

## ABSTRAK

**Latar Belakang:** RSJ Prof. Dr. Soerojo Magelang merupakan salah satu rumah sakit rujukan untuk kesehatan jiwa yang memberikan pelayanan gizi. Pasien rumah sakit jiwa juga berisiko mengalami penyakit infeksi nosokomial dan malnutrisi. Salah satu cara mencegah terjadinya hal tersebut adalah dengan menjaga higiene dan sanitasi makanan. Namun dengan luasnya area rumah sakit dan jumlah pasien yang relatif banyak, mengakibatkan pengawasan terhadap penerapan higiene dan sanitasi menjadi kurang maksimal. Selain itu, tentunya ada faktor lain yang dapat mempengaruhi praktik higiene dan sanitasi sehingga perlu dilakukan analisis mengenai faktor-faktor tersebut.

**Tujuan:** Mengetahui bagaimana tingkat pengetahuan, sikap, dan perilaku higiene dan sanitasi penjamah makanan serta mengetahui hubungan antar faktor tersebut di RSJ Prof. Dr. Soerojo Magelang.

**Metode:** Penelitian menggunakan *mix method*. Data kuantitatif diperoleh melalui *self reported questionnaire* terkait pengetahuan dan sikap oleh 37 penjamah makanan yang diambil secara *purposive sampling* serta dilanjutkan dengan *checklist* observasi perilaku. Data kualitatif dikumpulkan melalui wawancara mendalam dengan pramusaji, pramumasak, petugas gudang, kepala unit pelayanan, dan kepala unit produksi menggunakan prinsip saturasi, lalu observasi, serta dokumentasi. Analisis kuantitatif menggunakan uji *Rank Spearman*.

**Hasil:** Pengetahuan higiene dan sanitasi 89,19% baik, sikap higiene dan sanitasi 83,78% baik, namun perilaku higiene dan sanitasi yang kurang (37,84%) lebih banyak dibandingkan perilaku yang baik (35,14%). Tidak ditemukan adanya hubungan yang signifikan antara pengetahuan, sikap, dan perilaku ( $p > 0,05$ ), namun terdapat pengaruh antara riwayat pelatihan terhadap perilaku ( $p = 0,024$ ,  $p < 0,05$ ). Hasil wawancara menunjukkan bahwa sebagian besar penjamah makanan belum pernah mendapatkan pelatihan serta terdapat beberapa perbedaan standar operasional antara pramumasak dan pramusaji.

**Kesimpulan:** Pengetahuan dan sikap higiene dan sanitasi makanan tergolong baik namun perlu dilakukan peningkatan terhadap perilaku higiene dan sanitasi penjamah makanan melalui pelatihan tentang higiene dan sanitasi.

**Kata Kunci:** higiene dan sanitasi makanan, rumah sakit jiwa, penjamah makanan, pengetahuan, sikap, perilaku

## ABSTRACT

**Background:** RSJ Prof. Dr. Soerojo Magelang is one of the referral psychiatric hospitals that provides nutritional service in which food hygiene and sanitation are considered as factors to prevent transmission of nosocomial infection. Due to the wide area of the hospital and considerable number of patients, the supervise of hygiene and sanitation might be challenging. Besides, there are other factors that may affect hygiene and sanitation practice. Therefore, it is important to analyze these associated factors.

**Objective(s):** Understanding the levels of knowledge, attitude, and practices of food handlers regarding hygiene and sanitation, as well as observing the relation among these factors in RSJ Prof. Dr. Soerojo Magelang.

**Method:** This research utilized mixed methods. Quantitative data were collected using self-reported questionnaire in regards to knowledge and attitude of 37 food handlers taken using purposive sampling and followed by a practical observational checklist. Qualitative data were collected by in-depth interview to food handlers, warehouse officer, head of service unit, and head of production unit using saturation principles and triangulation method. The quantitative analysis executed by using Rank Spearman correlation test.

**Results:** The result showed that 89.19% respondents possessed good knowledge regarding hygiene and sanitation. Also, 83.78% respondents performed good hygiene and sanitation attitude. However, there are more respondents performed poor practice of hygiene and sanitation (37.84%) compared to them who did good practice (35.14%). There was no significant relation among knowledge, attitude, and practice, regardless of any combination between two factors ( $p>0.05$ ). From the analysis, it was found that training history affected hygiene and sanitation practice ( $p=0.024$ ,  $p<0.05$ ). The result gained from the interview showed that most of the food handlers have never received hygiene-and-sanitation related training and there were several differences in operational standards applied between food handlers.

**Conclusion:** Respondents' knowledge and attitude in regards to hygiene and sanitation were considerably good. Yet, it is necessary to improve the practice of hygiene and sanitation through training.

**Keywords:** food hygiene and sanitation, psychiatric hospital, food handler, knowledge, attitude, practice