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HYGIENE AND SANITATION IN ARTNE (ART & NETRA=BLIND) COFFEE IN TABANAN REGENCY, BALI

Ni Putu Eka Trisdayanti

18 Food and Beverage Department
Sekolah Tinggi Pariwisata, Nusa Dua, Bali
ekatrisdayanti87@gmail.com

Abstract:

Artne Coffee is an innovation service for the empowerment of people with sensory disabilities, located in the Balai Rehabilitasi Sosial Penyandang Disabilitas Sensorik Netra (BRSPDSN) or Social Rehabilitation Center for People with Sensory Disability Mahatmiya in Tabanan Regency, Bali. This coffee shop is not only visited by local people but also by tourists. In addition, the coffee beans they have are well packaged and sold to the public. Although this business is managed by people with disabilities, sanitation hygiene must be implemented, to ensure product safety, so a study to determine the application of sanitation hygiene in Artne Coffe is important. Artne Coffee is used as a place of business, a place for socialization, and a place to practice for persons with disabilities. Although this shop is fully managed by persons with visual impairments, the application of personal hygiene and sanitation is still considered, this is seen from a clean body, clean and short nails, clean uniform usage, wearing a hat, apron, binding hair for women, not using excessive jewelry. For the cleanliness of the workplace there is already available clean running water, soap, hand washing facilities and washing facilities, clean cups and cutlery, enclosed storage facilities, garbage bins, toilets far from kitchen and coffee shop, and floors, tables, guest chairs that are always cleaned. Plus those people with disabilities maintain hospitality in serving customers. But there are things that have not been implemented, namely uniforms that have not used long sleeves, the use of hats is still not consistent, the use of watches, and trash cans that are not closed.

Keywords : Artne Coffee, Hygiene, Sanitation

Introduction

Culinary tourism is one of the supporters of tourism activities, where culinary tourism has the role of success or failure of a tourism activity in an area because basically every tourist visiting a tourist attraction needs food and drinks which are basic needs. At this time tourists are smart in choosing food and drinks consumed. One of the



considerations of tourists is choosing foods that not only provide a sense of fullness and health for the body but also foods and beverages that are safe for consumption, which are not harmful to the body such as food poisoning or causing disease.

Many cases of food poisoning in tourists who are exposed or not. The ever booming event took place in Bali, that is, for Japanese tourists affected by the cholera epidemic, the incident certainly had an impact on Bali tourism with the many cancellations of departures to Bali. There were also many unpublished cases such as poisoning cases on May 22, 2013, as many as 20 Chinese tourists who ate in the Kuta area (Badung District Health Office, 2013), and similar incidents also occurred in Kuta in 2014 as many as 18 Chinese tourists (District Health Office Badung, 2014). Besides that the issue of Bali Belly is also common to tourists, which is another term for traveller's diarrhoea due to consumption of contaminated beverage foods.

This is bad news for our tourism because these tourists will certainly spread negative issues in their country. Of course we do not want these conditions to occur in the future. All of that can be controlled by cleaning the tools, food handlers, food raw materials and manufacturing processes that are good in all food service business sectors.

Artne Coffee is a simple catering business that sells coffee drinks and other snacks. This coffee shop is located in the Mahatmiya Sensory Disability Rehabilitation Center located in Tabanan Regency, Bali. This coffee shop is different from other coffee shops. This coffee shop is managed entirely by persons with visual disability, they are mostly students in the rehabilitation center. In this rehabilitation center, every person with disabilities is given expertise, such as massage to a business such as the Artne Coffee shop. This coffee shop is not only visited by local people but also by tourists, this is seen from the documentation and comments of tourists on social media (<https://artne-coffee.business.site/>). Even though this business is managed by people with disabilities, sanitation hygiene must be applied, in order to ensure the safety of the products produced so as not to cause harm to consumers, and ensure the sustainability of the businesses managed by these people.

Hygiene and sanitation is an effort that aims to prevent diseases and poisoning and other health problems as a result of the interaction of human environmental factors. To be able to produce quality and safe food



for consumption, hygiene and sanitation businesses need to be implemented.

Based on this background and considering the importance of implementing hygiene and sanitation, this study was conducted to review the application of hygiene and sanitation in Artne Coffe in Tabanan.

Theoretical Review

Hygiene

The origin of Hygiene and Sanitation comes from Greek which means "Healthy and Clean", and if we translate more broadly it can be concluded that "We can be healthy because we are always clean". Hygiene is a procedure for keeping oneself clean and healthy (Sihite, 2000). According to Yuliarsih (2002) "Hygiene is a disease prevention that focuses on individual health efforts". According to Kinton and Caserani (1978) that "Hygiene of the study of health and the prevention of disease". Of the three meanings above, hygiene is a study of health and disease prevention that focuses on human activities.

