

## ABSTRACT

**Marzha Agita Viola**

### **PERSONAL HYGIENE AND ENVIRONMENTAL SANITATION OF PADANG RESTAURANT BUILDINGS IN THE WORKING AREA OF THE TAMAN HEALTH CENTER AREA SIDOARJO REGENCY IN 2024**

**(xv + 85 Pages + 1 Image + 12 Table + 14 Attachment)**

Cases of diarrhea in Taman Health Center in 2023 ranked 1st in Sidoarjo Regency. Based on a preliminary survey in 12 Padang restaurants in the Taman Health Center area, the hygiene of the handlers and environmental sanitation are less qualified. Poor sanitary hygiene can affect food safety and can cause food borne disease. This study aims to describe the personal hygiene and environmental sanitation of Padang restaurants in the Taman Health Center working area of Sidoarjo Regency in 2024.

This research was conducted with descriptive observational method through cross sectional approach. The number of objects sampled in this study amounted to 12 restaurants. The variables of this study are environmental cleanliness outside the food management area, consumer service area, kitchen area, and personal hygiene of food handlers. This study uses univariate data analysis then presented in the form of descriptive tables and narratives.

In the environmental cleanliness variable outside the food management area, 7 restaurants (58.4%) were categorized as sufficient, in the environmental cleanliness indicator of the consumer service area, 9 restaurants (75%) were categorized as sufficient, 7 restaurants (58.4%) were categorized as good in the variable cleanliness of the kitchen environment, while the personal hygiene variable of food handlers was 7 restaurants (58.4%) categorized as sufficient.

Hygiene of handlers and environmental sanitation of restaurants in the Taman Health Center working area received a good category of 7 or 58.4% of restaurants. It is recommended that the health center conduct a routine IKL program, for restaurant owners to maintain the cleanliness of the restaurant area environment, for handlers to attend training on ready-to-eat food safety to provide insight into the importance of personal hygiene practices in preventing diarrheal disease.

Keywords : Restaurant, Environmental Hygiene, Food handler hygiene.  
Reading list : 16 Books (2011-2023), 66 Journals (2012-2023)

## ABSTRAK

**Marzha Agita Viola**

### ***PERSONAL HYGIENE DAN SANITASI LINGKUNGAN RUMAH MAKAN PADANG DI WILAYAH KERJA PUSKESMAS TAMAN KABUPATEN SIDOARJO TAHUN 2024***

**(xv + 85 Halaman + 1 Gambar + 12 Tabel + 14 Lampiran)**

Kasus diare di Puskesmas Taman pada tahun 2023 menempati urutan ke-1 se-Kabupaten Sidoarjo. Berdasarkan survey pendahuluan di 12 rumah makan padang wilayah Puskesmas Taman, hygiene penjamah dan sanitasi lingkungan kurang memenuhi syarat. Higiene sanitasi yang buruk dapat berpengaruh pada keamanan pangan dan dapat menyebabkan *food borne disease*. Penelitian ini bertujuan untuk menggambarkan *personal hygiene* dan sanitasi lingkungan rumah makan padang di wilayah kerja Puskesmas Taman Kabupaten Sidoarjo tahun 2024.

Penelitian ini dilakukan dengan metode deskriptif observasional melalui pendekatan *cross sectional*. Jumlah obyek yang dijadikan sampel pada penelitian ini berjumlah 12 rumah makan. Variabel penelitian ini yaitu kebersihan lingkungan area luar tempat pengelolaan pangan, area pelayanan konsumen, area dapur, dan *personal hygiene* penjamah makanan. Penelitian ini menggunakan analisis data univariat kemudian disajikan dalam bentuk tabel deskriptif dan narasi.

Pada variabel kebersihan lingkungan area luar tempat pengelolaan pangan sebanyak 7 rumah makan (58,4%) berkategori cukup, pada indikator kebersihan lingkungan area pelayanan konsumen mendapatkan kategori cukup sejumlah 9 rumah makan (75%), sejumlah 7 rumah makan (58,4%) berkategori baik pada variabel kebersihan lingkungan dapur, sedangkan variabel *personal hygiene* penjamah makanan sebanyak 7 rumah makan (58,4%) berkategori cukup.

*Hygiene* penjamah dan sanitasi lingkungan rumah makan di wilayah kerja Puskesmas Taman mendapatkan kategori baik sejumlah 7 atau 58,4% rumah makan. Disarankan pada puskesmas melakukan program IKL secara rutin, bagi pemilik rumah makan perlu menjaga kebersihan lingkungan area rumah makan, bagi penjamah perlu mengikuti pelatihan tentang keamanan pangan siap saji agar memberikan wawasan tentang pentingnya praktik *personal hygiene* dalam mencegah penyakit diare.

Kata Kunci : Rumah Makan, Kebersihan lingkungan, Hygiene penjamah

Daftar Bacaan : 16 Buku (2011-2023), 66 Jurnal (2012-2023)