

THE EFFECT OF NUTRITIONAL EDUCATION WITH A LEAFLETS ON
KNOWLEDGE, ATTITUDE, AND PRACTICES OF FOOD SAFETY FOOD
HANDLERS IN THE CAMPUS ENVIRONMENT HEALTH POLYTECHNIC
OF HEALTH MINISTRY YOGYAKARTA

Erina Ifanisari¹, Joko Susilo², Rina Oktasari³

^{1,2,3}Department of Nutrition, Helath Polytechnic of Health Ministry, Yogyakarta

Jalan Tata Bumi No. 3 Banyuraden, Gamping, Sleman

Email: erina.ifanisari@gmail.com

ABSTRACT

Background: Food safety is the main requirement that every catering business must have in producing food on the market. A food handler is a worker who touches food and is directly involved in food preparation activities. Knowledge, attitudes, and practices of food handlers greatly affect the quality of the food produced. Nutrition education is a way to increase knowledge, attitudes, and practices, one of which is providing nutrition education about food safety using leaflet.

Objective: To determine the effect of nutrition education using leaflet on the knowledge, attitudes, and practices of food safety for food handlers in the campus environment Health Polytechnic of Health Ministry Yogyakarta.

Methods: The research is a *quasi* using *pretest-posttest*. The total research subjects were 15 food handlers. The data was obtained using a questionnaire via *google form* and observation.

Result : The average value of food safety knowledge of food handlers before and after nutrition education with leaflet increased by 12.33%. The average value of food safety attitudes of food handlers before and after nutrition education with leaflet increased by 12%. The average value of food safety practices based on SKP before and after nutrition education with leaflet increased by 6.25%, classified as vulnerable, but safe for consumption. Statistical analysis showed that there was an effect of nutrition education with leaflet on food safety knowledge of food handlers (p value = 0.000). There is an effect of nutrition education with leaflet on food safety attitudes of food handlers (p value = 0.001). There is an effect of nutrition education with leaflet on food safety practices of food handlers (p value = 0.011).

Conclusion: There is an effect of nutrition education with leaflet on the knowledge, attitudes and practices of food safety for food handlers in the in the campus environment Health Polytechnic of Health Ministry Yogyakarta.

Keywords: Nutrition education, Food safety, Knowledge, Attitude, Practice, Leaflet, Google form.

PENGARUH EDUKASI GIZI DENGAN MEDIA LEAFLET TERHADAP
PENGETAHUAN, SIKAP, DAN PRAKTIK KEAMANAN PANGAN
PENJAMAH MAKANAN DI LINGKUNGAN KAMPUS POLTEKKES
KEMENKES YOGYAKARTA

Erina Ifanisari¹, Joko Susilo², Rina Oktasari³
Jurusan Gizi Poltekkes Kemenkes Yogyakarta
Jalan Tata Bumi No. 3 Banyuraden, Gamping, Sleman
Email : erina.ifanisari@gmail.com

ABSTRAK

Latar Belakang : Keamanan pangan menjadi persyaratan utama yang harus dimiliki oleh setiap usaha jasa boga dalam memproduksi pangan yang beredar dipasaran. Penjamah makanan merupakan seorang tenaga kerja yang menjamah makanan dan terlibat langsung dalam kegiatan penyelenggaraan makanan. Pengetahuan, sikap, dan praktik penjamah makanan sangat mempengaruhi kualitas makanan yang dihasilkan. Edukasi gizi merupakan cara untuk meningkatkan pengetahuan, sikap, dan praktik, salah satunya adalah memberikan edukasi gizi tentang keamanan pangan dengan media leaflet.

Tujuan : Mengetahui pengaruh edukasi gizi dengan media leaflet terhadap pengetahuan, sikap, dan praktik keamanan pangan penjamah makanan di lingkungan kampus Poltekkes Kemenkes Yogyakarta.

Metode : Penelitian yang dilakukan adalah *quasi exsperiment* menggunakan *pretest-posttest*. Total subjek penelitian adalah 15 penjamah makanan. Data diperoleh menggunakan kuesioner melalui *google form* dan observasi.

Hasil : Rata-rata nilai pengetahuan keamanan pangan penjamah makanan sebelum dan sesudah edukasi gizi dengan media leaflet meningkat 12,33%. Rata-rata nilai sikap keamanan pangan penjamah makanan sebelum dan sesudah edukasi gizi dengan media leaflet meningkat 12%. Rata-rata nilai praktik keamanan pangan berdasarkan SKP sebelum dan sesudah edukasi gizi dengan media leaflet meningkat 6,25% tergolong rawan, tetapi aman dikonsumsi. Analisis statistik menunjukkan ada pengaruh edukasi gizi dengan media leaflet terhadap pengetahuan keamanan pangan penjamah makanan (p value = 0,000). Ada pengaruh edukasi gizi dengan media leaflet terhadap sikap keamanan pangan penjamah makanan (p value = 0,001). Ada pengaruh edukasi gizi dengan media leaflet terhadap praktik keamanan pangan penjamah makanan (p value = 0,011).

Kesimpulan : Ada pengaruh edukasi gizi dengan media leaflet terhadap pengetahuan, sikap dan praktik keamanan pangan penjamah makanan di lingkungan kampus Poltekkes Kemenkes Yogyakarta.

Kata Kunci : Edukasi gizi, Keamanan pangan, Pengetahuan, Sikap, Praktik, Leaflet, Google form.