

SOCIALIZATION OF THE IMPORTANCE OF HYGIENIC Snacks in GORONTALO CITY TRADITIONAL MARKETS

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ABSTRACT

The purpose of this research is: To know the description of street food from the aspect of the Importance of Hygiene Snacks in Traditional Markets in Gorontalo City, Gorontalo City.

Methods: This research is a type of descriptive research using a qualitative approach in the form of observation, interviews and laboratory tests. Samples were taken by purposive sampling method, as many as 20 street food vendors in the Traditional Market of Gorontalo City.

The results showed that all 20 traders did not get used to scratching their bodies near food and all traders had used equipment for serving food, used clean or proper clothes, and brought sweat cleaners. All traders are still not used to washing their hands. There are 15 traders who serve snacks without using closed containers. E. Coli microbiological test results, not found E. Coli in all food samples examined. Conclusion: the hygiene of the seller needs to be improved, especially wearing an apron and washing hands. The safety of street food is good because there is no microbiology of E. Coli bacteria found. Traders should try to always wear an apron and should maintain hand hygiene.

Keywords: Hygiene, Snacks, Traditional Market

PENDAHULUAN

According to Maslow's theory of needs, the most basic human needs are physiological needs, one of which is the need for food because to sustain life, humans need food¹. Not all food consumed by the public is safe. The food consumed can be dangerous, because disease or health problems are caused or transmitted by food. One of the health problems caused by consuming food is food poisoning. WHO (2019) estimates that 600 million people or

Nearly 1 in 10 people in the world fall ill after consuming contaminated food and 420,000 people are reported to die each year from consuming unsafe food. Unsafe food containing bacteria, viruses, parasites or harmful chemicals causes more than 200 diseases ranging from diarrhea to cancer (WHO, 2019). The number of poisoning incidents in Indonesia is dominated by food poisoning. According to the BPOM (2019) report, cases of food poisoning in Indonesia in 2016 reached 1,068 cases. According to the BPOM report, the number of victims of food poisoning from April to September 2019 reached 2,075 people and 8 people died

(BPOM, 2019). In 2016 there were 60 extraordinary events.

Transmission of disease through food is known as foodborne illness. Foodborne illness is still a public health problem in Indonesia due to the lack of personal hygiene and environmental sanitation in relation to food processing and serving. WHO noted, diseases caused by foodborne and waterborne diseases, one of which is diarrhea, has caused at least 2 million victims. Data from the Aloesaboe Hospital of Gorontalo City shows that data on visits to diarrhea patients for 2019-2020 recorded in the health profile of Gorontalo Province is the disease that occupies the most visits. In 2019 it was 33.08% of the total visits, in 2009 it was 21.58% of the total visits and in 2010 it was 19.78%.

Food safety is an effort to prevent food from being contaminated by biological, chemical, and other objects. Physical contamination of food can be prevented by applying good personal hygiene for food handlers, while chemical and biological contamination is prevented through sanitation of food processing including selection, storage and treatment of these materials, as well as the availability of sanitation facilities. The general purpose of this research is to analyze the description of the importance of hygiene food snacks in the traditional market of Gorontalo City, while the specific purpose of this study is to analyze the level of knowledge of food vendors, the condition of food handlers, the condition of where to sell food, how to serve snacks and the level of security in terms of Microbiological contamination of street food at the Gorontalo City Traditional Market.

RESEARCH METHODS

This research includes descriptive research. the research method uses a qualitative approach with the method of observation, interviews and laboratory tests. the research location is in the traditional market of gorontalo city, for microbiological tests carried out at the aloe sabou laboratory. the time of the study was carried out during july - august 2019. the population of this study were all traders who sold snacks that were not packaged and sold at the traditional market of gorontalo city with a total of 30 trader. the research sample was taken by purposive sampling, namely choosing a sample with the inclusion criteria that had been determined by the researcher. in this case, the inclusion criteria include street food vendors at the gorontalo city traditional market who do not sell preserved snacks as many as 20 traders. obtaining data from interviews, observations and laboratory tests. the variables used in this study are places to sell food, personal conditions of food handlers, storage and serving of food carried out through interviews and observations in the form of an answer questionnaire with 2 categories being yes and no. determination of the criteria for fulfilling the requirements or not for the answers to the questionnaire based on kmk no. 942/menkes/sk/vii/2003 concerning guidelines for sanitary requirements for snack food. another variable, namely the microbiological safety of food, was obtained through laboratory tests of e. coli bacteria by explaining the results descriptively. data processing by computer analysis is then tabulated in the form of a frequency distribution table. all respondents have signed the given informed concern.

RESEARCH RESULT

Observation of the condition of snack food handlers hygiene and sanitation data

for street food vendors was obtained through observation. in table 1, it can be seen a comparison of 20 conditions of food handlers in the traditional market of gorontalo city. all street food vendors are free from ari disease. categorization of ari disease based on kmk no. 942/menkes/sk/vii/2003 is an infectious disease of the upper respiratory tract (cough, cold and influenza). from the observations, it was found that none of the samples coughed/sneezed in front of food. based on interviews conducted by traders, they do not have regular health checks.

