

ABSTRACT

Soil Transmitted Helminths (STH) infection is an infection caused by intestinal nematodes whose development requires soil media. Lettuce (*Lactuca sativa*) is a vegetable that is often consumed raw so it has the potential to be a medium for transmitting worm eggs to humans because the leaves are in direct contact with the soil and the habit of using feces as garden fertilizer. The purpose of this study was to determine the contamination of *Soil Transmitted Helminths* (STH) eggs in fresh lettuce (*Lactuca sativa*) and those stored in the refrigerator.

This type of research is descriptive research with a *cross sectional* approach. The samples studied were 25 lettuce which were sold by different vegetable traders scattered in the market in East Surabaya area using *Simple Random Sampling* technique. This research was conducted at the Parasitology Laboratory of the Health Polytechnic of the Ministry of Health Surabaya which was held on April 7-16, 2022.

The results showed that in fresh lettuce, 8 samples (32%) were positively contaminated by *Soil Transmitted Helminths* eggs and 1 sample had STH larvae, while in lettuce stored in the refrigerator, 9 samples (36%) were positively contaminated by *Soil Transmitted Helminths* eggs. The types of *Soil Transmitted Helminths* eggs found to contaminate fresh lettuce were eggs of *Ascaris lumbricoides* (4%), *Trichuris trichiura* (4%), and *Hookworm* (24%) while in lettuce stored in the refrigerator only worm eggs (*Hookworm*) were found mine. The species that dominated the contamination of *Soil Transmitted Helminths* in lettuce in this study was *Hookworm* eggs.

Keywords : Contamination, *Soil Transmitted Helminths* (STH), Lettuce (*Lactuca sativa*)

ABSTRAK

Infeksi *Soil Transmitted Helminths* (STH) adalah infeksi yang disebabkan nematoda usus yang perkembangannya membutuhkan media tanah. Sayur selada (*Lactuca sativa*) merupakan sayur yang sering dikonsumsi mentah sehingga berpotensi menjadi media penularan telur cacing ke manusia karena daunnya yang kontak langsung dengan tanah dan kebiasaan menggunakan tinja sebagai pupuk kebun. Tujuan penelitian ini adalah untuk mengetahui kontaminasi telur *Soil transmitted Helminths* (STH) pada sayur selada (*Lactuca sativa*) segar dan yang disimpan di lemari es.

Jenis penelitian ini adalah penelitian deskriptif dengan pendekatan *cross sectional*. Sampel yang diteliti sebanyak 25 sayur selada yang dijual oleh pedagang sayur yang berbeda yang tersebar di pasar wilayah Kota Surabaya Timur dengan teknik pengambilan *Simple Random Sampling*. Penelitian ini dilakukan di Laboratorium Parasitologi Politeknik Kesehatan Kemenkes Surabaya yang dilaksanakan pada 07-16 April 2022.

Hasil penelitian ini menunjukkan bahwa pada sayur selada segar ditemukan 8 sampel (32%) positif terkontaminasi oleh telur *Soil Transmitted Helminths* dan 1 sampel ditemukan larva STH sedangkan pada sayur selada yang disimpan di lemari es ditemukan 9 sampel (36%) positif terkontaminasi oleh telur *Soil Transmitted Helminths*. Jenis telur *Soil Transmitted Helminths* yang ditemukan mengontaminasi sayur selada segar adalah telur *Ascaris lumbricoides* (4%), *Trichuris trichiura* (4%), dan *Hookworm* (24%) sedangkan pada sayur selada yang disimpan di lemari es hanya ditemukan telur cacing tambang (*Hookworm*). Spesies yang mendominasi kontaminasi *Soil Transmitted Helminths* pada sayur selada dalam penelitian ini adalah telur cacing tambang (*Hookworm*).

Kata Kunci : Kontaminasi, *Soil Transmitted Helminths* (STH), Sayur Selada (*Lactuca sativa*)