

The Relationship Between Knowledge, Attitudes, and Pocket Money and Food Safety Behavior Among Students at Mulyasari Patokbeusi Public Elementary School in 2025

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ABSTRACT

Background & Objective: Food is a basic necessity that must meet safety standards to be safe for consumption and not pose a health risk. This study aims to analyze the factors associated with food safety behavior among students at SDN Mulyasari Patokbeusi in 2025. **Method:** A quantitative cross-sectional design was used, involving 97 respondents selected via purposive random sampling. Data were collected using a questionnaire and analyzed using the Chi-square test. **Result:** The results indicate that attitude has a significant association with food safety behavior ($p = 0.014$; OR = 4.154; 95% CI: 1.284–13.441). Knowledge did not show a significant relationship ($p = 0.613$; OR = 1.292; 95% CI: 0.476–3.504), nor did pocket money ($p = 1.000$; OR = 1.158; 95% CI: 0.285–4.708). **Conclusion:** These findings indicate that students' attitudes play a greater role in determining food safety behavior than knowledge and the amount of pocket money they have.

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Introduction

Food is a basic human need that is required every day. Food that is beneficial to the body must be managed effectively and efficiently. The food consumed must meet standards deemed safe for consumption and must not have adverse effects. Food management involves food processing, food handler hygiene, and food service. One of the most common causes of death and illness in Indonesia is foodborne illness (Juhaina, 2021).

Food safety means that the food produced must be safe and of high quality. Children are a particularly vulnerable consumer group because unsafe food can cause foodborne illnesses. Food safety, nutrition, and food security are closely interrelated, as access to high-quality and nutritious food is crucial for supporting good health (Yahya et al., 2022).

According to data from the World Health Organization (WHO), food poisoning causes the highest number of deaths in African and Southeast Asian countries (Patniawati et al., 2023). Foodborne diseases and waterborne diarrhea claim the lives of 2,000,000 people annually, including children. According to the Centers for Disease Control and Prevention (CDC), 1 in 6 people—or 48,000,000 people—in the United States fall ill each year, requiring 128,000 hospitalizations, and 3,000 die from foodborne illnesses (Yuliawati et al., 2020).

Based on data from Indonesia, the highest number of food poisoning cases occurs on the island of Java. West Java reported 25 incidents, Central Java 17, East Java 14, Bali 13, and West Nusa Tenggara (NTB) 12. Additionally, in 2021, in Tenggarong City, East Kalimantan, there were 35 cases of schoolchildren suffering from food poisoning caused by eating food from outside and fast food (Patniawati et al., 2023). As a result of unhygienic food and beverages, diarrhea, typhoid, and hepatitis remain common in Indonesia, with a prevalence of diarrhea at 3.5%. Hundreds of cases and deaths due to food poisoning occur in Aceh, while school-aged children are one of the vulnerable groups. The main factors include inadequate environmental sanitation and equipment, lack of knowledge regarding food safety, and poor personal hygiene among food handlers (Yuliawati et al., 2020). A preliminary study was conducted. Based on an interview with the principal of SDN Mulyasari Patokbeusi, there is currently no officially managed healthy school canteen operated by the school or relevant authorities. Instead, students' snack consumption relies heavily on street vendors operating around the school premises. These vendors generally do not undergo selection or oversight regarding hygiene and food safety standards, so the types of food sold tend to vary and may not meet criteria for healthy and hygienic food. This situation has the potential to increase the risk of health issues among students, particularly those related to the consumption of unhealthy food.

Knowledge regarding food safety (e.g., proper food handling, temperature control, and the separation of raw and cooked foods) serves as the foundation for adopting safe behaviors when selecting and consuming food. This knowledge not only influences attitudes but also enables individuals to recognize potential risks, thereby facilitating informed decisions when purchasing or preparing food. A study in Ambon found (Hidayat, 2023).

Attitudes toward food safety represent an individual's readiness to respond to information about the importance of choosing safe food for consumption. These attitudes are formed through a process of understanding, accepting, and evaluating the information received, thereby leading to specific behavioral tendencies. In the context of elementary school students, attitudes toward food safety are significantly influenced by the extent to which they understand the dangers of unsafe food, such as snacks containing harmful synthetic dyes (Swamilaksita et al., 2021).

