

DESCRIPTION OF THE LEVEL OF KNOWLEDGE AND FOOD HYGIENE AND SANITATION BEHAVIOR OF FOOD PROCESSING WORKERS AT TJITROWARDOJO HOSPITAL, PURWOREJO

Alintria Ifanti¹, Dr. Waluyo, STP, M.Kes², Latsmi Wayansari, S.Gz, MPH³

^{1, 2, 3}Jurusan Gizi Poltekkes Kemenkes Yogyakarta,

Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman

E-mail: ifantialintria@gmail.com

ABSTRACT

Background: Food service in hospitals aims to provide quality food. Food processing personnel responsible for food preparation need to implement food hygiene and sanitation practices to produce food that is safe for consumption and free from contamination. Many hygiene and sanitation problems are caused by a lack of knowledge and inappropriate behavior.

Objective: To determine the level of knowledge and behavior regarding food hygiene and sanitation among food processing workers at Tjitrowardojo Regional General Hospital, Purworejo.

Method: This is a descriptive observational study with a cross-sectional design. The study was conducted in January 2026. The sample consisted of 12 food processing workers at the Nutrition Installation of Tjitrowardojo Regional General Hospital, Purworejo.

Results: Eight (66.67%) of the food processing workers had good knowledge regarding food hygiene and sanitation, and four (33.33%) had moderate knowledge regarding food hygiene and sanitation. Three (25%) of the food processing workers had good knowledge regarding food hygiene and sanitation, and nine (75%) had moderate knowledge regarding food hygiene and sanitation.

Conclusion: The knowledge regarding food hygiene and sanitation of food processing workers was categorized as good, and their behavior was categorized as moderate.

Keywords: Knowledge, Behavior, Food Hygiene and Sanitation, Food Processing Workers

GAMBARAN TINGKAT PENGETAHUAN DAN PERILAKU HIGIENE SANITASI MAKANAN TENAGA PENGOLAH MAKANAN DI RSUD TJITROWARDOJO PURWOREJO

Alintria Ifanti¹, Dr. Waluyo, STP, M.Kes², Latsmi Wayansari, S.Gz, MPH³

^{1,2,3}Jurusan Gizi Poltekkes Kemenkes Yogyakarta,

Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman

E-mail:ifantialintria@gmail.com

ABSTRAK

Latar Belakang: Penyelenggaraan makanan di rumah sakit bertujuan menyediakan makanan yang berkualitas. Tenaga pengolah makanan bertugas mengolah makanan perlu menerapkan higiene sanitasi makanan untuk menghasilkan makanan yang aman dikonsumsi terbebas dari kontaminasi. Masalah higiene sanitasi yang banyak dijumpai disebabkan karena kurangnya pengetahuan dan penerapan perilaku yang kurang sesuai.

Tujuan: Diketuinya tingkat pengetahuan dan perilaku higiene sanitasi makanan tenaga pengolah makanan di RSUD Tjitrowardojo Purworejo.

Metode: Penelitian ini merupakan penelitian observasional yang bersifat deskriptif dengan desain cross sectional. Penelitian dilaksanakan di bulan Januari 2026. Sampel penelitian ini 12 Tenaga pengolah makanan di Instalasi Gizi RSUD Tjitrowardojo Purworejo.

Hasil: Tingkat pengetahuan higiene sanitasi makanan tenaga pengolah makanan pada 8 orang (66,67%) memiliki pengetahuan baik, dan 4 orang (33,33%) memiliki pengetahuan sedang. Perilaku higiene sanitasi makanan tenaga pengolah makanan 3 orang (25%) memiliki perilaku kategori baik, dan 9 orang (75%) memiliki perilaku kategori sedang mengenai higiene sanitasi makanan.

Kesimpulan: Tingkat pengetahuan higiene sanitasi makanan tenaga pengolah makanan termasuk kategori baik, dan perilaku higiene sanitasi makanan termasuk kategori sedang.

Kata kunci: Tingkat pengetahuan, Perilaku, Higiene Sanitasi Makanan, Tenaga Pengolah Makanan