

PENGARUH PEMBERIAN “BUSAHINI” TERHADAP PENGETAHUAN, SIKAP, DAN PRAKTIK PENJAMAH MAKANAN DI SPPG KABUPATEN SLEMAN

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ABSTRAK

Latar Belakang: Higiene dan sanitasi pangan berperan penting untuk menjamin keamanan pangan dari kontaminasi. Penjamah makanan berperan utama dalam penerapan higiene sanitasi karena terlibat langsung dalam pengolahan hingga penyajian. Di SPPG Kabupaten Sleman, kepatuhan penjamah terhadap higiene sanitasi masih rendah termasuk penggunaan alat pelindung diri dan praktik sanitasi yang tidak sesuai standar dapat berpotensi meningkatkan risiko keracunan pangan. Oleh karena itu, peneliti memerlukan metode penyuluhan yang efektif, salah satunya melalui media cetak berupa buku saku “Busahini”.

Tujuan: Penelitian ini bertujuan untuk mengetahui pengaruh pemberian “Busahini” terhadap pengetahuan, sikap, dan praktik penjamah makanan di SPPG Nogotirto dan SPPG Sendangrejo, Kabupaten Sleman.

Metode: Peneliti menggunakan metode kuantitatif dengan desain *quasy-eksperimen* serta *pre-test* dan *post-test*. Seluruh penjamah makanan di SPPG Nogotirto dan Sendangrejo dijadikan sampel sebanyak 94 responden, dibagi menjadi kelompok kontrol dan kelompok eksperimen. Peneliti menganalisis data menggunakan uji *Shapiro-Wilk*, *Wilcoxon*, dan *Mann-Whitney*.

Hasil: Pemberian *Busahini* meningkatkan pengetahuan, sikap, dan praktik penjamah makanan lebih signifikan dibandingkan metode ceramah. Analisis inferensial menunjukkan pengaruh signifikan baik sebelum dan sesudah intervensi maupun antar kelompok kontrol dan eksperimen ($p < 0,001$).

Kesimpulan: Pemberian “Busahini” terbukti lebih efektif dalam meningkatkan higiene sanitasi pangan penjamah makanan dibandingkan dengan metode ceramah.

Kata kunci: buku saku, higiene sanitasi pangan, penjamah makanan

**THE EFFECT OF PROVIDING “BUSAHINI” ON THE KNOWLEDGE,
ATTITUDES, AND PRACTICES OF FOOD HANDLERS AT SPPG
KABUPATEN SLEMAN**

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ABSTRACT

Background: Food hygiene and sanitation are crucial to ensure food safety from contamination. Food handlers play a central role in implementing these principles as they are directly involved in food preparation and service. In SPPG, Sleman Regency, compliance with hygiene and sanitation standards remains low, including the use of personal protective equipment and proper sanitation practices, which increases the risk of foodborne illnesses. Therefore, an effective educational method is needed, such as a printed pocketbook, “Busahini”.

Objective: This study aims to examine the effect of Busahini on the knowledge, attitudes, and practices of food handlers at SPPG Nogotirto and SPPG Sendangrejo, Sleman Regency.

Methods: A quantitative quasi-experimental design with pre-test and post-test was employed. All food handlers at the two SPPGs were included as total sampling ($n = 94$) and divided into control and experimental groups. Data were analyzed using Shapiro-Wilk, Wilcoxon, and Mann-Whitney tests.

Results: The results showed that the provision of “Busahini” increased food handlers’ knowledge, attitudes, and practices. The improvement was higher compared to lecture-based methods. Inferential analysis demonstrated a significant effect, both before and after the intervention and between the control and experimental groups ($p < 0.001$).

Conclusion: Providing “Busahini” is proven to be more effective in improving food hygiene and sanitation practices among food handlers compared to lecture methods.

Keywords: pocketbook, food hygiene and sanitation, food handlers