

**POLITEKNIK KESEHATAN TANJUNGPURUN  
JURUSAN KESEHATAN LINGKUNGAN  
PROGRAM STUDI SANITASI LINGKUNGAN  
PROGRAM SARJANA TERAPAN**

Skripsi, Juli 2022

Hernita

**Hubungan Perilaku Penjamah Makanan terhadap Angka Kuman Makanan di Rumah Makan Wilayah Kerja UPTD Puskesmas Natar Tahun 2022**

xviii + 120 Halaman + 57 Tabel + 3 Gambar, dan 13 Lampiran

**ABSTRAK**

Pengelolaan makanan yang higienis ditentukan oleh beberapa faktor salah satunya adalah perilaku atau tindakan yang biasa dikerjakan oleh penjamah makanan. Tujuan penelitian ini untuk mengetahui hubungan perilaku penjamah makanan terhadap angka kuman makanan di rumah makan wilayah kerja UPTD Puskesmas Natar. Penelitian ini bersifat *analitik observasional* dengan rancangan *cross sectional*. Penelitian ini dilakukan pada bulan Mei-Juni 2022. Dalam pengumpulan data mengenai variabel perilaku penjamah makanan peneliti menggunakan *checklist* sedangkan untuk variabel angka kuman makanan dilakukan pemeriksaan di laboratorium dengan Metode ALT (Angka Lempeng Total).

Hasil penelitian ini menunjukkan bahwa variabel *personal hygiene* penjamah makanan terhadap angka kuman makanan ( $p$ -value = 0,000; OR = 7,500), pemilahan dan penyimpanan bahan baku makanan dengan angka kuman makanan ( $p$ -value = 0,000; OR = 14,000), cara pengolahan makanan terhadap angka kuman makanan ( $p$ -value = 0,015; OR = 0,583), peralatan pengolahan makanan terhadap angka kuman makanan ( $p$ -value = 0,002; OR = 0,524), pengangkutan makanan jadi dengan angka kuman makanan ( $p$ -value = 1,000; OR = 0,706), penyimpanan makanan jadi terhadap angka kuman makanan ( $p$ -value = 0,024; OR = 10,500), penyajian makanan terhadap angka kuman makanan ( $p$ -value = 0,559; OR = 0,688).

Kesimpulan ada hubungan antara *personal hygiene* penjamah makanan, pemilahan dan penyimpanan bahan baku, cara pengolahan, peralatan pengolahan, dan penyimpanan makanan terhadap angka kuman makanan di rumah makan wilayah kerja UPTD Puskesmas Natar Tahun 2022. Disarankan kepada pihak UPTD Puskesmas Natar melakukan kegiatan inspeksi kesehatan lingkungan minimal satu bulan dua kali di tempat pengelolaan makanan (rumah makan) untuk menyehatkan Tempat Pengelolaan Makanan (TPM) di rumah makan wilayah kerja UPTD Puskesmas Natar.

Kata Kunci : Penjamah Makanan, Angka Kuman Makanan, Rumah Makan  
Daftar Bacaan : 23 (2004-2022)

**TANJUNGPURONG HEALTH POLYTECHNIC  
ENVIRONMENTAL HEALTH DEPARTMENT  
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PROGRAM APPLIED GRADUATE PROGRAM**

*Thesis, July 2022*

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***The Relationship of Food Handler Behavior to Food Germ Rates in Restaurants in the Working Area of UPTD Natar Health Center in 2022***

*xviii + 120 Pages + 57 Tables + 3 Pictures, and 13 Attachments*

**ABSTRACT**

*Hygienic food management is determined by several factors, one of which is the behavior or actions usually carried out by food handlers. The purpose of this study was to determine the relationship between the behavior of food handlers and the number of food germs in the restaurant working area of the UPTD Puskesmas Natar. This research is analytic observational with cross sectional. This research was conducted in May-June 2022. In collecting data on the behavioral variables of food handlers, the researchers used a checklist, while the food germ number variable was examined in the laboratory using the ALT (Total Plate Number) method.*

*The results of this study indicate that the personal hygiene of food handlers on the number of food germs ( $p$ -value = 0.000; OR = 7,500), sorting and storage of food raw materials with food germ numbers ( $p$ -value = 0.000; OR = 14,000), processing methods food on the number of food germs ( $p$ -value = 0.015; OR = 0.583), food processing equipment on the number of food germs ( $p$ -value = 0.002; OR = 0.524), transportation of ready-to-eat food with the number of food germs ( $p$ -value = 1,000; OR = 0.706, storage of prepared food on the number of food germs ( $p$ -value = 0.024; OR = 10.500), food presentation on the number of food germs ( $p$ -value = 0.559; OR = 0.688).*

*The conclusion is there is a relationship between personal hygiene of food handlers, sorting and storage of raw materials, processing methods, processing equipment, and food storage on the number of food germs in the restaurant working area of the UPTD Puskesmas Natar in 2022. It is recommended to the UPTD Puskesmas Natar to carry out environmental health inspection activities at least once a month twice in a food management place (restaurant) to nourish the Food Management Place (TPM) in a restaurant in the working area of UPTD Puskesmas Natar.*

*Keywords : Food Handlers, Food Germs Number, Restaurant  
Reading List : 23 (2004-2022)*