

RINGKASAN

Pasar modern merupakan tempat berbelanja yang lebih nyaman dan efisien dengan konsep *self-service*. Banyak orang memilih membeli sayuran di pasar modern karena berkaitan dengan kenyamanan, kualitas, dan fasilitas yang lengkap. Purwokerto memiliki dua pasar modern besar yang menjual berbagai sayuran antara lain sayur lalapan. Sayur-sayuran yang dimakan mentah sebagai lalapan, memiliki risiko tinggi terkontaminasi *Soil-Transmitted Helminths* (STH). Jenis sayur yang biasa dijadikan lalapan antara lain kubis (*Brassica oleracea* L.), kemangi (*Ocimum basilicum*), selada (*Lactuca sativa*), dan kacang panjang (*Vigna unguiculata* L.). Cacing STH merupakan nematoda usus yang membutuhkan tanah untuk siklus hidupnya dan mengkontaminasi manusia melalui makanan seperti lalapan. Pada lalapan, telur cacing akan melekat pada sayuran, sehingga apabila dikonsumsi manusia dapat menyebabkan terjadinya infeksi.

Metode penelitian yang digunakan adalah survei dengan teknik pengambilan sampel secara *purposive* yaitu mengambil jenis sayur lalapan dengan kriteria tertentu. Sampel berupa sayur lalapan yang berpotensi terkontaminasi STH yaitu kubis, kemangi, selada, dan kacang panjang. Sampel diambil tiga helai terluar dan tiga helai terdalam untuk kubis dan selada, tiga cabang untuk kemangi, serta tiga helai kacang panjang. Pengambilan sampel dilakukan pada kedua pasar modern, seminggu sekali pada setiap jenis sayur selama satu bulan. Jumlah sampel sayur lalapan yang diamati dari dua pasar modern adalah 128 sampel menggunakan metode apung. Data yang diperoleh dianalisis dengan analisis deskriptif, diidentifikasi mengacu referensi *Centers for Disease Control and Prevention* (CDC) telur STH, dan prevalensi dihitung berdasarkan rasio banyaknya sayur lalapan yang terkontaminasi telur STH dibandingkan dengan jumlah seluruh sayur lalapan yang diperiksa.

Hasil penelitian ditemukan tiga jenis telur STH, yaitu telur *Ascaris lumbricoides*, *Ancylostoma duodenale*, dan *Trichuris trichiura* dengan prevalensi telur *A. lumbricoides* 14,06%, *A. duodenale* 1,56%, dan *T. trichiura* 5,46% dengan total prevalensi 21,08%. Prevalensi tinggi ditemukan pada kubis yaitu 31,24%, kedua selada 24,99%, ketiga kemangi 18,75% dan terendah pada kacang panjang 12,5%.

Kata kunci: *Pasar Modern, Sayur lalapan, Soil-Transmitted Helminths (STH)*

SUMMARY

Modern markets are more convenient and efficient shopping places with a self-service concept. Many people choose to buy vegetables at modern markets because of their convenience, quality, and complete facilities. Purwokerto has two large modern markets that sell various vegetables, including fresh vegetables. Vegetables that are eaten raw as lalapan have a high risk of being contaminated with Soil-Transmitted Helminths (STH). Types of vegetables commonly used as lalapan include cabbage (*Brassica oleracea* L.), basil (*Ocimum basilicum*), lettuce (*Lactuca sativa*), and long beans (*Vigna unguiculata* L.). STH worms are intestinal nematodes that require soil for their life cycle and contaminate humans through foods such as lalapan. In lalapan, worm eggs attach to vegetables, so when consumed by humans, they can cause infection.

The research method used was a survey with purposive sampling technique, which involved selecting certain types of vegetables based on specific criteria. The samples were vegetables that had the potential to be contaminated with STH, namely cabbage, basil, lettuce, and long beans. Three outer leaves and three inner leaves were taken from the cabbage and lettuce, three branches from the basil, and three leaves from the long beans. Sampling was carried out at both modern markets once a week for each type of vegetable for one month. The number of raw vegetable samples observed from two modern markets was 128 samples using the floating method. The data obtained was analyzed using descriptive analysis, identified with reference to the Centers for Disease Control and Prevention (CDC) STH eggs, and the prevalence was calculated based on the ratio of raw vegetables contaminated with STH eggs compared to the total number of raw vegetables examined.

The study found three types of STH eggs, namely *Ascaris lumbricoides*, *Ancylostoma duodenale*, and *Trichuris trichiura* eggs with a prevalence of *A. lumbricoides* eggs at 14.06%, *A. duodenale* at 1.56%, and *T. trichiura* at 5.46% with a total prevalence of 21.08%. High prevalence was found in cabbage at 31.24%, followed by lettuce at 24.99%, basil at 18.75%, and the lowest in long beans at 12.5%.

Keywords: *Modern Market, Soil-Transmitted Helminth (STH), Vegetables*