

Abstract of thesis presented to the Senate of Universiti Malaysia Terengganu in fulfillment of the requirements for the degree of Master of Science

AN ASSESSMENT ON PRE- AND POST- FOOD HYGIENE TRAINING ON FOOD SAFETY'S KAP LEVEL AMONG FOOD HANDLERS IN KUALA TERENGGANU AND KUALA NERUS

SITI MURNIRAH BINTI CHE HAS

2022

Main Supervisor : Siti Nur' Afifah Jaafar, Ph.D

Co-Supervisor : Tuan Zainazor Tuan Chitek, Ph.D

School/Institute : Faculty of Fisheries and Food Science

Food hygiene training serves to theoretically guide food handlers on proper food handling procedures to improve their food handling in longer term. However, food handlers' knowledge acquired in food hygiene training may be lost after certain period of time. It is necessary to conduct a follow-up assessment to examine food handlers' knowledge retention and thus this study aimed to 1) identify food handlers' food safety knowledge, attitudes and practice before, right after training and three months after training, 2) to compare food handlers' food safety knowledge, attitudes and practice before, right after training and three months after training, and 3) to predict relationship between knowledge and attitudes towards practice three months after training. Study involved 150 food handlers who attended a one- day food handling training course (approximately three hours) in four training schools around Kuala Nerus and Kuala Terengganu districts. The food safety knowledge, attitudes and practice of food handlers (n=150) was assessed through survey by means of questionnaire before, right after training and three months after training and analysed using one-way ANOVA analysis in the SPSS version 22.0 software. Food handlers' knowledge was found to be decreased (63.80%) three months after training, but most of them had positive attitude (M=4.57, SD= 0.6) and excellent self-reported practice towards food safety (93.60%) after the stated period. It was also revealed that food handlers maintained

their good attitude and self-reported practice towards food safety three months after their training was completed. Food handlers' food safety knowledge had significantly improved ($p < 0.05$) in post-test 1 compared to the pre-test, although this improvement was not retained three months after training. This study proved that food safety knowledge was a crucial factor that influence food safety practice of food handlers. In conclusion, research objectives were achieved in this study whereby hypotheses 'H_{1.2}' and 'H_{1.3}' were accepted whilst hypotheses 'H_{1.1}', 'H_{2.1}', 'H_{2.2}', 'H_{2.3}' and 'H_{3.1}' were rejected. It is recommended that in future, this study is carried out with larger sample size, at other locations and dissimilar premises to gain more evidences on knowledge retention of Malaysian food handlers three months after training completion.

Abstrak tesis yang dikemukakan kepada Senat Universiti Malaysia Terengganu sebagai memenuhi keperluan untuk Ijazah Sarjana Sains

**PENILAIAN SEBELUM DAN SELEPAS LATIHAN KEBERKESANAN
MAKANAN BERKENAAN TAHAP PENGETAHUAN, SIKAP DAN
AMALAN KESELAMATAN MAKANAN DI KALANGAN PENGENDALI
MAKANAN DI KUALA TERENGGANU DAN KUALA NERUS**

SITI MURNIRAH BINTI CHE HAS

2022

Penyelia : **Siti Nur' Afifah Jaafar, Ph.D**

Penyelia Bersama : **Tuan Zainazor Tuan Chilek, Ph.D**

Pusat Pengajian/Institut : **Fakulti Perikanan dan Sains Makanan**

Latihan kebersihan makanan adalah bertujuan untuk membimbing pengendali makanan secara teori mengenai prosedur pengendalian makanan yang betul. Penilaian susulan perlu dijalankan bagi memeriksa pengekal pengetahuan pengendali makanan dan justeru kajian ini bertujuan untuk 1) mengenal pasti pengetahuan, sikap dan amalan keselamatan pengendali makanan sebelum, selepas latihan dan tiga bulan selepas latihan, 2) untuk membandingkan pengetahuan, sikap dan amalan keselamatan makanan pengendali makanan sebelum, selepas latihan dan tiga bulan selepas latihan, dan 3) untuk meramalkan hubungan antara pengetahuan dan sikap terhadap amalan tiga bulan selepas latihan. Kajian melibatkan 150 pengendali makanan yang menghadiri satu hari kursus latihan pengendalian makanan (lebih kurang tiga jam) di empat buah sekolah latihan di sekitar daerah Kuala Nerus dan Kuala Terengganu. Pengetahuan, sikap dan amalan keselamatan makanan pengendali makanan (n=150) dinilai melalui survei melalui kaedah borang soal selidik sebelum, selepas latihan dan tiga bulan selepas latihan dan dianalisa dengan menggunakan analisa ANOVA satu hala di dalam perisian SPSS versi 22.0. Pengetahuan pengendali makanan didapati menurun (63.80%) tiga bulan selepas latihan, tetapi kebanyakan pengendali makanan memiliki sikap positif (M=4.57, SD= 0.6) dan amalan lapor diri yang cemerlang

terhadap keselamatan makanan (93.60%) selepas tempoh masa yang dinyatakan. Kajian ini juga mendapati bahawa pengendali makanan mengekalkan sikap yang baik dan amalan terhadap keselamatan makanan yang dilaporkan sendiri tiga bulan selepas latihan mereka tamat. Pengetahuan keselamatan pengendali makanan telah meningkat secara signifikan ($p < 0.05$) dalam ujian pasca-1 berbanding ujian-pra, walaupun peningkatan ini tidak dikekalkan tiga bulan selepas latihan. Kajian ini membuktikan bahawa pengetahuan keselamatan makanan merupakan faktor penting yang mempengaruhi amalan keselamatan makanan pengendali makanan. Kesimpulannya, semua objektif kajian telah dicapai dalam kajian ini di mana hipotesis 'H_{1.2}' and 'H_{1.3}' telah diterima manakala hipotesis 'H_{1.1}', 'H_{2.1}', 'H_{2.2}', 'H_{2.3}' and 'H_{3.1}' telah ditolak. Adalah dicadangkan bahawa pada masa hadapan, kajian ini dijalankan dengan sampel yang lebih besar, di lokasi-lokasi lain dan premis-premis yang berbeza bagi mendapatkan lebih banyak bukti mengenai pengekaln pengetahuan pengendali makanan di Malaysia tiga bulan selepas tamat latihan.