street food vendors in Cibinong Subdistrict, Bogor Regency, in 2026. This study used a cross-sectional designed with primary data collected through questionnaires, using a purposive sampling technique. Data were analyzed using univariate analysis, bivariate analysis with the Chi-Square test, and multivariate analysis with multiple logistic regression. The sample size consisted of 100 respondents. The frequency of substandard personal hygiene practices among street food vendors was 55%. The result of the multivariate analysis showed that the variables of attitude (POR = 9.533; 95% CI = 2.725–33.344), availability of facilities and infrastructure (POR = 6.867; 95% CI = 1.916–24.604), and income (POR = 4.360; 95% CI = 1.272–14.942) were significantly associated with the implementation of personal hygiene in Cibinong Subdistrict, Bogor Regency, in 2026. The government is expected to conduct regular training and education on food hygiene and sanitation for street food vendors, as well as regular environmental health monitoring or inspections of street food vendors in Cibinong Subdistrict, Bogor Regency.

Keywords: Food Safety, Street Food Vendors, Personal Hygiene