

**PROGRAM STUDI S1 ILMU KESEHATAN MASYARAKAT FAKULTAS
KESEHATAN & INFORMATIKA INSTITUT KESEHATAN PAYUNG
NEGERI PEKANBARU**

Studi *Literature Review*, 30 Juli 2026

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**EFEKTIVITAS PELATIHAN KEAMANAN PANGAN TERHADAP
PENJAMAH PANGAN DI TEMPAT PENGELOLAAN PANGAN (TPP)**

XIII+ 88 Halaman+ 4 Tabel +3 Lampiran

ABSTRAK

Keamanan pangan merupakan aspek penting dalam pencegahan penyakit bawaan pangan. Indonesia masih menghadapi tingginya angka keracunan pangan, dengan 806 kasus KLB pada tahun 2024 dan 11.660 kasus hingga Oktober 2025. Penjamah pangan berperan sebagai titik kritis keamanan pangan, sehingga pelatihan menjadi intervensi utama untuk meningkatkan pengetahuan, sikap, dan tindakan mereka, meskipun hasil penelitian terdahulu masih menunjukkan kesenjangan antara peningkatan pengetahuan dan perubahan sikap tindakan di lapangan. *Literature Review* ini bertujuan mengetahui efektivitas pelatihan keamanan pangan terhadap pengetahuan, sikap, dan tindakan penjamah pangan di Tempat Pengelolaan Pangan (TPP) berdasarkan literatur tahun 2020–2026, menggunakan metode *literature review* melalui *database PubMed, OpenAlex, ScienceDirect, dan Google Scholar* dengan kerangka PICO. Dari 3.059 artikel awal, diperoleh 30 artikel akhir yang relevan. Hasil telaah menunjukkan peningkatan signifikan pada pengetahuan (96%), sikap (66%), dan tindakan (91%) penjamah pangan setelah pelatihan. Disimpulkan bahwa pelatihan keamanan pangan efektif meningkatkan ketiga aspek tersebut, dengan efektivitas sikap dan tindakan yang lebih dipengaruhi oleh frekuensi, metode partisipatif, dan pengawasan berkelanjutan. Program pelatihan disarankan dirancang secara berulang dan disertai dukungan sarana serta pengawasan agar perubahan perilaku dapat bertahan jangka panjang.

Kata kunci: pelatihan keamanan pangan, penjamah pangan, pengetahuan, sikap, Tindakan.

Daftar bacaan : 30 (2020-2026)

**UNDERGRADUATE PROGRAM IN PUBLIC HEALTH, FACULTY OF
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**THE EFFECTIVENESS OF FOOD SAFETY TRAINING ON FOOD
HANDLERS AT FOOD PROCESSING ESTABLISHMENTS (TPP)**

XIII + 88 pages + 4 tables +3 appendices

ABSTRACT

Food safety is an important aspect in preventing foodborne diseases. Indonesia still faces a high number of food poisoning cases, with 806 outbreak (KLB) cases in 2024 and 11,660 cases up to October 2025. Food handlers serve as a critical control point in food safety, making training a key intervention to improve their knowledge, attitudes, and practices, although previous research still shows a gap between improvements in knowledge and actual changes in attitudes and practices in the field. This Literature Review aims to determine the effectiveness of food safety training on the knowledge, attitudes, and practices of food handlers at Food Processing Establishments (TPP) based on literature from 2020–2026, using a literature review method through the PubMed, OpenAlex, ScienceDirect, and Google Scholar databases with a PICO framework. From 3.059 initial articles, 30 final relevant articles were obtained. The review results show significant improvements in knowledge (96%), attitudes (66%), and practices (91%) of food handlers after training. It is concluded that food safety training is effective in improving all three aspects, with the effectiveness of attitude and practice changes being more strongly influenced by training frequency, participatory methods, and continuous supervision. Training programs are recommended to be designed repeatedly and accompanied by facility support and supervision so that behavioral changes can be sustained in the long term.

Keywords: food safety training, food handlers, knowledge, attitudes, practices.

References: 30 (2020-2026)