

CHARACTERISTICS OF FOOD HANDLERS AND THE PRACTICE OF PERSONAL HYGIENE AT THE DR. TJITROWARDOJO GENERAL HOSPITAL IN PURWOREJO REGENCY

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ABSTRACT

Background: Food handlers play an important role in hospital food service management because they are directly involved in the entire process, from food preparation to food distribution. Proper personal hygiene practices are essential to prevent food contamination and ensure food safety for patients.

Objective: To identify the characteristics of food handlers, assess the implementation of personal hygiene practices, and evaluate compliance with the Standard Operating Procedure (SOP) for personal hygiene at dr. Tjitrowardoyo Class B Hospital, Purworejo Regency.

Methods: This study employed a descriptive observational design with a cross-sectional approach. The subjects were 27 food handlers working in the Nutrition Installation of dr. Tjitrowardoyo Hospital. Data were collected through interviews, documentation, and observations using a checklist, then analyzed descriptively.

Results: Most respondents were aged 36–45 years (48.1%), female (70.3%), had a senior high school education (74.1%), and had been employed for more than 10 years (71.1%). The results regarding personal hygiene practices showed a score of 77.85%, which falls into the “poor” category. Areas that were not yet optimal included the use of PPE, gloves, or food tongs; refraining from wearing jewelry, maintaining nail hygiene, and not tasting food with one’s fingers. Although SOP and educational materials were available, the implementation of personal hygiene practices did not yet fully meet the standards.

Conclusion: The implementation of personal hygiene among food handlers at the Nutrition Installation of dr. Tjitrowardoyo Hospital was fairly good but not yet optimal, particularly regarding the use of personal protective equipment and gloves during food processing.

Keywords: *food handlers, personal hygiene, Standard Operating Procedures (SOP).*

KARAKTERISTIK PENJAMAH MAKANAN DAN PENERAPAN PERSONAL HYGIENE DI RSUD dr. TJITROWARDOJO KABUPATEN

PURWOREJO

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ABSTRAK

Latar Belakang: Penjamah makanan memiliki peran penting dalam penyelenggaraan makanan di rumah sakit karena terlibat langsung dalam proses pengolahan hingga penyajian makanan. Penerapan personal hygiene yang baik diperlukan untuk mencegah kontaminasi makanan dan menjaga keamanan pangan bagi pasien.

Tujuan: Mengetahui karakteristik penjamah makanan, penerapan personal hygiene, serta kepatuhan terhadap Standar Operasional Prosedur (SOP) personal hygiene di RSUD dr. Tjitrowardojo Kelas B Kabupaten Purworejo.

Metode: Penelitian ini merupakan penelitian observasional deskriptif dengan pendekatan cross sectional. Subjek penelitian adalah 27 penjamah makanan di Instalasi Gizi RSUD dr. Tjitrowardojo Kabupaten Purworejo. Data dikumpulkan melalui wawancara, dokumentasi, dan observasi menggunakan lembar checklist, kemudian dianalisis secara deskriptif.

Hasil: Sebagian besar responden berusia 36–45 tahun (48,1%), berjenis kelamin perempuan (70,4%), berpendidikan SMA (74,1%), dan memiliki masa kerja lebih dari 10 tahun (71,1%). Hasil penerapan *personal hygiene* menunjukkan skor sebesar 77,85% sehingga termasuk kategori kurang baik. Aspek yang belum optimal meliputi penggunaan APD, sarung tangan atau alat penjepit makanan, tidak menggunakan perhiasan, menjaga kebersihan kuku, dan tidak mencicipi makanan menggunakan jari. Meskipun telah tersedia SOP dan media edukasi, penerapan personal hygiene belum sepenuhnya sesuai standar.

Kesimpulan: Penerapan personal hygiene penjamah makanan di Instalasi Gizi RSUD dr. Tjitrowardojo tergolong cukup baik, namun belum optimal terutama dalam penggunaan alat pelindung diri dan sarung tangan saat proses pengolahan makanan.

Kata Kunci: penjamah makanan, *personal hygiene*, SOP.