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The Correlation Between Knowledge and Attitude on Food Colorant Uses of PKK Mothers in Penggaron Lor Village

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ABSTRACT

The problem in Penggaron Lor Village are the lack of knowledge and skills, especially mothers about healthy snacks and food colorant, so it requires to observed the the correlation between knowledge and attitude on food colorant uses. This study was an observational analytic study with cross sectional design. Among PKK (a community organization whose members mothers household), 57.9 % and 50 % (n=38) had a good level of food colorant knowledge and attitude, respectively. The improper food colorant uses are not always a result of a low level of knowledge on food colorant. It is very necessary to carry out training on food colorant uses among PKK mothers to increase the practices of food cooking.

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INTRODUCTION

Snacks are important for small children and perhaps a few adults with very high calorie needs, who don't eat enough food at meals to grow, heal or perform [1]. Safety and healthy snacks are snacks that are free of physical hazards, chemical contamination and biological hazards. Quality snacks are generally determined based on flavor, colour, texture, and nutritional value. Colour is an important factor influencing consumers' acceptability of food products. This is due to the fact that consumers always associate food colour with other qualities such as freshness, ripeness, and food safety [2]. Thus, many food colorants added to food products to stimulate a natural colour and make the products more desirable.

The demand of natural food colorant has become increasingly important. It has led to legislative restrictions on the use of synthetic colorants in foods due to their associated toxicology [3]. The health problems which may arise due

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to prolonged use of synthetic colorant, such as anaemia, tumour, cancer, pathological lesion in the brain, kidney, and liver [4].

Recently there are many misuses of synthetic colorant in Indonesia. The National Agency of Drug and Food Control (NADFC) reported that during 2013 there are 48 outbreaks of food poisoning that comes from 34 province with 6,926 people exposed. Food poisoning cases resulted in an estimated of 1,690 illness and 12 deaths. The frequency of outbreaks of food poisoning in Semarang Indonesia is the highest after Denpasar as many 17 cases (35.42%). Food poisoning cases usually reported in household kitchen and elementary school. The contributing factors in these outbreaks of food poisoning are improper dose of food additives, the use of hazardous chemicals that are prohibited such as borax, formalin, and colorant textiles, poisoning after consuming food, and poor personal hygiene. Data show that most outbreaks of food poisoning caused by household cooking (47.92%) [5]. Three factors are playing major role in the occurrence of food poisoning with regard to food handlers: knowledge, attitude and practice according to discipline and sex [6].

Penggaron Lor is one of the villages in the district of Genuk, Semarang, Central Java Indonesia. The population of the Penggaron Lor Village is 4,097 people. Toddlers and children took second place and the third most populous age group after adults (20-49 years). The population is spread across 25 4 RT and RW, where each block has a group of mothers in households that are members of the Development of Family Welfare (PKK) [7]. The PKK is a community organization whose members Mothers household. As partners (direct) government in empowering and improving the welfare of society through the family, the PKK claimed to be active in various areas of life covered by the 10 main programs, one of which is food (three programs).

The problem in Penggaron Lor Village, Genuk Semarang are the lack of knowledge and skills, especially mothers about healthy snacks and food colorant, so it requires to observed the the correlation between knowledge and attitude on food colorant uses. Training programs are important for improving the knowledge of mothers as food handlers; however, more knowledge of food safety practices does not always lead to positive changes in food handling behaviors [8]. These study reinforce the importance of conducting a preliminary assessment of training needs and evaluating the effectiveness of training and indicate that the continuous education is needed to assure constantly a food colorant uses for mothers.

MATERIALS AND METHODS

This research used a descriptive, cross-sectional study of 38 mother Development of Family Welfare (PKK) in Penggaron Lor, Genuk, Semarang, Central Java Indonesia. Informed consent, previously approved by the Ethics Committee of the Medical Faculty Sultan Agung Islamic University, was provided by each participant.

Interviews

The knowledge and attitudes have been assessed to mothers on food colorant using a structured questionnaire. The questionnaire was read and completed by an interviewer in individual interviews. The data collection period occurred between January and February 2014. The questionnaire was organized into the following three distinct parts: part 1: demographic information (such as age, level of education, and employment); part 2: knowledge about food colorant; part 3: attitudes on food colorant. The knowledge section (part 2) included 15 close-ended questions with two possible answers, “true”, and “false”. These questions focused on the natural and syntetic food colorant, issues regarding the effect of syntetic food colorant. For evaluation, we used a scale ranging between 0 and 100% of true answers. Mothers that had a scores less than 80% true answers were regarded to have “Bad” knowledge and those that had scores equal to or more than 80% were considered to have “good” knowledge. The attitudes section of the questionnaire (part 3) aimed to determine the understanding of the mother about food colorant and contained 10

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