

## **ABSTRACT**

**Background:** *Inadequate sanitation and hygiene practices can increase the risk of foodborne illnesses such as food poisoning and diarrhea. This study aims to determine factors associated with food hygiene and sanitation practices in restaurants in Sekayu District in 2025.*

**Research Method:** *A quantitative approach with a cross-sectional approach was used. The population in this study were food handlers working in restaurants in Sekayu District. The sample size was 56 respondents.*

**Results:** *The study showed that 69.6% of respondents had appropriate hygiene practices, 67.9% had good knowledge, 57.1% had a positive attitude, 71.4% had a high level of education, 67.9% had only a short period of employment, 67.9% had adequate facilities and infrastructure, and 80.4% had adequate supervision. The bivariate analysis showed a relationship between knowledge (p-value = 0.00), attitude (p-value = 0.00), education level (p-value = 0.01), availability of facilities and infrastructure (p-value = 0.00), and no relationship between length of service and supervision and food hygiene and sanitation practices in restaurants in Sekayu District in 2025.*

**Conclusion:** *There is a relationship between knowledge, attitude, education level, and availability of facilities and infrastructure and food hygiene and sanitation practices in restaurants in Sekayu District in 2025.*

**Keywords:** *Behavior, Food Hygiene and Sanitation, Restaurants*

## ABSTRAK

**Latar Belakang:** Penerapan higiene sanitasi yang tidak memadai dapat meningkatkan risiko terjadinya penyakit akibat makanan seperti keracunan pangan dan diare. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan perilaku penerapan higiene sanitasi makanan pada rumah makan di Kecamatan Sekayu tahun 2025.

**Metode Penelitian:** Menggunakan pendekatan kuantitatif dengan metode *cross sectional*. Populasi dalam penelitian ini adalah penjamah makanan yang bekerja di rumah makan yang ada di Kecamatan Sekayu. Sampel penelitian sebanyak 56 responden.

**Hasil:** Hasil penelitian menunjukkan responden dengan perilaku penerapan higiene sesuai 69,6%, pengetahuan baik 67,9%, sikap positif 57,1%, berpendidikan tinggi 71,4%, lama kerja baru 67,9%, sarana dan prasarana memenuhi syarat 67,9%, dan pengawasan 80,4%. Hasil analisis *bivariate* menunjukkan ada hubungan pengetahuan ( $p\text{-value}=0,00$ ), sikap ( $p\text{-value}=0,00$ ), tingkat pendidikan ( $p\text{-value}=0,01$ ), ketersediaan sarana dan prasarana ( $p\text{-value}=0,00$ ), dan tidak ada hubungan lama kerja dan pengawasan dengan perilaku penerapan higiene sanitasi makanan.

**Kesimpulan:** Terdapat hubungan pengetahuan, sikap, tingkat pendidikan, ketersediaan sarana dan prasarana dengan perilaku penerapan higiene sanitasi makanan pada rumah makan di Kecamatan Sekayu tahun 2025.

**Kata Kunci:** Perilaku, Higiene Sanitasi Makanan, Rumah Makan