Pocket money is a sum of money given by parents to their children to meet their needs while at school, including for purchasing food. In the context of food safety, pocket money plays a crucial role as it determines the types of snacks children consume. This study explains that the more pocket money a child has, the greater their ability to buy food according to their preferences, which are often chosen based on taste rather than nutritional value or food safety. This risks increasing the consumption of unhealthy foods, such as brightly colored foods, high-sugar foods, or unhygienic foods (Adolph, 2024).

Objective

This study aims to analyze the relationship between knowledge, attitudes, and pocket money and food safety behavior among students at SDN Mulyasari Patokbeusi in 2025.

Method

This study employs a cross-sectional design, in which the researcher measures the study subjects only once, with all measurements taken simultaneously. The objective of this study is to examine the relationship or correlation among the variables under investigation. Specifically, this study aims to identify the factors influencing food safety behavior among elementary school students at Mulyasari Patokbeusi Elementary School in 2025.

The study was conducted from June 2024 to June 2025 at Mulyasari Patokbeusi Elementary School

The research instrument used in the study titled Factors Related to Food Safety Behavior Among Students at Mulyasari Patokbeusi Public Elementary School in 2025 is a questionnaire consisting of 38 questions adapted from previous research and modified by the researcher. It includes questions regarding the factors between the independent and dependent variables in the study. Data analysis was performed using the Chi-Square test.

Results

Univariate Analysis

TABLE 1. Frequency Distribution of Demographic Data

No	Variable	Number (n)	Percentage (%)
1.	Age		
	9	2	2.1
	10	19	19.6
	11	30	30.9
	12	34	35.1
	13	12	12.4
Total		97	100.0
2.	Gender		
	Male	56	57.7
	Female	41	42.3
	Total	97	100.0

TABLE 2. Identification of Factors Associated with Food Safety Behavior Among Students at Mulyasari Patokbeusi Public Elementary School in 2025

No	Variable	Number (n)	Percentage (%)
1.	KNOWLEDGE		
	Insufficient Knowledge	66	68.0
	Good Knowledge	31	32.0
	Total	97	100.0
2.	ATTITUDE		
	Negative Attitude	40	41.2
	Positive Attitude	57	58.8
	Total	97	100.0
3.	POCKET MONEY		
	Insufficient Pocket Money	85	87.6
	Good Pocket Money	12	12.4
	Total	97	100.0

4. BEHAVIOR			
Unsafe Behavior	75	77,3	
Safe Behavior	22	22,7	
Total	97	100.0	

Bivariate Analysis

TABLE 3. Factors associated with food safety behavior among students at Mulyasari Patokbeusi Public Elementary School in 2025

Knowledge	Food Safety Behavior				Total		P value ($\alpha = 0,05$)	OR	(95% CI)
	Unsafe		Safe		N	%			
	N	%	N	%					
Inadequate	52	78,8	14	21,2	66	100	0.613	1.292	0,476 – 3,504
Adequate	23	74,2	8	25,8	31	100			
TOTAL	75	77,3	22	22,7	97	100			

TABLE 4. Factors associated with food safety behavior among students at Mulyasari Patokbeusi Public Elementary School in 2025

Attitude	Food Safety Behavior				Total		P value ($\alpha = 0,05$)	OR	(95%CI)
	Unsafe		Safe		N	%			
	N	%	N	%					
Negative	36	90	4	10	40	100	0.014	4,154	1,284 – 13,441
Positive	39	68,4	18	31,6	57	100			
TOTAL	75	77,3	22	22,7	97	100			

TABLE 5. Factors associated with food safety behavior among students at Mulyasari Patokbeusi Public Elementary School in 2025

Pocket Money	Food Safety Behavior				Total		P value ($\alpha = 0,05$)	OR	(95%, CI)
	Unsafe		Safe		N	%			
	N	%	N	%					
Not Enough	66	77,6	19	22,4	85	100	1.000	1,158	0,285 – 4,708
Enough	9	75,0	3	25,0	12	100			
TOTAL	75	77,3	22	22,7	97	100			

Discussion

Based on Table 1, of the 97 respondents surveyed, 2 were 9 years old (2.1%), 19 were 10 years old (19.6%), 30 were 11 years old (30.9%), 34 were 12 years old (35.1%), and 12 were 13 years old (12.4%). The most common age was 12 years old. As for gender, there were 56 males (57.7%) and 41 females (42.3%). This indicates that there were more males than females.