Food handlers must be in good health and show a health certificate and have been regularly vaccinated with hepatitis a3 vaccination, because hepatitis is an infectious disease and is a carrier. food handlers are a source of contamination to the surrounding food, especially if the food handler suffers from an illness. from the results of direct observations and interviews, there are no traders who are suffering from or carrying an easily contagious disease such as coughs, colds, and influenza. from the observations, it is known that all the traders do not have wounds and or ulcers on their bodies. wounds that are on the body and open can carry bacteria that will enter the body and cause infection. open wounds have a great risk of transmitting disease to food. data obtained from 20 traders only 3 traders who when selling use clothing and head coverings when selling. the 3 traders at the time of selling smoked around the place of sale and only male traders. a total of 17 street food vendors (85%) do not use a coverall. Contamination that can occur through clothing is less noticed by traders for the snacks sold. Traders think that the clothes used are clean, they only pay attention to outward appearances.

Traders feel that wearing a clothing cover makes them uncomfortable and

annoying. Aprons and head coverings should be used to reduce the risk of physical, chemical and biological contamination of food that may be carried from food handlers' clothes. Table 1 states that 20 traders do not wash their hands before or after making contact with the food they sell. From the results of observations, it is known that all traders do not pay attention to personal hygiene conditions. The interview results obtained by all traders said that they rarely wash their hands when they want to touch food, this is because the distance from the bathroom to the place to sell is far and only a little, so traders are lazy to wash their hands. According to them wash their hands only when their hands dirty, these habits can be a source of contaminants that are quite influential on food ingredients. Hand hygiene is very important for every food handler, because these habits can help prevent transmission of bacteria from hands to food. Observations at the time of the study showed that there were several male traders who smoked when selling food. But smoking is carried out while waiting for buyers, not when handling food, they smoke near the food being sold.

Smoking by traders. Observation of Conditions of Places to Sell Food. Data on conditions of places to sell street food at the Traditional Market of Gorontalo City were obtained by observing the conditions of places where traders were selling. Meanwhile other data shows that all street food vendors have paid attention to the condition of the place to sell, namely the serving equipment is in good condition, the condition of the serving container is not dangerous and has a smooth surface. Street food vendors have also used disposable utensils, the tools used do not have a strong smell, and the unused utensils are stored in a clean and uncontaminated place. From the results of

observations, traders have implemented hygiene at the place of sale and the use of food serving equipment, but the situation in the place of sale still allows for microbiological contamination.

This is because the situation around the place to sell is dirty, the lighting in the market is also lacking and the conditions of the place to sell are also limited. Not only traders who sell street food, but traders who sell raw materials are also mixed in the market. This can be a source of contamination from dust and bacteria present from other goods sold in the market. Food Serving Observation Observational data on food presentation in table 3 shows that most traders pay less attention to unwrapped snacks (75%). Only 5 traders (25%) cover their snacks with parchment paper or plastic on unwrapped food and all traders do not have a partition between the snacks they sell. However, all traders have paid attention to food safety in packaged foods. Open food cover with parchment paper or plastic causes the food to not close properly and food contamination may occur through the open gap of the foil cover.

The use of containers should be closed when serving food which aims to prevent food from air contamination and vectors that are commonly found around food such as flies. Attractive presentation of food is an added value to attract customers. The food served must be placed in a clean place so that the air circulation that takes place is also clean and free from bacterial contamination carried from dirty air. Places that are not insulated create cross-contamination between foods and increase contamination from microbes from one food to another. There is a similar study that supports it, stating that as many as 81% of food sellers take their food with tongs

Microbiology Laboratory Test

The laboratory test treatment in this study was the microbiological test of E.coli bacteria by determining the presence or absence of E.coli bacteria in snacks sold by traders at the Traditional Market of Gorontalo City. The data obtained showed that of the 13 snacks sold and E.coli microbiological tests were carried out, none of the snacks contained E.coli bacteria. From the results of laboratory tests, it was stated that all food samples studied were safe and not contaminated with E. coli microbiology. Researchers chose microbiological examination with E.coli parameters because these bacteria are often found in various places, such as on the ground surface, unclean hands of handlers and in serving places and utensils used when processing and taking food. These bacteria are not only found on land but are also commonly found in waters.

Food that is said to meet the requirements for proper and safe consumption is food that is not found with E.coli bacteria or the number of germs is 0/gram of food. Places of presentation that are in good and clean condition, as well as the facilities used to take snacks must also be in good condition. In general, it can be said that the hygiene of food handlers is quite good. Another study also stated that the main factor influencing E. coli contamination was personal hygiene of food handlers. In addition, judging from the presentation of food and taking food by traders, it is also quite good, because the safety of the food sold is also influenced by the presentation of food and taking food from the handlers. E. coli contamination is also commonly found in foods that are served without lids, it is known that the E. coli bacteria in these foods are high.

CONCLUSION

Based on the results of interviews with traders, observations on the sanitation of street food vendors and laboratory examination of microbiology (*E. coli*) on the food sold, it can be concluded that the condition of food handlers in the Traditional Market of Gorontalo City is still in sufficient sanitation hygiene. Hygiene from the condition of the place selling street food has not applied good hygiene, contamination and microbiological contamination are also vulnerable to occur because the conditions around the selling place are still inadequate. Most of the traders, serving food snacks use containers that are not closed and not insulated so that they are prone to cross contamination. The results of the food microbiological safety test did not contain *E.coli* (negative) bacteria in the snacks examined.

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