Food Handler Hygiene

Food handlers, are people or personnel who are in charge of managing food and have a close relationship with food (Sihite, 2000). A food handler should have knowledge about hygiene and sanitation and then apply that knowledge when working on tasks so that food safety can be achieved.

According to Kinton and Caserani in Sudiara and Sabudi (1996), the health requirements of a food handler include:

1. Take a shower

The food handler must shower regularly at least three times a day to prevent the transfer of bacteria to food.

2. Hair

Hair food handlers should be shaved short for men and neatly tied for women, hair should be washed regularly, avoid the habit of touching hair or combing hair during work to prevent the transfer of bacteria from hair to food, cooks must wear a hat or head cover while working in the kitchen to prevent hair from falling into food.



3.Nose

The food handler is prohibited from touching the nose or inserting a finger into the nose while working because bacteria can move to food through the hand that has touched the nose

4.Mouth

Food handlers are prohibited from smoking, rubbing their mouths or lips while working in the kitchen, cleaning their mouths and teeth regularly, prohibiting coughing or spitting in places, using a spoon or a special tool to taste food (tasting) to prevent bacterial movement from mouth to food.

5.Ears

Food handlers are prohibited from touching the ear and inserting a finger into the ear hole. A food handler should also clean earwax.

6. Hands and fingers

The fingernails must be cut short and clean. The food handler must also get used to washing hands with soap before entering the kitchen room, each coming from the toilet, and after taking dirty items, hand jewelry such as watches, rings, bracelets, should be released when processing food. A cook whose hand or finger is injured must be wrapped in a waterproof bandage.

7.Legs

The things to note are that fingernails must be cut short, feet must be washed clean, socks must be replaced every day, and don't wear high-heeled shoes.

8.Cosmetics

Food handlers should use cosmetics appropriately, do not store cosmetic items at food processing facilities, and wash hands with soap after taking cosmetics and before touching food.

9. Uniform clothes

The components of cook clothes throughout the world are almost the same, which consists of:



- a. Hats and headgear, to prevent hair loss from falling into food and aiming to suck up sweat that arises on the head so that sweat and bacteria on the head do not fall into food
- b. Kacu or tie, kacu serves to suck sweat that arises in the face and neck area so that it does not fall into food
- c. Clothes with two layered chests, this thick layer aims to protect the chest along with important body organs from the effects of heat and cold.
- d. Apron, protects the lower body from the effects of heat and protects the pants from dirt and stains that may be touched at work.
- e. Long pants, the function is to protect the lower body from the influence of heat
- f. Shoes, from leather with low or flat heels with the aim of non-slippery leather shoes, flat heel shoes will be safer to wear.

Sanitation

Poor sanitation will reduce the quality of food. Sanitation is a procedure for keeping the environment clean and well-maintained (Sih⁵, 2000). According to Dr. Azrul Azwar, MPH (1983) sanitation is a way of monitoring the community which focuses on supervision of various environmental factors that might affect people's health status.

Kitchen Sanitation and Sanitary Dining Room

Food cooking places or commonly called kitchens must be protected from physical, biological, and chemical hazards. Poor kitchen conditions can contaminate food that is being processed, for example paint that has peeled, brittle roofs, or dirty floors will be a source of disease. The kitchen should have enough area, making it easier for people to move freely. The kitchen room should also be easy to clean. The kitchen floor should be made of waterproof, flat and smooth material, but not slippery, strong, and easy to clean. The floor must always be clean. Like the floor, the walls of food processing facilities should be made of waterproof, flat, strong, durable, and not easy to peel. Chesworth (1999) suggested that kitchen walls must be made of materials that do not easily absorb water (water vapor), are easily cleaned, non-toxic, strong or not easily cracked, and have a smooth surface. The kitchen wall should be light in color, so that the dirt that sticks is easily visible, and then it can be cleaned immediately. The paint or coating used must be made of a stable material,



not easy to peel, and non-toxic, so that the paint does not contaminate food.

