

**PROGRAM STUDI SI ILMU KESEHATAN MASYARAKAT FAKULTAS
KESEHATAN DAN INFORMATIKA
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Penelitian, Agustus 2026**

Pratiwi, Y

**Analisis Perilaku Dalam Penerapan Higiene Sanitasi Makanan Pada
Penjamah Makanan Di Instalasi Gizi Rumah Sakit Umum Daerah Dabo**

xii + 92 Halaman + 9 Tabel + 9 Lampiran

ABSTRAK

Higiene sanitasi makanan merupakan aspek penting dalam penyelenggaraan makanan di rumah sakit untuk menjamin keamanan pangan dan melindungi kesehatan pasien. Praktik higiene sanitasi yang tidak sesuai dapat meningkatkan risiko kontaminasi makanan yang berpotensi menyebabkan penyakit akibat makanan (*foodborne disease*) serta menurunkan mutu pelayanan rumah sakit.

Penelitian ini menggunakan metode kualitatif dengan pendekatan deskriptif. Pengumpulan data dilakukan melalui wawancara mendalam dan observasi. Analisis data dilakukan berdasarkan enam komponen HBM, yaitu persepsi kerentanan, persepsi keparahan, persepsi manfaat, persepsi hambatan, isyarat untuk bertindak, dan efikasi diri.

Hasil penelitian menunjukkan bahwa penjamah makanan memiliki persepsi kerentanan, persepsi keparahan, persepsi manfaat, dan efikasi diri yang baik dalam penerapan higiene sanitasi makanan. Hambatan yang ditemukan meliputi beban kerja yang tinggi, keterbatasan tenaga, ketidaknyamanan penggunaan alat pelindung diri, serta kebiasaan kerja yang belum sepenuhnya sesuai standar. Namun, hambatan tersebut dapat diatasi melalui pengawasan, pembinaan, pelatihan, serta dukungan sarana dan prasarana yang memadai.

Kesimpulan penelitian menunjukkan bahwa perilaku penjamah makanan dalam penerapan higiene sanitasi makanan di Instalasi Gizi RSUD Dabo secara umum sudah baik. Pengawasan dan pembinaan yang berkelanjutan diperlukan untuk mempertahankan dan meningkatkan kepatuhan terhadap standar higiene sanitasi makanan.

Kata Kunci : *Health Belief Model*, higiene sanitasi makanan, perilaku penjamah makanan, keamanan pangan, rumah sakit

Daftar Bacaan : 24 (2006 – 2025)

**PUBLIC HEALTH STUDY PROGRAM
FACULTY OF HEALTH AND INFORMATICS
PAYUNG NEGERI INSTITUTE OF HEALTH, PEKANBARU
Research, August 2026**

Pratiwi, Y

**Behavioral Analysis of Food Hygiene and Sanitation Practices Among Food
Handlers at the Nutrition Installation of Dabo Regional General Hospital**

xii + 92 Pages + 9 Tables + 9 appendixes

ABSTRACT

Food hygiene and sanitation are important aspects of food service in hospitals to ensure food safety and protect patients' health. Improper food hygiene and sanitation practices may increase the risk of food contamination, potentially causing foodborne diseases and reducing the quality of hospital services.

This study used a qualitative method with a descriptive approach. Data were collected through in-depth interviews and observations. Data analysis was conducted based on the six components of the Health Belief Model (HBM), namely perceived susceptibility, perceived severity, perceived benefits, perceived barriers, cues to action, and self-efficacy.

The results showed that food handlers had good perceptions of susceptibility, severity, benefits, and self-efficacy in implementing food hygiene and sanitation practices. The barriers identified included high workload, limited staffing, discomfort in using personal protective equipment (PPE), and work habits that were not yet fully in accordance with established standards. However, these barriers could be addressed through supervision, guidance, training, and adequate support in terms of facilities and infrastructure.

The study concludes that the behavior of food handlers in implementing food hygiene and sanitation practices at the Nutrition Installation of Dabo Regional General Hospital (RSUD Dabo) was generally good. Continuous supervision and guidance are needed to maintain and improve food handlers' compliance with food hygiene and sanitation standards.

Keywords: *Health Belief Model, food hygiene and sanitation, food handler behavior, food safety, hospital.*

References: *24 (2006–2025)*