

ABSTRAK

DETERMINAN POLA PANGAN HARAPAN (PPH) PADA RUMAH TANGGA BURUH PENGASIN IKAN DI PULAU PASARAN

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Penelitian ini bertujuan untuk mengetahui pendapatan rumah tangga, distribusi pengeluaran pangan, skor Pola Pangan Harapan (PPH) dan determinan PPH rumah tangga buruh pengasin ikan. Penelitian dilakukan di Pulau Pasaran Kecamatan Teluk Betung Timur, Kota Bandar Lampung. Total sampel sebanyak 50 buruh pengasin ikan, dipilih dari populasi menggunakan metode acak sederhana. Data penelitian diambil pada bulan Juni hingga Agustus 2015 dan dianalisis menggunakan analisis kualitatif dan kuantitatif. Data asupan gizi rumah tangga diperoleh menggunakan *food recall* 2x24 jam. Skor PPH dihitung dengan mengukur kecukupan energi setiap kelompok pangan yang dikonsumsi oleh rumah tangga, kemudian dibandingkan dengan asupan gizi yang dianjurkan dan dikalikan dengan bobot masing-masing kelompok pangan. Hasil penelitian ini menunjukkan bahwa rata-rata pendapatan rumah tangga buruh pengasin ikan di Pulau Pasaran berasal dari kegiatan sebagai buruh pengasin dan non-buruh pengasin sebesar Rp36.697.428 per tahun. Rata-rata pengeluaran pangan rumah tangga sebesar Rp22.971.080 per tahun. Skor PPH rumah tangga sebesar 74,38 ini berada di bawah skor PPH Bandar Lampung sebesar 80,60. Determinan PPH rumah tangga buruh pengasin ikan di Pulau Pasaran adalah pendapatan, pengeluaran pangan, pendidikan istri dan pengetahuan gizi.

Kata kunci : determinan, konsumsi, pola pangan harapan

ABSTRACT

DETERMINANT OF THE HOUSEHOLD'S DESIRABLE DIETARY PATTERN (DDP) OF FISH SALTING LABOR IN PASARAN ISLAND

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This research aims to know the household income, the distribution of food expenditure, the score of Desirable Dietary Pattern (DDP), and the determinant of household's DDP of fish salting labor in Pasaran Island. The study was conducted in Pasaran Island, Teluk Betung Timur Sub Districts of Bandar Lampung City. The total samples were 50 fish salting labor, drawn from the population by simple random sampling method. The data were collected in June to August 2015 and analyzed by qualitative and quantitative analysis. The data of household nutritional intake were collected by 2x24 hours food recall. The DDP score was counted by measuring the energy contents of each food groups consumed by labor households, then compared to the recommended dietary allowance and multiply by the weight of each food group. This research results showed that the average household income of fish salting labor in Pasaran Island was Rp36,697,428 per year derived from salting labor activities and non-salting labor activities. The average food expenditure of fish salting labor household in Pasaran Island was Rp22,971,080 per year. The DDP score of fish salting labor household in Pasaran Island was 74.38, this was below the DDP score of Bandar Lampung City (80.60). The DDP determinants of fish salting labor household in Pasaran Island were income, food expenditure, the wife's education and nutrition knowledge.

Key words: consumption, desirable dietary pattern, determinant