The roof of the building should have a smooth surface, not wrinkled, and the surface structure is not bumpy to reduce the possibility of pollution. A flat surface will facilitate the cleaning process, thereby reducing the accumulation of dirt on the roof of the building, and will ultimately reduce the risk of contamination in food products. A good kitchen ceiling should have a design that is able to prevent the accumulation of dust, mold growth, flaking, pest nesting. The ceiling must always be clean of dust, cobwebs, and other impurities, because often food is polluted by dirt falling from the ceiling. According to Troller (1993), the height of the ceiling from the floor is at least 3 meters. This is done primarily to prevent the accumulation of moisture or smoke when cooking. Doors, windows and vents are also parts of the building that need attention. Doors and windows must be made of durable material, not easily weathered, not easily broken, flat, smooth, brightly colored, and easy to clean. Doors, windows and vents need to be considered whether or not to be screened. Wire mesh is useful for preventing insects or mice from entering the kitchen. Doors and windows should be designed to open outward or sideways (not inward), this prevents the entry of dirt from outside into the food processing room. The vent is useful for regulating air circulation in the room, therefore the number of vent holes must be sufficient for fresh air to flow in the room. The vent should always be clean, not dusty and not filled with cobwebs

In addition to the main building parts mentioned above, the completeness of the cooking room also needs to be considered to support sanitation and hygiene during food processing. The completeness of the production site includes enough lighting so that people can work carefully, a sink that is equipped with soap and dryer to wash hands, and a place to store food. Food storage facilities, including spices and other auxiliary materials, should be separate from the place to serve the final product. This is intended to avoid cross contamination. According to Troller (1993), warehouses for storing raw materials must be dry to prevent mold.

Not only the kitchen that must be kept clean, but also the environment around the kitchen also needs to be considered clean. The environment around the kitchen must always be clean by avoiding rubbish buildup. The landfill must be far away in a location far from the kitchen. In addition to preventing the entry of pests into the kitchen, holes and gutters that allow



the entry of pests must always be closed. The process of processing must be done carefully, to prevent the spillage of food in the kitchen because it will be a pull factor for the entry of pests.

Cleaning facilities and activities to ensure the cleanliness of buildings and kitchen equipment must also be considered. Storage of tools and cleaning materials must not be combined with tools and materials for food processing. Equipment and building activities must be carried out routinely. To prevent pollution from humans, a kitchen should be provided in the kitchen with soap. For toilet facilities, the thing to note is that the toilet is quite far from the food processing room, because the toilet is one source of pollution. The toilet must always be clean and the toilet door must be closed. This was done to reduce the risk of pollution

Sanitary Equipment

Production equipment that is in direct contact with food should be designed and placed properly, thus ensuring the quality and safety of the food produced. Production equipment should be made of strong, non-rusty material and easy to clean. Surfaces that come in direct contact with food should be smooth, not split, not peeling, and do not absorb water, because this condition is one source of contamination for processed food. All equipment must be maintained in order to function properly and always clean. Production equipment must be placed in accordance with the order of the process so as to facilitate the work.

Methodology

The object of this research is the application of hygiene sanitation at Artne Coffee Tabanan. The type of data in this study are qualitative data in the form of observations regarding the application of sanitation hygiene in Tabanan Artne Coffe and interviews with an overview of Artne Coffee. Data sources in this study are primary data in the form of data from direct observation of work practices and environmental sanitation in Artne Coffe Tabanan and interviews with an overview of Artne Coffee. Secondary data researchers obtained in literature sources, journals, research results.

Researchers conducted direct observations on hygiene sanitation at Artne Coffee by carrying out observation guidelines that refer to the Republic of Indonesia Decree Kepmenkes No 1098 / Menkes / SK / VII / 2003 concerning Sanitary Hygiene Requirements for Restaurants. The data analysis technique in this research is descriptive qualitative. The results of interviews and observations regarding the general description and



application of sanitation hygiene in Artne Coffee were compiled systematically, presented in the form of narratives to make it easier to draw conclusions from the results of the study.

Results and Discussion

Artne Coffee's Overview

Artne Coffee is an innovation service for the empowerment of people with blind sensory disabilities, located at Balai Rehabilitasi Sosial Penyandang Disabilitas Sensorik Netra (BRSPDSN) or the Social Rehabilitation Center for People with Sensory Disabilities Mahatmiya, Jl. S Parman No.1, Banjar Anyar, Kec. Kediri, Tabanan Regency, Bali. This coffee shop is unique compared to other coffee shops, where Artne Coffee is fully managed by people with visual sensory disabilities, from kitchen operations, services, baristas, operational and financial management, and to promotions.

Artne Coffee from the words Art and Netra = Blind. Artne coffee was inaugurated by the Director General of Social Rehabilitation, and is used as a place of business, resocialization, and practice place (life skills therapy) for people with sensory disabilities at the National Social Sensory Disability Hall (BRSPDSN) of Mahatmiya. This coffee shop was opened since mid-2018, with the aim of training the blind to be able to be independent, have a business even in a state of disability.



