



Research Article

A STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE TOWARDS FOOD HYGIENE AMONG FOOD HANDLERS IN SELECTED HOSTELS OF BVV SANGHA, BAGALKOT

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ABSTRACT

Background: The researcher from experience has observed that many students suffer from food borne illnesses and associated complications. So the purpose of this study is that the findings may throw light on knowledge level and attitude of food service staff on food hygiene thus helping in creating awareness in reducing the incidence of food borne illnesses. The present study results may help the food management staff and hostels authorities to take appropriate measures to reduce the spread of food borne illnesses, thereby increase personnel knowledge and hostel organizational growth.

Materials & Methods: A descriptive survey design is adopted to assess the knowledge and attitude towards food hygiene among food handlers. A sample consists of a subset of the units that compare the population. In this study, the sample comprises of 60 food handlers in selected hostels of BVV Sangha BAGALKOT. Purposive sampling technique is used to select the subjects,

Results: Majority of the 65% had moderately adequate level of knowledge and 28.3 % had inadequate knowledge level. Only 6.7 % of the subjects had adequate knowledge on food hygiene. Were as about their attitude level reveals that 73.3 % of the food handlers had an average/ moderate level of attitude and 26.7% of the food handlers had negative attitude regarding food hygiene and nobody had positive attitude regarding food hygiene

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INTRODUCTION

Food is any substance consumed to provide nutritional support for the body. It is usually of plant or animal origin, and contains essential nutrients, such as carbohydrates, fats, proteins, vitamins, or minerals. The substance is ingested by an organism and assimilated by the organism's cells in an effort to produce energy, maintains life, or stimulate growth. Historically, people secured food through two methods: hunting and gathering, and agriculture. Today, most of the food energy consumed by the world population is supplied by the food industry. Eating is a fundamental human activity, an activity that is both necessary for survival and inextricably connected with social function. Eating habits and rituals, the choice of dining companions, and the reasons behind these behaviors are fundamental to fostering an understanding of human society¹. Hygiene is set of practice performed for the preservation of health according to WHO hygiene refers to condition and practice that help to maintain health and prevent the spread of disease²

Anyone can get food poisoning but some people, including babies, children and older people, are more likely to have serious symptoms. If you're pregnant, you need to be particularly careful not to get food poisoning. Food safety is a scientific discipline describing handling, preparation, and storage of food in ways that prevent food borne illness. This includes a number of routines that should be followed to avoid potentially severe health hazards. Food can transmit disease from person to person as well as serve as a growth medium for bacteria that can cause food poisoning. In developed countries there are intricate standards for food preparation, whereas in lesser developed countries the main issue is simply the availability of adequate safe water, which is usually a critical item. In theory food poisoning is 100% preventable.³ Food hygiene importance & safety; proper food hygiene is very important when it comes to food preparation. Without washing hands & kitchen tools, disease may easily spread. In some place through this crucial matter is not always known and is unfortunately taken lightly. Since cross contamination is a major cause of food poisoning & can transfer bacteria from one food item to other foods. It is crucial to be aware of how it spread so you will know how to prevent it⁴.

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Statement of Problem

“A Study to Assess The Knowledge And Attitude Towards Food Hygiene Among Food Handlers In Selected Hostels Of Bvv Sangha Bagalkot.

Objectives of the Study

1. To determine the level of knowledge regarding food hygiene among food handlers in selected hostels of BVV Sangha Bagalkot.
2. To identify the level of attitude towards food hygiene among food handlers in Selected hostels of BVV Sangha Bagalkot.
3. To find out the association of knowledge scores with the selected demographic Variables.
4. To find out the association of attitude scores with the selected demographic Variables.

Hypotheses

The following hypothesis will be tested at .05 level of significance

H1: There will be a significant association between knowledge regarding food hygiene and socio-demographic variable.

H2: There will be a significant association between attitude regarding food hygiene and socio-demographic variable.

METHODOLOGY

Research design

A descriptive survey design is adopted to assess the knowledge and attitude towards food hygiene among food handlers.

Research variables

Research variables in this study are knowledge and attitude of the food handlers.

Demographic variables

Demographic variables included are age, gender, marital status, education, religion, years of experience, work experience in any other food establishments of the food handlers.

Setting of the Study

The study was conducted at selected Hostels of BVV Sangha, Bagalkot.

Population

The population in the study consists of food handlers in selected hostels in Bagalkot.

Sample

In this study, the sample comprises of 60 food handlers in selected hostels of BVV Sangha, Bagalkot.

Sampling Technique

Purposive sampling technique is used to select the subjects.

Criteria for Sample Selection

Inclusion criteria for sampling

- Food handlers who are working in selected hostels of BVV Sangha BAGALKOT.
- Both male and female food handlers who are working in the selected hostels of BVV

- Sangha BAGALKOT.
- Those who are available during study.

