

UJI KANDUNGAN *Escherichia coli* PADA TAHU BAKSO DAN TINGKAT *PERSONAL HYGIENE* PEDAGANG TAHU BAKSO DI PASAR KOTAGEDE

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INTISARI

Latar Belakang: Makanan jajanan seperti tahu bakso yang dijual di pasar tradisional memiliki risiko tinggi terhadap kontaminasi mikroba khususnya *Escherichia coli* yang disebabkan pengolahan dan penjualan yang kurang higienis.

Tujuan: Mengetahui kandungan *Escherichia coli* pada tahu bakso, menggambarkan tingkat *personal hygiene* pedagang, serta mendeskripsikan keterkaitan antara keduanya di Pasar Kotagede, Yogyakarta.

Metode: Penelitian ini adalah deskriptif kualitatif dengan pendekatan observasi dan wawancara menggunakan lembar *checklist personal hygiene*, serta uji laboratorium mikrobiologi terhadap 10 sampel tahu bakso yang dilaksanakan di UPT Laboratorium Kesehatan Kota Yogyakarta tanggal 14 Mei 2025.

Hasil: Penelitian ini menunjukkan bahwa 5 dari 10 sampel tahu bakso (50%) tidak memenuhi syarat berdasarkan Permenkes Nomor 2 Tahun 2023 karena mengandung *Escherichia coli* melebihi ambang batas dengan baku mutu <1,1 CFU/gram. Sementara itu, dari 9 responden yang diwawancarai seluruhnya memiliki kategori *personal hygiene* yang baik, meskipun ditemukan beberapa aspek yang masih kurang, seperti tidak memakai masker atau penutup kepala, sebagian tidak mencuci tangan dengan sabun serta penggunaan perhiasan tangan saat berjualan yang berisiko menyebabkan kontaminasi silang. Temuan ini menunjukkan bahwa meskipun *personal hygiene* tergolong baik, faktor lingkungan juga tetap berperan penting dalam potensi kontaminasi *Escherichia coli* pada makanan.

Kesimpulan: Masih terdapat risiko cemaran mikrobiologis pada tahu bakso di Pasar Kotagede meskipun tingkat kebersihan pribadi pedagang tergolong baik. Diperlukan peningkatan edukasi pedagang, pengawasan berkala, dan pembinaan berkelanjutan terkait penerapan *hygiene sanitasi* makanan untuk menurunkan potensi risiko penyakit akibat makanan yang tidak aman.

Kata kunci: *Escherichia coli*, tahu bakso, *personal hygiene*

TEST OF *ESCHERICHIA COLI* CONTENT ON TOFU MEATBALLS AND PERSONAL HYGIENE LEVEL OF TOFU MEATBALL TRADERS AT KOTAGEDE MARKET

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ABSTRACT

Background: *Snack foods such as tofu meatballs sold in traditional markets have a high risk of microbial contamination, especially Escherichia coli, caused by unhygienic processing and sales.*

Objective: *To determine the content of Escherichia coli in meatball tofu, describe the level of personal hygiene of traders, and describe the relationship between the two in Kotagede Market, Yogyakarta.*

Methods: *This study is qualitative descriptive with an observation and interview approach using a personal hygiene checklist sheet, as well as a microbiology laboratory test on 10 samples of tofu meatballs carried out at the Yogyakarta City Health Laboratory UPT on May 14, 2025.*

Results: *This study showed that 5 out of 10 tofu meatball samples (50%) were not eligible under the Minister of Health Regulation Number 2 of 2023 because they contained Escherichia coli exceeding the threshold with a quality standard of <1.1 CFU/gram. Meanwhile, of the 9 respondents interviewed, all of them had a good personal hygiene category, although it was found that some aspects were still lacking, such as not wearing masks or head coverings, some not washing their hands with soap and using hand jewelry when selling which is at risk of causing cross-contamination. These findings show that although personal hygiene is relatively good, environmental factors also play an important role in the potential for Escherichia coli contamination in food.*

Conclusion: *There is still a risk of microbiological contamination in tofu meatballs at Kotagede Market even though the level of personal hygiene of traders is relatively good. Increased trader education, periodic supervision, and continuous coaching related to the implementation of food hygiene hygiene are needed to reduce the potential risk of diseases due to unsafe food.*

Keywords: *Escherichia coli, tofu meatballs, personal hygiene*