

RINGKASAN

ARTHA AFRIGA TARIHORAN. *Personal Hygiene* Pekerja dalam Produksi *Fillet* Ikan Kakap Merah (*Lutjanus sanguineus*) di PT. Alam Jaya. Dosen Pembimbing Dr. Ahmad Shofy Mubarak, S.Pi., M.Si

Personal hygiene merupakan kegiatan perawatan diri manusia dalam mempertahankan kehidupannya, kesehatan dan kesejahteraan sesuai kondisi kesehatannya. Pemeliharaan *personal hygiene* diperlukan untuk kenyamanan diri sendiri untuk kelancaran proses produksi dalam pencegahan kontaminasi langsung produk. Kegiatan *personal hygiene* pekerja dilakukan sebelum memasuki area produksi, proses produksi, hingga keluar dari area produksi. Tujuan dari pelaksanaan Praktek Kerja Lapang di PT. Alam Jaya Surabaya adalah mengetahui secara langsung mengenai penerapan *personal hygiene* pekerja pada produksi *fillet* ikan kakap merah (*Lutjanus sanguineus*), mengetahui secara langsung *personal hygiene* pekerja terhadap kualitas *fillet* ikan kakap merah (*Lutjanus sanguineus*), dan mengetahui secara langsung kendala penerapan *personal hygiene* pekerja.

Praktek Kerja Lapang ini dilaksanakan di PT. Alam Jaya Surabaya, pada tanggal 17 Desember 2018 – 31 Januari 2019. Metode kerja yang digunakan dalam Praktek Kerja Lapang ini adalah dengan pengambilan data secara langsung meliputi data primer dan data sekunder. Pengambilan data dilakukan dengan cara partisipasi aktif, observasi, wawancara dan studi pustaka. PT. Alam Jaya telah menerapkan *personal hygiene* sesuai dengan standart *personal hygiene* yang terdiri dari kelengkapan pekerja (seragam, topi, masker, sepatu, dan celemek) dan fasilitas-fasilitas penunjang *personal hygiene* pekerja.

Tahapan proses produksi *fillet* ikan kakap merah meliputi penerimaan bahan baku, pencucian ikan, penyortiran ikan, penimbangan ikan, pemfilletan, *trimming* (perapihan), pencucian *fillet*, penimbangan *fillet*, pengemasan primer, pemvakuman dan penyusunan *long pan*, pengemasan primer, penyimpanan *cold storage*.

SUMMARY

ARTHA AFRIGA TARIHORAN. *Personal Hygiene* of the workers in the production of *Fillet* of Red Snapper (*Lutjanus sanguineus*) PT. Alam Jaya Surabaya. Academic Advisor Dr. Achmad Shofy Mubarak, S. M.Si, Pi.

Personal hygiene is a human self-care activity in maintaining their life, health and well-being according to their health condition. In addition, the maintenance of personal hygiene is needed for self-comfort for the smooth production process in preventing direct contamination of products. Workers' *personal hygiene* activities are carried out before entering the production area, production process, and outside the production area. The purpose of implementing this Field Work Practice was to know directly about the application of personal hygiene of workers in the production of red snapper *fillet* (*Lutjanus sanguineus*) at PT. Alam Jaya Surabaya, was to know directly the *personal hygiene* of workers towards the quality of red snapper *fillet* (*Lutjanus sanguineus*), and to know directly the obstacles of the application of *personal hygiene* of workers.

Practice Work was carried out at PT. Alam Jaya Surabaya, on December 17, 2018 - January 31, 2019. The working method used in this Field Work Practice was by collecting data directly including primary data and secondary data. Data retrieval was done by means of active participation, observation, interviews and literature. PT. Alam Jaya has implemented *personal hygiene* in accordance with the standards of personal hygiene which consists of workers completeness (uniforms, hats, masks, shoes, and aprons) and facilities to support *personal hygiene* of workers.

The stages of the red snapper *fillet* production process include the receipt of raw materials, fish washing, fish sorting, weighing fish, *fillet*, trimming, *fillet* washing, *fillet* weighing, primary packaging, vacuuming and arranging long pan, primary packaging, cold storage.