

DESCRIPTION OF THE LEVEL OF KNOWLEDGE AND PERSONAL HYGIENE BEHAVIOR OF COOKS AT QUEEN LATIFA GENERAL HOSPITAL YOGYAKARTA DURING THE COVID-19 PANDEMIC/

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ABSTRACT

Background. In the era of adaptation of new habits that have been applied by the community today to deal with the spread of the COVID-19 virus pandemic, people need highly nutritious foods such as the consumption of animal side dishes, vegetables and fruits and maintaining their immunity by exercising and taking multivitamins. One of the factors in increasing food is personal hygiene. Given the magnitude of the impact of food on patients, especially to aid their recovery and as an input for hospitals.

Objectives. Knowing the level of knowledge and personal hygiene behavior of cooks at Queen Latifa General Hospital Yogyakarta during the COVID-19 Pandemic.

Method. This research was a Descriptive Analytical research with Cross Sectional research design. The study was conducted from February to March 2022. The study subjects were 3 chef. This study uses a personal hygiene knowledge level questionnaire for cooks during the COVID-19 pandemic and observation sheets for personal hygiene behavior during the COVID-19 pandemic.

Result. The results of the personal hygiene knowledge level of the cooks at the Nutrition Installation of Queen Latifa General Hospital Yogyakarta during the COVID-19 Pandemic were in the Good category (76-100%) with an average score of 94.8% from a total of 3 cooks by answering 13 questions. A total of 66.7% or 2 cooks had personal hygiene behavior in the good category and as many as 33.3% atau 1 cook had personal hygiene behavior in the sufficient category with 13 items of observed behavior.

Conclusion. The level of personal knowledge of hygiene cooks at the Queen Latifa Yogyakarta Hospital Nutrition Installation is included in the Good category with an average score of 94.8% and personal hygiene behavior is included in the Good category with a result of 84.6%.

Keywords. level of knowledge, behavior, personal hygiene, cook, COVID-19 pandemic.

GAMBARAN TINGKAT PENGETAHUAN DAN PERILAKU PERSONAL HYGIENE JURU MASAK DI RUMAH SAKIT UMUM QUEEN LATIFA YOGYAKARTA PADA MASA PANDEMI COVID-19

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ABSTRAK

Latar belakang. Pada era adaptasi kebiasaan baru yang sudah diterapkan masyarakat saat ini untuk menghadapi penyebaran pandemi virus COVID-19, masyarakat membutuhkan makanan yang bergizi tinggi seperti konsumsi lauk hewani, sayur serta buah dan menjaga imunitas tubuhnya dengan melakukan olahraga dan mengonsumsi multivitamin. Salah satu faktor dalam peningkatan pangan yaitu dengan *personal hygiene*. Mengingat besarnya dampak makanan terhadap pasien, terutama untuk membantu pemulihan mereka dan sebagai masukan bagi rumah sakit.

Tujuan. Mengetahui tingkat pengetahuan dan perilaku *personal hygiene* juru masak di Rumah Sakit Umum Queen Latifa Yogyakarta pada masa Pandemi COVID-19.

Metode. Penelitian ini merupakan penelitian Deskriptif Analitik dengan desain penelitian *Cross Sectional*. Penelitian dilaksanakan pada Bulan Februari sampai Maret 2022. Subjek penelitian yaitu sebanyak 3 juru masak. Penelitian ini menggunakan kuesioner tingkat pengetahuan *personal hygiene* juru masak pada masa pandemi COVID-19 dan lembar pengamatan perilaku *personal hygiene* pada masa pandemi COVID-19.

Hasil. Hasil tingkat pengetahuan *personal hygiene* juru masak di Instalasi Gizi RSU Queen Latifa Yogyakarta pada masa Pandemi COVID-19 termasuk dalam kategori Baik (76-100%) dengan rata-rata nilai 94,8% dari total 3 juru masak dengan menjawab 13 butir soal. Sebanyak 66,7% atau 2 juru masak memiliki perilaku *personal hygiene* dalam kategori baik dan sebanyak 33,3% atau 1 juru masak memiliki perilaku *personal hygiene* dalam kategori cukup dengan 13 butir perilaku yang diamati.

Kesimpulan. Tingkat pengetahuan *personal hygiene* juru masak di Instalasi Gizi RSU Queen Latifa Yogyakarta termasuk dalam kategori Baik dengan rata-rata nilai 94,8% dan perilaku *personal hygiene* masuk dalam kategori Baik dengan hasil 84,6%.

Kata kunci. tingkat pengetahuan, perilaku, *personal hygiene*, juru masak, pandemi COVID-19.