

## **ABSTRAK**

### **POLA KONSUMSI DAN TINGKAT KETAHANAN PANGAN RUMAH TANGGA NELAYAN (Kasus Di Desa Maja Kecamatan Kalianda Kabupaten Lampung Selatan)**

Oleh

**Khairunnisa Ismah**

Penelitian ini bertujuan untuk menganalisis pola konsumsi, tingkat ketahanan pangan, dan faktor-faktor yang mempengaruhi pola konsumsi rumah tangga nelayan. Penelitian ini dilakukan dengan menggunakan metode survai. Lokasi penelitian ditentukan secara sengaja yaitu di Desa Maja, Kecamatan Kalianda, Kabupaten Lampung Selatan. Sampel penelitian terdiri dari 40 anak buah kapal (ABK) dengan respondennya adalah kepala rumah tangga dan ibu rumah tangga. Data dikumpulkan pada bulan April-Mei 2018. Metode analisis data yang digunakan adalah analisis kuantitatif dan analisis regresi linier berganda. Pola konsumsi dinilai menggunakan skor Pola Pangan Harapan (PPH) berdasarkan konsumsi rumah tangga selama 2x24 jam secara tidak berturut-turut. Skor PPH dihitung dari asupan energi setiap kelompok makanan yang dikonsumsi. Tingkat ketahanan pangan dinilai berdasarkan tingkat kecukupan energi dan pengeluaran pangan. Hasil penelitian menunjukkan bahwa jumlah jenis pangan yang sering dikonsumsi rumah tangga nelayan yaitu sebanyak 10-13 macam (62,5%) dan frekuensi makanan yang sering dikonsumsi rumah tangga nelayan adalah beras. Skor Pola Pangan Harapan (PPH) rumah tangga nelayan adalah 66,72. Tingkat ketahanan pangan rumah tangga nelayan di Desa Maja berdasarkan hasil klasifikasi silang antara tingkat kecukupan energi dan pangsa pengeluaran pangan diperoleh empat kategori yaitu 11 RT (27,5%) tahan pangan, 21 RT (52,5%) kurang pangan, 4 RT (10,0%) rentan pangan, dan 4 RT(10,0%) rawan pangan. Faktor-faktor yang mempengaruhi pola konsumsi rumah tangga nelayan di Desa Maja adalah usia ibu dan pendapatan rumah tangga.

Kata kunci: ketahanan pangan, pola konsumsi, rumah tangga nelayan.

## **ABSTRAK**

### **CONSUMPTION PATTERN AND FOOD SECURITY OF THE FISHERMAN HOUSEHOLD AT THE VILLAGE OF MAJA, SUBDISTRICT OF KALIANDA, SOUTH LAMPUNG REGENCY**

**By**

**Khairunnisa Ismah**

This research aimed to analyze consumption pattern, food security level, and factors that influence the consumption pattern of household fisherman marker. This research was conducted by survey method. Location of this research was determined purposively in Maja Village, Kalianda District, South Lampung Regency. The amount of research samples of 40 fisherman labor with the respondents in the research were the heads of household and housewives. The data was collected in April-May 2018. Data analysis method used were quantitative analysis and multiple linear regression analysis. The consumption pattern was assessed by non consecutively the Diserable Dietary Pattern (DDP) score based on the food recall of household consumption for 2x24 hours. The DDP score was calculated from the energy intake of each group of food consumed. The results showed that the number of types of food consumed by fisherman household was 10-13 kinds (62.5%) and the frequency of food consumed by fisherman household is rice. The Diserable Dietary Pattern (DDP) score of fisherman household was 66.72. The level of food security of fisherman household in Maja Village based on the results of cross classification between the level of energy sufficiency and share of food expenditure could be divided in four categories. There were 11 households (27.5%) food resistant, 21 households (52.5%) less food, 4 households (10.0%) vulnerable food, and 4 households (10.0%) food insecure. The factors that influenced households consumption patterns at Maja Village were maternal age and household income.

Key words: consumption patterns, fishing households, food security.