

**PERSONAL HYGIENE COUNSELING WITH MEDIA POSTERS ON THE
LEVEL OF KNOWLEDGE AND ATTITUDE OF THE COOKERS AT AISIYIAH
ISLAMIC HOSPITAL MALANG**

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ABSTRACT

Food is one of the 5 highest causes of food poisoning. The cause is microbiological contamination that can arise due to the application of personal hygiene to cooks who are not good enough. The purpose of this study was to analyze changes in the level of knowledge and attitude of the cooks before and after being given counseling about personal hygiene using poster media at Aisyiyah Islamic Hospital Malang. This research is a descriptive quantitative study with a pre-experimental one group pre-test – post-test design. Respondents The data collection techniques used were interviews, observation, and questionnaires. The sampling technique used was purposive sampling with inclusion and exclusion criteria. The large number of samples obtained was 14 people. The results of this study were that there were changes before and after being given personal hygiene counseling with poster media in the form of an increase in the level of knowledge in the good category from 57% to 100%, while in attitude the increase was in the good category from 57% to 85%.

Keywords: knowledge, attitudes, personal hygiene, posters, counseling