Figure 1 Artne Coffee



The types of coffee that are owned at Artne Coffee are selected Arabica, Robusta, and Pea Berry coffee. In addition to the coffee that can be consumed directly in the shop, coffee beans are packaged well by those with visual disabilities and can be purchased. The facilities of the coffee shop are free wifi, free parking, and smoking area.



Figure 2 Packaging Coffee Beans Artne Coffee

In addition to coffee served at Artne Coffee, persons with visual disabilities also provide snacks such as fried food. Students with visual disabilities were given training by their instructors at Mahatmiya BRSPDN. In addition, they also had a barista experience at Movenpick Cafe in May 2019. Students with visual disabilities were given training in modern hospital management experiences, trained using an espresso machine, and made a good cup of coffee topped with creative latte art.

The application of Hygiene at Artne Coffee

Artne coffee is a place of business engaged in food service, so that the application of hygiene and sanitation must still be run, even though the shop is managed by people with disabilities, to ensure the safety of the products produced. In order to know the application of personal hygiene at Artne Coffee, the writer made direct observations at the shop, with the following results:

1. Personal Cleanliness and Grooming
 - a. The food handlers at Artne Coffee look clean from head to toe.
 - b. Short male hair and neatly tied women's hair.
 - c. For men with no beards or mustaches
 - d. Nails are short, clean, and women do not use nail polish



- e. Cosmetics used are not excessive
- f. They use clean uniforms, long pants, equipped with hats, shoes, aprons (used when processing snacks in the kitchen)
- g. They greet guests and present in a friendly and polite manner.

2. Personal habits and fitness

Artne Coffee food handlers are clean and not dirty, it seems they don't forget to wash their hands under running water and with soap. They use spoons or special tools to process coffee and other snacks. Health and fitness are maintained, because they are also given physical therapy while in rehabilitation centers.



Figure 3 Food Handler's Artne Coffee

Based on the observations above, the personal hygiene of food handlers at Artne Coffee has been classified as good, this is because they have been taught by therapists about good work practices. However, there are lacking the application of personal hygiene of the handlers, namely not wearing clothes with long sleeves to protect hands from heat or oil splashes, the use of hats is still not consistent, and there are still some who use watches.

The application of personal hygiene of food handlers is very important to be applied to ensure the safety of the products produced. Food handlers who are not hygiene are one source¹² of food pollution. This is evidenced from the results of research on the relationship of personal hygiene food handlers with bacterial contamination of food, As a study conducted by Romanda, et.al (2016)³ it was concluded that there is a relationship of personal food handlers personal hygiene with the presence of Escherichia



coli bacteria in food at processing sites food buffer area of Adi Soemarmo Airport in Surakarta

Application of Sanitation at Artne Coffee

The condition of the coffee shop and kitchen look clean and well-maintained. Although managed by people with disabilities, the condition of the store's cleanliness is maintained. The results of observations of the application of sanitation in the shop are:

- a. Location far from pollution such as factories, landfills
- b. strong and sturdy building with a non-fragile roof, walls, and floor.
- c. Seen from a strong, clean table, chair and floor, so do glasses, spoons and plates that look clean.
- d. There are good sanitation facilities in the shop such as a washing place for hands, running water, soap and tissue. For coffee processing machines are neatly arranged and clean.
- e. For the kitchen, there is a special place for equipment in a closed condition, a washing place for equipment equipped with running water and soap, and a trash can but without a lid. The liquid waste disposal site is in a closed condition and uses a piping system.
- f. Toilets that are already far enough from the Artne Coffee kitchen.
- g. Smoking area available

Based on the observations above, the application of Artne Coffee's environmental sanitation has been implemented quite well. However, there are lacking in its application, namely that the trash bins available in the Artne Coffee kitchen have no lid, so there is an easy risk of insects such as flies perched there and risk of contaminating food.

In addition to personal hygiene, the sanitary environment of the dining area or Artne Coffee kitchen must also be kept clean, because the environment also affects food pollution. This is evidenced from the results of research on the relationship of sanitation of the place of sale with microbiological contamination of the food sold (Yuniatun, et al., 2017).

Closing

Conclusions

The conclusion of this research is the implementation of good hygiene and sanitation at Artne Coffee, but there are shortcomings such as uniforms



that do not use long sleeves, the use of hats is still not consistent, there are still some who use wristwatches, and bins that are not closed.

Suggestion

For the agency of the the Balai Rehabilitasi Sosial Penyandang Disabilitas Sensorik Netra (BRSPDSN) or Social Rehabilitation Center for People with Sensory Disability Mahatmiya needs to provide long-sleeved uniforms and closed trash cans to improve the application of Artne Coffee hygiene and sanitation.

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