

SIKAP KARYAWAN TERHADAP FAKTOR PENYEBAB SISA MAKANAN PADA TAHAP OPERASIONAL PENYELENGGARAAN MAKANAN DI RESTORAN HOTEL

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INTISARI

Latar Belakang: Isu sisa makanan dikaitkan dengan dampak negatif yang serius seperti kelaparan, emisi gas rumah kaca, pemborosan, penyalahgunaan energi, hingga kerawanan pangan. Restoran hotel menjadi institusi penyelenggaraan makanan penghasil sisa makanan terbanyak. Perilaku karyawan pada tahap operasional penyelenggaraan makanan sangat memengaruhi jumlah sisa makanan yang dihasilkan. Identifikasi faktor penyebab sisa makanan dari sudut pandang karyawan diperlukan untuk mengurangi sisa makanan.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan karakteristik individu dengan sikap karyawan terhadap faktor penyebab sisa makanan pada tahap operasional penyelenggaraan makanan di restoran hotel.

Metode: Jenis penelitian berupa kuantitatif observasional dengan desain penelitian *cross-sectional*. Subjek penelitian berjumlah 45 orang yang diambil dengan teknik *total sampling*. Karakteristik individu dan sikap terhadap faktor penyebab sisa makanan dinilai dengan kuesioner hasil modifikasi penelitian terdahulu yang telah dinyatakan valid dan reliabel. Data dianalisis menggunakan uji statistik dengan taraf kepercayaan 95%.

Hasil: Tidak terdapat hubungan yang signifikan ($p \geq 0,05$) antara setiap karakteristik individu (jenis kelamin, usia, tingkat pendidikan, lama bekerja, status bekerja, dan pendapatan) dengan keseluruhan sikap karyawan terhadap faktor penyebab sisa makanan. Sebanyak 62,2% responden memiliki sikap mendukung dan 37,8% responden sangat mendukung terhadap pernyataan tentang faktor-faktor penyebab sisa makanan pada tahap operasional penyelenggaraan makanan di restoran hotel. Faktor penyebab sisa makanan di restoran hotel ditemukan pada tahap penyimpanan, persiapan, pengolahan, penyajian, dan konsumsi dengan jenis sisa makanan terbanyak adalah *avoidable food waste*.

Kesimpulan: Tidak terdapat hubungan antara karakteristik individu dengan sikap karyawan terhadap faktor penyebab sisa makanan. Seluruh karyawan bersikap mendukung terhadap pernyataan adanya berbagai faktor penyebab sisa makanan pada tahap operasional penyelenggaraan makanan di restoran hotel. Pencegahan sisa makanan perlu menjadi salah satu fokus tujuan baru bagi restoran hotel.

Kata Kunci: sisa makanan, restoran hotel, karakteristik individu, sikap karyawan, faktor penyebab.

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EMPLOYEE ATTITUDES TOWARDS FACTORS CAUSING FOOD WASTE AT THE OPERATIONAL STAGE OF FOOD PRODUCTION AND SERVICE IN HOTEL RESTAURANTS

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ABSTRACT

Background: The issue of food waste is associated with serious negative impacts such as hunger, greenhouse gas emissions, waste, energy waste, and food insecurity. Hotel restaurants are the food service institutions that produce the most food waste. Employee behavior at the operational stage of food preparation greatly influences the amount of food waste generated. Identification of factors causing food waste from the employee's perspective is needed to reduce food waste.

Objective: This study aims to determine the relationship between individual characteristics and employee attitudes towards factors causing food waste at the operational stages of food production and service in hotel restaurants.

Methods: The type of research was quantitative observational with a cross-sectional research design. The research subjects amounted to 45 people who were taken with the total sampling technique. Individual characteristics and attitudes towards factors causing food waste were assessed with a modified questionnaire from previous research that had been tested for validity and reliability. Data were analyzed using statistical tests with a confidence level of 95%.

Results: There was no significant relationship ($p \geq 0.05$) between each individual characteristic (gender, age, education level, working experience, working status, and income) and the overall attitude of employees towards factors causing food waste. As many as 62.2% of respondents had a supportive attitude and 37.8% strongly supported statements about the factors that cause food waste at the operational stage of food production and service in hotel restaurants. Factors causing food waste in hotel restaurants were found at the stages of storage, preparation, processing, serving, and consumption with the most types of food waste being avoidable food waste.

Conclusion: There is no relationship between individual characteristics and employee attitudes towards factors causing food waste at the operational stages of food production and service in hotel restaurants. All employees support the statement that various factors cause food waste at the operational stage of food production and service in hotel restaurants. Prevention of food waste needs to be one of the focuses of new goals for hotel restaurants.

Keywords: food waste, hotel restaurant, individual characteristics, employee attitudes, causal factors.

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