

# Konsumsi kalori dan pengeluaran rumah tangga Indonesia: Adakah paradoks = Calorie consumption and Indonesias household expenditure: Is There a paradox

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## Abstrak

### <b>ABSTRAK</b><br>

Pada periode 2011-2014 di Indonesia diduga terjadi suatu paradoks konsumsi kalori dimana konsumsi kalori perkapita menurun dengan meningkatnya pengeluaran perkapita dan ukuran rumah tangga. Penelitian ini akan menganalisis paradoks konsumsi kalori tersebut dengan menerapkan beberapa metode analisis, termasuk metode LOWESS, metode <em>repeated cross section</em> menggunakan variabel instrumen, dan metode regresi kuantil. Data penelitian ini berskala nasional dengan memanfaatkan data hasil Survei Sosial Ekonomi Nasional (Susenas) Maret 2011-2014. Hasil penelitian ini menunjukkan bahwa paradoks hubungan konsumsi kalori terhadap pendapatan dan ukuran rumah tangga cenderung terjadi di Indonesia pada periode 2011-2014. Selain itu, kebutuhan kalori dan program Raskin berkorelasi positif dengan konsumsi kalori. Dari temuan tersebut, saran dari penelitian ini adalah pemerintah perlu menjaga kesinambungan program bantuan pangan rumah tangga, menjamin kestabilan harga makanan pokok masyarakat, dan penerapan skala ekonomi dalam penghitungan garis kemiskinan.

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### <b>ABSTRACT</b><br>

During 2011-2014, anecdotal evidence suggested that there was a paradox in Indonesia concerning calorie intake that had fallen, despite increased per capita expenditure and household size. This study will analyze rigorously the issue of calorie intake by applying several analytical methods, including LOWESS method, repeated cross section method using instrumental variable, and quantile regression method. The study uses national scale data from the results of the National Socio-Economic Survey (Susenas) in March 2011-2014. This study find that there is a meaningful relationship between calorie intake and per capita expenditure and household size in Indonesia in the 2011-2014 period. In addition, calorie need and the Subsidized Rice for the Poor (the Raskin) program are positively correlated with calorie intake. The research also suggests that the government needs to maintain the sustainability of household food assistance programs, ensure the stability of staple food prices, introducing education on the importance of fulfilling proper and balanced calorie consumption, and applying economies of scale in calculating poverty line.