

**PROGRAM STUDI S1 KESEHATAN MASYARAKAT, FAKULTAS
KESEHATAN DAN INFORMATIKA, INSTITUT KESEHATAN PAYUNG
NEGERI PEKANBARU
Studi Literatur Review, Oktober 2025**

Anjany Anatasya

**Hubungan Sikap dan Kebiasaan Cuci Tangan Penjamah Makanan Katering
Terhadap Keamanan Pangan**

xi + 81 halaman + 1 tabel + 4 lampiran

ABSTRAK

Keamanan pangan merupakan aspek penting dalam mencegah penyakit bawaan makanan, terutama pada sektor katering yang berisiko tinggi terhadap kontaminasi silang. Penjamah makanan memiliki peran sentral dalam menjaga kebersihan dan keamanan pangan melalui penerapan perilaku higienis, terutama kebiasaan mencuci tangan. Penelitian ini bertujuan untuk meninjau hubungan antara sikap dan kebiasaan cuci tangan penjamah makanan terhadap keamanan pangan melalui literature review terhadap 25 artikel nasional dan internasional yang diterbitkan pada periode 2015–2025. Analisis dilakukan secara sintesis naratif untuk mengidentifikasi hubungan antara sikap, perilaku kebersihan tangan, serta faktor pendukung seperti pelatihan dan ketersediaan fasilitas. Hasil kajian menunjukkan bahwa sebagian besar penelitian menemukan hubungan signifikan antara sikap positif dan praktik cuci tangan yang baik. Sikap positif terbukti menjadi faktor kunci dalam meningkatkan perilaku higienis penjamah makanan. Namun, beberapa studi mengungkapkan kesenjangan antara sikap dan praktik nyata akibat kurangnya fasilitas, pengawasan, dan budaya kerja higienis. Temuan ini menegaskan bahwa peningkatan sikap positif perlu disertai edukasi berkelanjutan, penyediaan fasilitas yang memadai, serta dukungan manajemen untuk memastikan praktik cuci tangan yang konsisten dan berkelanjutan.

Kata Kunci : *Penjamah Makanan, Kebersihan Tangan, Sikap, Keamanan Pangan, Jasa Katering.*

Daftar Bacaan : 27 (2015-2025)

**PROGRAM STUDY OF PUBLIC HEALTH, FACULTY OF HEALTH AND
INFORMATICS, INSTITUTION OF HEALTH PAYUNG NEGERI
PEKANBARU**

Literature Review Study, October 2025

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Food Handlers' Attitude and Handwashing Practices in Catering Food Safety

xi + 81 page + 1 tables + 4 appendixes

ABSTRACT

Food safety plays a crucial role in preventing foodborne diseases, particularly within the catering sector, which is highly susceptible to cross-contamination. Food handlers are key agents in maintaining hygiene and food safety through appropriate hand hygiene practices. This study aims to examine the relationship between food handlers' attitudes and handwashing habits toward food safety through a literature review of 25 national and international studies published between 2015 and 2025. A narrative synthesis analysis was conducted to identify the relationship between attitudes, hand hygiene behaviors, and supporting factors such as training and facility availability. The findings revealed that most studies reported a significant relationship between positive attitudes and proper handwashing practices. Positive attitudes were identified as a key determinant in improving hygienic behavior among food handlers. However, several studies also highlighted a gap between attitudes and actual practices due to limited facilities, insufficient supervision, and weak hygiene culture. These findings emphasize that fostering positive attitudes must be accompanied by continuous education, adequate infrastructure, and managerial support to ensure consistent and sustainable handwashing behavior, thereby enhancing overall food safety in catering services.

Keyword : *Food Handlers, Hand Hygiene, Attitude, Food Safety, Catering Services.*

References : 27 (2015-2025)