



The knowledge on hygiene practices among the various food handlers of canteen in Selected University campus, Meerut.

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Abstract:

Introduction:

Food hygiene is focused on maintaining the quality of the food. Food handlers are the most important sources for the transfer of microorganisms to the food from their skin, nose, and bowel and also from the contaminated food prepared and served by them. **Statement of The Problem:** “A study to assess the knowledge on hygiene practices among the various food handlers of canteen in Subharti University Campus, Meerut.”. **Objectives of the Study:** 1. To assess the knowledge on hygiene practices among the food handlers of canteen in Subharti University Campus, Meerut. 2. To determine the association of knowledge on hygiene practices among the food handlers with demographic variables. **Review of Literature:** The review of literature is categorized under the following headings: Section A – Literature related to food hygiene among food handlers and Section B – Literature related to knowledge and practice regarding food hygiene among food handlers. **Methodology:** Qualitative descriptive approach and Non experimental research design was used in this study. The study was conducted in the different dietary units i.e. various canteens of Swami Vivekanand Subharti University, Meerut. In this study, sample consists of various food handlers in canteens of Subharti University, Meerut. Simple random sampling technique is used. Sample size included in this study was 50 from the various dietary units of Subharti University, Meerut. **Results:** The present study revealed that majority samples were cooks. Majority of the food handlers lie in 21-29 years age group, have primary education 22(44%), with salary less than Rs.5000 and majority of subject and majority have 0-1 years of work experience. The majority of food handlers are having average knowledge i.e. (43) 86% on food hygiene practices. **Conclusion:** The study concluded that there was no association between sample knowledge on hygiene practice and demographic variables.

Keywords: Hygiene Practices, Food handlers

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 carbohydrate, fats, proteins, vitamins or minerals. Major risk of food contamination lies with the food handlers. Pathogenic organisms present in or on food handler's body multiply to an infective dose when come in contact with food and could be potential source of food poisoning to its clients. On the possible causes of food borne illness is unsafe preparation of food for sale or delivery to public by food businesses.

Statement of the problem:

“A study to assess the knowledge on hygiene practices among the various food handlers of canteen in Subharti University Campus, Meerut.”

Objectives of the study:

1. To assess the knowledge on hygiene practices among the food handlers of canteen in Subharti University Campus, Meerut.
2. To determine the association of knowledge on hygiene practices among the food handlers with demographic variables.

Hypothesis

H:- There is a significant association between the knowledge on hygiene practices with their demographic variables.

Review of Literature: The review of literature is categorized under the following headings: Section A – Literature related to food hygiene among food handlers and Section B – Literature related to knowledge and practice regarding food hygiene among food handlers.

Methodology: Qualitative descriptive approach and Non Experimental research design was used for the study. Various canteens of Swami Vivekananda Subharti University, Meerut were the settings of the study. Simple randomized sampling technique was used. Sample size was 50.

The tools used for the study contain demographic variables, knowledge and knowledge on attitude questionnaire regarding hygienic practices.

Plan for data analysis: Knowledge scores were planned to be organized, tabulated and analysed by using the frequency distribution, descriptive statistics, Chi- square test to seek out the significance of association between the knowledge on Hygiene practices among food handlers with their demographic variables.

TABLE NO 1:- FREQUENCIES AND PERCENTAGE DISTRIBUTION OF FOOD HANDLERS ACCORDING TO THEIR DEMOGRAPHIC VARIABLES.

S.NO	SAMPLE CHARACTERISTICS	FREQUENCY (f)	PERCENTAGE %
1.	AGE IN YEARS		
	<21 years	12	24
	21-29 years	14	28
	30-39 years	18	36
	Above 40 years	6	12
2.	EDUCATION QUALIFICATION		
	Illiterate	9	18
	Primary Education	22	44

	Higher Education	10	20
	Intermediate Education	9	18
3.	MONTHLY SALARY		
	< Rs. 5000	18	36
	Rs. 5000-8000	17	34
	Rs. 8000-10000	8	16
	Above Rs. 10000	7	14
4.	WORK EXPERIENCE		
	0-1 years	20	40
	1-3 years	16	32
	3-5 years	9	18
	Above 5 years	5	10
5.	PERSONAL HABITS		
	Alcohol	2	4
	Smoke /Smokeless Addiction	8	16
	Any other	6	12
	None	34	68

- According to their age, the maximum of food handlers in different dietary units in Subharti University are lies in between 30-39 years that are (18) 36% and minimum food handlers have more than 40 years that are (6) 12%.
- As per education qualification most of food handlers in different dietary units in Subharti University have Primary education (22) 44% and least food handlers have Intermediate education (9) 18%.
- Monthly salary of the maximum food handlers in different dietary units in Subharti University is less than Rs. 5000 (18) 36% and minimum food handlers are paid of above Rs.10, 000 (7) 14%.
- Most of the food handlers in different dietary units in Subharti University having work experience of 0-1 year (20) 40% and least food handlers having work experience above 5 year (5) 10%.
- Most of the food handlers are not having any personal habit that are (34) 68% and least of the food handlers 2(4%) are having habit of alcohol.

TABLE NO. 2: Assessment of knowledge score on food hygiene practices among various food handlers in Subharti University canteen.

Food hygiene practices	Score Interpretation	Frequency(f)	Percentage (%)
GOOD	16-24	03	6%
AVERAGE	8-15	43	86%
POOR	0-7	04	8%

Data in the table-2 shows that among total samples i.e. 50 sample, majority of sample that is (43) 86 % have average hygiene practices, (3) 6% have good hygiene practices, (4) 8% have poor hygiene practices among

various food handlers in Subharti University canteen .

Conclusion : In this study the food hygiene practices among various food handlers and demographic variables are not associated significantly because the value of chi-square calculated is 4.94 that is less than chi-square tabulated at level of significance 0.05.

Implications of the study : The finding of the study has implications for the nursing education, nursing practice and nursing research.

Nursing education: The study can be utilized in developing certain tools or strategies to improve the food hygiene practices among food handlers and also evaluate the content of the information and update it an on-going process.

Nursing practices: Nurses can utilize the data in planning various interventions in the community and hospitals. Community health nurse can conduct a visit to evaluate the practice level and knowledge level of various food handlers in a particular area related to various aspects of food hygiene as personnel hygiene, preparation of food, storage of food, food and utensils handling etc. A visit in hospital mess or canteen can also be conducted by the nurse.

Nursing research: This study can act as a basis for other researches like assessing the attitude regarding food hygiene practice among the food handlers in dietary utensil handling etc. The study data can be further used for various training programs.

Recommendations: 1.) The study can be done on larger sample to validate the findings and make generalization. 2.) A survey study can be done to assess the food hygiene practice level of the various food handlers. 3.) A study can be done to assess the attitude regarding food hygiene practice regarding food hygiene.

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