

ABSTRAK

PERSONAL HIGIENE PADA PENJAMAH MAKANAN DI *FOOD COURT* SD MUHAMMADIYAH PAKEM TAHUN 2026

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Latar Belakang: Keamanan pangan (*food safety*) di lingkungan sekolah sangat krusial untuk mencegah penyakit bawaan makanan (*foodborne disease*) pada anak-anak. Penjamah makanan memegang peranan sentral dalam rantai penyediaan makanan, di mana *higiene* perorangan (*personal hygiene*) yang buruk dapat menjadi sumber kontaminasi silang mikroorganisme patogen. Berdasarkan observasi awal di *Food Court* SD Muhammadiyah Pakem, masih ditemukan praktik *higiene* perorangan penjamah makanan yang belum optimal seperti ketidaklengkapan penggunaan Alat Pelindung Diri (APD).

Tujuan: Mengetahui tingkat kepatuhan *personal hygiene* penjamah makanan di Food Court SD Muhammadiyah Pakem Tahun 2026 berdasarkan 6 aspek penilaian.

Metode: Jenis penelitian ini adalah deskriptif dengan pendekatan observasional menggunakan metode observasi langsung (*direct observation*). Populasi penelitian berjumlah 20 penjamah makanan yang seluruhnya dijadikan sampel menggunakan teknik *total sampling*. Pengumpulan data menggunakan instrumen lembar kuesioner terstruktur berbasis standar Permenkes Nomor 2 Tahun 2023. Analisis data dilakukan dengan menghitung skor total persentase kepatuhan yang dikelompokkan menjadi kategori Baik (80%–100%), Cukup (60%–80%), dan Kurang (<60%).

Hasil: Mayoritas responden adalah perempuan (70%) dan berada pada kelompok umur 31–40 tahun (35%). Tingkat kepatuhan penjamah makanan pada tiap aspek meliputi: kebersihan kaki dan alas kaki sebesar 95% (aspek tertinggi), kebersihan kuku 90%, kebersihan rambut dan penutup kepala 85%, kebersihan wajah dan telinga 85%, kebersihan tangan dan praktik cuci tangan 80%, serta kebersihan pakaian kerja sebesar 75% (aspek terendah).

Kesimpulan: Tingkat kepatuhan *personal hygiene* penjamah makanan di *Food Court* SD Muhammadiyah Pakem secara keseluruhan berada dalam kategori Baik. Namun, aspek pakaian kerja (kedisiplinan mencuci celemek) dan praktik cuci tangan setelah memegang uang perlu diperhatikan dan ditingkatkan secara konsisten melalui pengawasan internal dari pihak pengelola sekolah dan pembinaan berkala oleh puskesmas setempat.

Kata Kunci: *Personal Hygiene*, Penjamah Makanan, *Food Court* Sekolah, Observasi Langsung.

ABSTRACT

PERSONAL HYGIENE FOR FOOD HANDLERS AT MUHAMMADIYAH PAKEM ELEMENTARY SCHOOL FOOD COURT IN 2026

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Background: Food safety in school environments is crucial to prevent foodborne diseases in children. Food handlers play a central role in the food supply chain, where poor personal hygiene can be a source of cross-contamination of pathogenic microorganisms. Based on preliminary observations at the Food Court of SD Muhammadiyah Pakem, sub-optimal personal hygiene practices among food handlers, such as incomplete use of Personal Protective Equipment (PPE), were still found.

Objective: To determine the compliance level of personal hygiene among food handlers at the Food Court of SD Muhammadiyah Pakem in 2026 based on six assessment aspects.

Method: This descriptive research utilized an observational approach through direct observation methods. The research population consisted of 20 food handlers, all of whom were included as samples using total sampling technique. Data collection employed a structured questionnaire instrument based on the Minister of Health Regulation (Permenkes) Number 2 of 2023 standard. Data analysis was conducted by calculating the total percentage score of compliance, categorized into Good (80%–100%), Sufficient (60%–80%), and Poor (<60%).

Results: The majority of respondents were female (70%) and fell within the 31–40 age group (35%). The compliance level of food handlers in each aspect included: feet and footwear hygiene at 95% (the highest aspect), nail hygiene at 90%, hair and head covering hygiene at 85%, face and ear hygiene at 85%, hand hygiene and handwashing practices at 80%, and work clothes hygiene at 75% (the lowest aspect).

Conclusion: The overall level of personal hygiene compliance among food handlers at the Food Court of SD Muhammadiyah Pakem is in the Good category. However, the work clothes aspect (discipline in washing aprons) and handwashing practices after handling money require regular attention and consistent improvement through internal monitoring by school management and periodic coaching by the local health center (Puskesmas).

Keywords: Personal Hygiene, Food Handlers, School Food Court, Direct Observation.