

TINGKAT PENGETAHUAN, PRAKTIK HIGIENE SANITASI PENJAMAH MAKANAN DAN MUTU FISIK OLAHAN DAGING AYAM DI INSTALASI GIZI RSUD BAGAS WARAS

Eka Rahmawati¹, Joko Susilo², Tjarono Sari³
Jurusan Gizi Poltekkes Kemenkes Yogyakarta, Jl. Tatabumi No. 3 Banyuraden,
Gamping, Sleman
ekaarahma24@gmail.com

ABSTRAK

Latar Belakang : Higiene sanitasi merupakan upaya yang dilakukan untuk mengendalikan faktor resiko kontaminasi terhadap makanan. Makanan yang terkontaminasi dapat menyebabkan penyakit seperti diare dan keracunan. Higiene sanitasi penjamah makanan merupakan kunci keberhasilan dalam menyediakan makanan yang bermutu, aman dan sehat. Ciri atau tanda makanan yang bermutu baik adalah makanan yang tidak mengalami perubahan pada warna, aroma, rasa, dan tekstur.

Tujuan : Mendeskripsikan pengetahuan, praktik higiene sanitasi penjamah makanan serta mutu fisik olahan daging ayam di Instalasi Gizi RSUD Bagas Waras.

Metode : Jenis penelitian yang digunakan adalah deskriptif analitik dengan desain *Cross Sectional*. Subyek penelitian yaitu penjamah makanan di Instalasi Gizi RSUD Bagas Waras. Pengambilan data dengan cara pengisian kuesioner oleh tenaga penjamah dan pengamatan oleh peneliti.

Hasil : Penelitian ini menggunakan subyek penelitian sebanyak 9 penjamah makanan. Dari hasil penilaian pengetahuan sejumlah 100% dan praktik sejumlah 77,78% penjamah makanan mendapatkan skor lebih dari 86%, serta mutu fisik olahan daging ayam memiliki tekstur, warna, rasa dan aroma yang sesuai.

Kesimpulan: Dari hasil penilaian pengetahuan sejumlah (100%) penjamah makanan memiliki pengetahuan yang baik, sejumlah (77,78%) penjamah makanan memiliki praktik yang baik, dan sejumlah (22,22%) penjamah makanan memiliki praktik yang cukup serta mutu fisik olahan daging ayam memiliki tekstur, warna, aroma dan rasa yang sesuai.

Kata Kunci : Pengetahuan, praktik, higiene sanitasi, penjamah makanan dan mutu fisik

LEVEL OF KNOWLEDGE, SANITATION HYGIENE PRACTICES OF FOOD HANDLER AND PHYSICAL QUALITY OF PROCESSED CHICKEN MEAT IN THE NUTRITIONAL INSTALLATION OF BAGAS WARAS HOSPITAL

Eka Rahmawati¹, Joko Susilo², Tjarono Sari³
Department of Nutrition, Health Polytechnic of the Ministry of Health Yogyakarta,
Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman
ekaarahma24@gmail.com

ABSTRACT

Background : Sanitary hygiene was an effort made to control risk factors for food contamination. Contaminated food can cause illnesses such as diarrhea and poisoning. Food handlers' sanitary hygiene is the key to success in providing quality, safe and healthy food. Characteristics or signs of good quality food was food that does not experience changes in color, smell, taste and texture.

Objective : The type of research used is descriptive analytic with a cross sectional design. The research subjects were food handlers at the Bagas Waras Hospital Nutrition Installation. Data was collected by filling out a questionnaire by the handler and observing by the researcher.

Methods: The type of research used in this research was descriptive analytic with cross sectional design. The research subjects were food handlers who worked in the Nutrition Installation at Bagas Waras Hospital. Collecting data by distributing questionnaires and filling out the questionnaire by the staff and and observations by researchers.

Result : This research used research subjects as many as 9 food handlers. From the results of the knowledge assessment of 100% and practice, 77.78% of food handlers received a score of more than 86%, and the physical quality of processed chicken meat had appropriate texture, color, taste and smell.

Conclusion : From the results of the knowledge assessment, a number (100%) of food handlers have good knowledge, a number (77.78%) of food handlers have good practices, and a number (22.22%) of food handlers have adequate practices and the physical quality of processed chicken meat. has the appropriate texture, color, smell and taste.

Keywords : Knowledge, practices, sanitation hygiene, food handles and physical quality