

Faktor-Faktor yang Berhubungan dengan Ketahanan Pangan Rumah Tangga Selama Pandemi COVID-19 dan Kaitannya Terhadap Kebiasaan Konsumsi Siswa SMAN Terpilih Kabupaten Lampung Barat Tahun 2020 = Factors Related to Household Food Security During the COVID-19 Pandemic and Its Relation to Consumption Habits of Selected Senior High School Students in West Lampung Regency, 2020

Choirun Nisa, author

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Abstrak

Ketahanan pangan adalah kondisi ketika semua orang dapat mengakses makanan yang aman dan bergizi guna hidup aktif dan sehat. Pandemi COVID-19 mengganggu ketahanan pangan oleh karena dampak buruknya terhadap sosial ekonomi, yang menyebabkan kerawanan pangan. Kondisi rawan pangan berkaitan dengan buruknya kualitas konsumsi pangan. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan ketahanan pangan rumah tangga selama pandemi COVID-19 dan kaitannya terhadap kebiasaan konsumsi siswa SMAN 1 dan SMAN 2 Liwa, Kabupaten Lampung Barat, Provinsi Lampung. Penelitian kuantitatif dengan desain cross-sectional ini menggunakan data sekunder. Sampel penelitian ini adalah 207 siswa SMA (berusia 14-17 tahun) beserta ibunya. Analisis data secara univariat dan bivariat menggunakan uji chi-square. Hasil penelitian menunjukkan 51,2% rumah tangga mengalami rawan pangan. Hasil analisis statistik menunjukkan pekerjaan ayah sebagai non-PNS (OR = 4,115), pendapatan orang tua per bulan saat pandemi COVID-19 kurang dari Upah Minimum Kabupaten (UMK) (OR = 4,115), pendidikan ayah dan pendidikan ibu kurang dari atau sama dengan tamat SMP (OR = 1,739 dan 1,843) berhubungan signifikan dengan kerawanan pangan rumah tangga. Penelitian ini juga menemukan hubungan yang bermakna antara kerawanan pangan rumah tangga dengan kebiasaan tidak sering mengonsumsi sumber protein hewani (OR = 2,569), susu dan produk olahannya (OR = 7,098), serta fast food (OR = 0,562) pada siswa. Program ketahanan pangan sebaiknya difokuskan kepada sasaran rentan, yakni rumah tangga dengan ayah dan ibu berpendidikan rendah serta memiliki pendapatan di bawah UMK. Rumah tangga rawan pangan direkomendasikan untuk melakukan upaya ternak ayam dan ikan sebagai sumber konsumsi protein hewani. Dinas Ketahanan Pangan dapat bekerja sama dengan Dinas Peternakan untuk mengembangkan industri peternakan sapi perah guna meningkatkan produksi susu.

.....Food security is a condition when everyone can access safe and nutritious food for an active and healthy life. The COVID-19 pandemic disrupts food security due to its adverse socio-economic impact, which causes food insecurity. Food insecurity is related to poor diet quality. This study aims to determine the factors related to household food security during the COVID-19 pandemic and its relation to the consumption habits among students at SMAN 1 and SMAN 2 Liwa, West Lampung Regency, Lampung Province. This quantitative research with a cross-sectional design uses secondary data. The sample of this study was 207 high school students (aged 14-17 years) and their mothers. Data analysis was univariate and bivariate using the chi-square test. The results showed 51,2% of households experienced food insecurity. The results of statistical analysis showed that the father's occupation as a non-civil servant (OR = 4,115), the parent's monthly income during the COVID-19 pandemic was less than the District Minimum Wage (UMK) (OR = 4,115), father's education and mother's education was less than or equal to junior high school (OR =

1.739 and 1.843) had a significant relationship to household food insecurity. This study also found that household food insecurity was significantly related to the habit of not frequently consuming animal protein sources (OR = 2.569), milk and its processed products (OR = 7.098), and fast food (OR = 0.562) in students. Food security programs should be focused on vulnerable targets, namely households with fathers and mothers with low education and income below the UMK. It is recommended to raise chicken and fish as a source of animal protein consumption for food insecurity households. The Food Security Agency can collaborate with the Animal Husbandry Agency to develop the dairy cows industry to increase milk production.