

ABSTRAK

HUBUNGAN BIAS OPTIMIS DENGAN SIKAP HIGIENE DAN SANITASI PADA PENJAMAH MAKANAN DI KANTIN SMA NEGERI KOTA MAGELANG

Ayu Khoirunisa¹, Dwi Budiningsari², Joko Prianto³

Latar belakang : *Foodborne disease* merupakan masalah signifikan di seluruh dunia, dengan makanan yang tersedia di lembaga pendidikan menjadi penyebab umum keracunan makanan di Indonesia. Rendahnya perhatian penjamah makanan terhadap higiene dan sanitasi adalah faktor utama, seringkali disebabkan oleh bias optimis, yang mengakibatkan kurangnya fokus pada prosedur yang tepat dalam pengolahan dan penyajian makanan.

Tujuan : Mengetahui hubungan antara karakteristik (usia, pendidikan, pengalaman, dan informasi), bias optimis, serta sikap higiene dan sanitasi pada penjamah makanan di kantin SMA Negeri Kota Magelang.

Metode : Penelitian kuantitatif dengan menggunakan metode *cross sectional*. Penelitian ini melibatkan 41 penjamah makanan di kantin SMA Negeri Kota Magelang yang ditentukan dengan metode *total sampling*. Variabel bebas berupa bias optimis sedangkan variabel terikat berupa sikap higiene dan sanitasi. Data dikumpulkan menggunakan kuesioner bias optimis dan sikap higiene sanitasi. Analisis statistik yang digunakan yakni uji korelasi *Spearman*.

Hasil : Seluruh penjamah makanan memiliki bias optimis tinggi (100%) dan sebagian besar memiliki sikap higiene sanitasi positif (95,1%). Terdapat hubungan yang signifikan ($p = 0,043$ dan $r = -0,317$) antara usia dengan bias optimis. Namun, tidak terdapat hubungan antara karakteristik, bias optimis, serta sikap higiene dan sanitasi pada penjamah makanan di kantin SMA Negeri Kota Magelang.

Kesimpulan : Terdapat hubungan antara usia dengan bias optimis. Sementara itu, tidak terdapat korelasi antara karakteristik, bias optimis, serta sikap higiene dan sanitasi sehingga diperlukan stimulus lain untuk meningkatkan kualitas sikap penjamah makanan terlepas dari bias optimis yang dimiliki.

Kata Kunci : bias optimis; sikap higiene dan sanitasi; penjamah makanan; kantin

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ABSTRACT

THE RELATIONSHIP OF OPTIMISTIC BIAS WITH HYGIENE AND SANITATION ATTITUDES AMONG FOOD HANDLERS IN THE CANTEEN OF STATE HIGH SCHOOL IN MAGELANG CITY

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Background : Foodborne diseases are a significant concern worldwide, with food available in educational institutions being a common cause of food poisoning in Indonesia. The low attention to hygiene and sanitation by food handlers is a major factor, often due to optimistic bias, leading to less focus on proper procedures in food processing and serving.

Objective : To examine the relationship between characteristics (age, education, experience, information); optimistic bias; and hygiene sanitation attitudes among food handlers in the canteen of State High School in Magelang City.

Method : This research used a quantitative method with cross sectional approach. It involved 41 food handlers in the canteen of State High School in Magelang City, who selected through total sampling. The independent variable was optimistic bias, while the dependent variable was hygiene and sanitation attitudes. Data were collected using questionnaires on optimistic bias and hygiene sanitation attitudes. Statistical analysis used the Spearman correlation test.

Results : All participants (100%) displayed a strong optimistic bias and the vast majority (95.1%) showed a positive attitude toward hygiene and sanitation. There was a significant relationship ($p = 0.043$; $r = -0.317$) between age and optimistic bias. However, there was no relationship between characteristics, optimistic bias, and hygiene sanitation attitudes among food handlers in the canteen of State High School in Magelang City.

Conclusion : There is a relationship between age and optimistic bias. However, there is no correlation between characteristics, optimistic bias, and hygiene sanitation attitudes so other stimuli are needed to improve the quality of food handler's attitudes regardless of their optimistic bias.

Keywords : optimistic bias; hygiene and sanitation attitudes; food handlers; canteen

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