Based on Table 2, out of 97 respondents, the majority had good knowledge (31 people, 32.0%), while 66 people (68.0%) had insufficient knowledge. The majority exhibited positive attitudes (57 people, 58.8%), while 40 people (41.2%) exhibited negative attitudes. It was found that the majority had insufficient pocket money (85 people, 87.6%), while 12 people (12.4%) had adequate pocket money. Additionally, the majority exhibited unsafe behavior (75 people, 77.3%), while 22 people (22.7%) exhibited safe behavior.

Based on Table 3, the results of the Chi-Square statistical test using Fisher's Exact Test showed a p-value of 0.613 ($\alpha = 0.05$), indicating no significant relationship between knowledge and food safety behavior.

Theoretically, the absence of a significant relationship between knowledge and food safety behavior can be explained by the fact that knowledge does not necessarily directly influence a person's behavior, especially among elementary school-aged

children. Elementary school children are also still in the concrete operational stage of cognitive development according to Piaget's theory, where they understand things better through direct practice rather than theoretical knowledge alone. Therefore, even if a student has sufficient knowledge about the importance of food safety behavior, they may not necessarily be able to or be accustomed to applying it in daily life if it is not accompanied by habit formation, supervision, and examples from their surroundings.

In line with the study (Rika Widianita, 2023) titled "Factors Associated with the Consumption of Unhealthy Snacks Among Fourth- and Fifth-Grade Students at Cipinang Besar Selatan 17 Morning Public Elementary School, East Jakarta, in 2022." The results of the analysis of 60 respondents showed that the highest proportion of students with good knowledge were those who consumed healthy snacks, totaling 20 (55.6%) students, while the lowest proportion—students with good knowledge but who did not consume healthy snacks—totaled 11 (45.8%) students. The results of the Chi-Square statistical test yielded a p-value of 0.635 ($\alpha = 0.05$) for the relationship between knowledge and unhealthy snack consumption behavior among students. Furthermore, the Prevalence Ratio (PR) analysis yielded a value of 1.477 with a 95% CI (0.523–4.170), indicating that students with poor knowledge are 1.4 times more likely to engage in unhealthy snack consumption compared to those with good knowledge.

The results of the Chi-Square test with Fisher's Exact Test showed a p-value of 0.014 ($p < 0.05$) for food safety, indicating a statistically significant relationship between attitudes and food safety behavior.

There is a significant relationship between attitudes and food safety behavior because attitudes reflect a person's readiness to respond to an object or situation, including in terms of maintaining food safety. A person with a positive attitude toward the importance of food safety tends to be more aware, concerned, and motivated to adopt behaviors that support food safety, such as washing hands before eating, paying attention to the cleanliness of the eating environment, and choosing clean and healthy foods.

This contrasts with the study (Priskylla, 2021) titled "Factors Associated with Snack Consumption Behavior Among Elementary School Students at GMIM Rambunan in Minahasa Regency." The results of the analysis of 38 student respondents showed that 29 students (76.3%) had a poor attitude and 9 students (23.7%) had a good attitude. Of the 29 students with poor attitudes, 25 students (86.2%) exhibited poor behavior, while 4 students (44.4%) exhibited good behavior. Meanwhile, among the 9 students with good attitudes, 4 students (13.8%) exhibited poor behavior, and 5 students (55.6%) exhibited good behavior. The Pearson correlation table shows a correlation coefficient of 0.207 between the behavior variable and the attitude variable; thus, it can be concluded that the relationship between the attitude variable and the behavior variable falls into the low category with a value of 20.7%. The significance value, sig. (two-tailed) = 0.213, is greater than the alpha value of 0.05; therefore, it can be concluded that there is no significant relationship between the attitude variable and the behavior variable.

The results of the Chi-Square test with Fisher's Exact Test show a p-value of 1.000, meaning there is no statistically significant relationship between pocket money and safe food behavior (since $p > 0.05$).

Pocket money can indeed influence the types of snacks students buy, but it is not the sole factor determining whether they choose safe food or not. For example, students with plenty of money may not necessarily choose clean and healthy food, as they might buy food simply because it tastes good or because they are following their friends' lead, without caring about its cleanliness. Conversely, students with limited pocket money may be more cautious and choose safe food if they have been taught the importance of selecting clean and healthy food at home or school.

This study aligns with (Adolph, 2024), titled "The Influence of Nutritional Knowledge and Pocket Money on Snack Consumption Among Students at Public Elementary School 274 Bontosunggu, Bulukumba Regency." The effect of pocket money on snack consumption and snack energy intake, analyzed using the Chi-Square test, yielded an average value of $p = 0.171$ for the relationship between pocket money and snack energy consumption. The results of the analysis indicate that the null hypothesis (H_0) is accepted, suggesting that there is no significant influence of pocket money on the energy intake from snacks among fourth-, fifth-, and sixth-grade students at SDN 274 Bontosunggu, Bulukumba Regency.