Exclusion Criteria

Food handlers who underwent training in food hygiene practices

RESULTS

Part I: Assessment of Knowledge of the food handlers regarding food hygiene

Table 1 Frequency, percentage of knowledge score of food handlers

Grade	Frequency	Percentage
Inadequate	17	28
Moderately adequate	39	65
adequate	4	6.7

N = 60

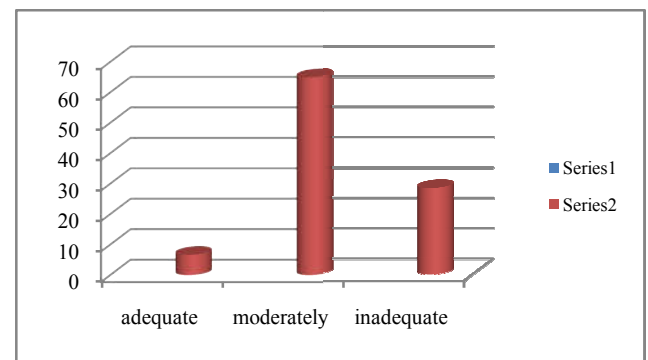


Figure 1 Cylinder Diagram showing percentage distribution of knowledge score of food handlers regarding food hygiene

The data presented in Table 1 and Figure 1 depicts that most of the respondents had moderately adequate level of knowledge 65% and 28.3 % had inadequate knowledge level. Only 6.7% of the subjects had adequate knowledge on food hygiene.

Part II: Attitude scores of the food handlers regarding food hygiene

Table 2 Frequency, percentage of attitude scores of the food handlers

Attitude score	Grade	Frequency	Percentage
0-48	negative attitude	16	26.7
49-72	average /moderate	44	73.3
73-100	positive attitude	0	0

N = 60

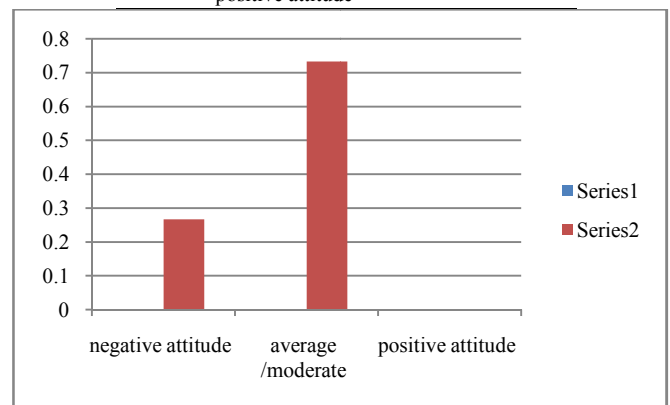


Figure 2 Cylinder Diagram showing percentage distribution of attitude scores of the food handlers regarding food hygiene

The data presented in table 4 and figure 10 reveals that 73.3 % of the food handlers had an average/ moderate level of attitude and 26.7% of the food handlers had negative attitude regarding food hygiene and nobody had positive attitude regarding food hygiene.

Part III: Association of knowledge and attitude scores of the food handlers regarding food hygiene with selected demographic variables

Table 3 Association of knowledge score and selected demographic variables

S no.	Variables	df	X ²	Significance
1	Age in years	02	1.515	NS
	≤30			
	31-35			
2	Gender	01	0.031	NS
	Male			
3	Marital status	01	0.5307	NS
	Single			
4	Educational status	01	0.53	NS
	Primary			
5	Religion	02	0.992	NS
	Hindu			
6	years of experience	01	1.481	NS
	<5 years			
	> 5 years			
7	Medical examination before the job	01	0.023	NS
	Yes			
8	Have worked in any other food establishment	01	0.01	NS
	Yes			
9	Any training in food hygiene	01	0.01	NS
	Yes			

X²₁=3.84, p<0.05

Table 4 Association of attitude score and selected demographic variables

S no.	variables	df	X ²	Significance
1	Age in years	02	1.681	NS
	≤30			
	31-35			
2	Gender	01	0.048	NS
	Male			
3	Marital status	01	0.634	NS
	Single			
4	Educational status	01	0.78	NS
	Primary			
5	Religion	02	0.793	NS
	Hindu			
6	years of experience	01	1.531	NS
	<5 years			
	> 5 years			
7	Medical examination before the job	01	0.023	NS
	Yes			

8	Yes	01	0.053	NS
	No			
9	Have worked in any other food establishment	01	0.04	NS
	Yes			
9	Any training in food hygiene	01	0.1	NS
	Yes			

CONCLUSION

The study concluded that Majority of the 65% had moderately adequate level of knowledge and 28.3 % had inadequate knowledge level. Only 6.7 % of the subjects had adequate knowledge on food hygiene. Were as about their attitude level reveals that 73.3 % of the food handlers had an average/ moderate level of attitude and 26.7% of the food handlers had negative attitude regarding food hygiene and nobody had positive attitude regarding food hygiene

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