

*THE EFFECT OF GIVING LEAFLET ON IMPROVING KNOWLEDGE OF
SELECTION OF FOOD SAFETY BASED ON MEAT IN NUTRITION
INSTALLATION OF ISLAMIC HOSPITAL MADINAH KASEMBON MALANG*

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ABSTRACT

Background of study : *Food safety is a crucial aspect of hospital nutrition services. At the Nutrition Installation of Madinah Islamic Hospital Kasembon Malang, an incident occurred involving meat that did not meet freshness standards, posing a risk to patient health. Educational efforts using leaflets may serve as an effective strategy to improve staff knowledge in selecting safe food ingredients.*

Aim of study : *To analyze the effect of leaflet distribution on improving knowledge of meat-based food selection (food safety) among nutrition installation staff.*

Research method : *This study employed a quasi-experimental design using a one-group pre-test and post-test approach. A total of 30 staff members were selected using a total sampling technique. Data were collected using structured questionnaires before and after the intervention. The intervention consisted of educational leaflets regarding meat selection criteria.*

Results : *The average pre-test score was 72.93, while the post-test score increased to 91.33, with a mean difference of 18.40 points. The Wilcoxon Signed Rank Test showed a significance value of 0.000 ($p < 0.05$), indicating a statistically significant difference in knowledge levels before and after the intervention.*

Conclusion : *Leaflet distribution significantly improved the knowledge of staff regarding meat-based food selection in the Nutrition Installation of Madinah Islamic Hospital. Leaflets are proven to be an effective educational tool for raising awareness about food safety practices.*

Keywords : *Leaflet, Food Safety, Nutrition Installation, Knowledge Improvement, Hospital Nutrition.*

PENGARUH PEMBERIAN LEAFLET TERHADAP PENINGKATAN
PENGETAHUAN PEMILIHAN BAHAN MAKANAN (*FOOD SAFETY*)
BERBASIS DAGING DI INSTALASI GIZI RUMAH SAKIT
ISLAM MADINAH KASEMBON
MALANG

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INTISARI

Latar Belakang : Keamanan pangan merupakan aspek krusial dalam pelayanan gizi rumah sakit. Di Instalasi Gizi Rumah Sakit Islam Madinah Kasembon Malang, pernah terjadi pemilihan daging yang tidak memenuhi standar, berisiko menurunkan kualitas gizi pasien. Edukasi melalui media leaflet dapat menjadi solusi untuk meningkatkan pengetahuan petugas dalam memilih bahan makanan yang aman.

Tujuan : Mengetahui pengaruh pemberian leaflet terhadap peningkatan pengetahuan pemilihan bahan makanan berbasis daging (*food safety*) pada karyawan instalasi gizi.

Metode : Penelitian ini menggunakan desain quasi experimental dengan pendekatan one grup pre-test and post-test design. Sampel berjumlah 30 karyawan diambil dengan teknik total sampling. Instrumen penelitian berupa kuesioner pre-test dan post-test, serta media intervensi berupa leaflet.

Hasil : Rerata nilai pre-test sebesar 72,93 dan post-test sebesar 91,33, menunjukkan peningkatan sebesar 18,40 poin. Uji Wilcoxon Signed Rank Test menunjukkan nilai signifikansi 0,000 ($p < 0,05$) yang berarti terdapat perbedaan signifikan antara sebelum dan sesudah intervensi leaflet.

Kesimpulan : Pemberian leaflet berpengaruh signifikan terhadap peningkatan pengetahuan pemilihan bahan makanan berbasis daging di Instalasi Gizi RS Islam Madinah Kasembon Malang. Leaflet terbukti efektif sebagai media edukasi dalam meningkatkan kesadaran keamanan pangan.

Kata Kunci : Leaflet, Keamanan Pangan, Pemilihan Bahan Makanan, Instalasi Gizi, Pengetahuan.