Conclusion

Based on the description of the research findings regarding factors related to food safety behavior among 97 elementary school students at SDN Mulyasari Patokbeusi 2025, the following conclusions were drawn:

Based on the demographic data from the study of the 97 elementary school students at SDN Mulyasari Patokbeusi, it was found that The most common age was 12 years. There were 2 respondents aged 9 years (2.1%), 19 aged 10 years (19.6%), 30 aged 11 years (30.9%), 34 aged 12 years (35.1%), and 12 aged 13 years (12.4%). The most common age was 12 years old. As for gender, there were 56 boys (57.7%) and 41 girls (42.3%). This indicates that there were more boys than girls.

Based on the results of the analysis of the influence of students' knowledge of food safety on their food-selection behavior, the following can be determined. The p -value was 0.613 ($\alpha = 0.05$), meaning there was no significant relationship between knowledge and food safety behavior among students at Mulyasari Patokbeusi Public Elementary School in 2025. The Odds Ratio (OR) of 1.292 (95% CI: 0.476 - 3.504) indicates that students with adequate knowledge are less likely to exhibit unsafe behavior.

Based on the results of the analysis of the influence of students' attitudes toward food safety on their behavior in choosing food and snacks at school, it can be determined that the p -value is 0.014 ($p < 0.05$), indicating a statistically significant relationship between attitude and food safety behavior. Additionally, the Odds Ratio (OR) is 4.154 (95% CI: 1.284 - 13.441). Thus, it can be concluded that the more positive students' attitudes toward food safety are, the higher the likelihood that they will practice good food safety behaviors.

Based on the results of the analysis of the influence of students' pocket money on food safety regarding food and snack selection behavior at school, the following can be determined. The p -value was 1.000, indicating no statistically significant relationship between pocket money and food safety behavior ($p > 0.05$). The Odds Ratio (OR) value of 1.158 (95% CI: 0.285 - 4.708) indicates that students with lower pocket money have a 1.158 times greater likelihood of exhibiting unsafe food behavior. Therefore, it can be concluded that there is no statistically significant relationship

between pocket money and food safety behavior among students at Mulyasari Patokbeusi Public Elementary School in 2025.

Recommendations

For Respondents (Students at SDN Mulyasari Patokbeusi):

It is hoped that students will begin to get into the habit of practicing food safety behaviors in their daily lives, such as washing their hands before eating, choosing clean and properly packaged foods, and avoiding suspicious snacks or those without proper distribution permits. Students are also encouraged to be more mindful of the cleanliness of the environments where they purchase food and to be more selective in spending their allowance.

For Future Researchers:

It is recommended to expand this study using a mixed-methods approach—combining quantitative and qualitative methods—to gather data more comprehensively. Qualitative approaches such as in-depth interviews and participant observation can be used to understand why students continue to choose unhealthy snacks despite having sufficient knowledge. Additionally, researchers can employ experimental or quasi-experimental designs to test the effectiveness of food safety education intervention programs on changes in student behavior over a specific period.

For the School (SDN Mulyasari Patokbeusi):

The school is expected to form a canteen or school snack supervision team involving teachers, school health unit staff, and student representatives to monitor food safety within the school environment. The school can also develop food safety education modules to be incorporated into learning activities or extracurricular programs. Competitions, simulations, or educational games themed around healthy snacks can serve as engaging strategies to foster positive attitudes and behaviors toward healthy food among students.

For the Patokbeusi Community Health Center:

The Community Health Center is expected to regularly conduct health education sessions and snack screenings at schools, as well as provide brief training to food vendors near the school regarding hygiene, the use of safe food ingredients, and the importance of personal protective equipment. Additionally, collaboration between the health center's nutrition officers and school health teachers needs to be strengthened to design an "Food-Safe School" program integrated with the promotion of healthy lifestyle practices.

For the Subang District Education Office:

The Education Office is advised to establish regulations requiring every elementary school to have a food safety education program and minimum standards for school canteens. Furthermore, the office can develop thematic teaching modules on food safety that can be used by elementary school teachers throughout Subang Regency. The development of this curriculum needs to be coordinated with the Health Office to ensure that interventions provided to students align with national food safety standards.

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