

**ANALISIS POLA KONSUMSI DAN DIVERSIFIKASI PANGAN
RUMAH TANGGA PROGRAM KELUARGA HARAPAN
DI DESA RINGINANOM KECAMATAN TEMPURAN
KABUPATEN MAGELANG**

Oleh : Wulan Trisnaningtyas
Dibimbing Oleh : Nanik Dara Senjawati dan Juarini

ABSTRAK

Penelitian ini bertujuan untuk (1) menganalisis pola konsumsi pangan rumah tangga program keluarga harapan berdasarkan angka kecukupan energi dan angka kecukupan protein, (2) menganalisis diversifikasi pangan rumah tangga program keluarga harapan berdasarkan pola pangan harapan, (3) menganalisis pengaruh faktor – faktor pendapatan rumah tangga, jumlah anggota keluarga dan pendidikan ibu rumah tangga program keluarga harapan terhadap pola konsumsi pangan. Jenis penelitian yang digunakan adalah metode deskriptif. Metode penentuan daerah penelitian yang digunakan adalah *purposive method*. Metode penentuan responden yang digunakan adalah *simple random sampling method*. Teknik pengumpulan data menggunakan observasi, wawancara melalui metode food recall 2x24 jam, pencatatan dan dokumentasi. Data pola konsumsi dianalisis menggunakan pendekatan angka kecukupan gizi (AKG) yang terdiri dari angka kecukupan energi (AKE) dan angka kecukupan protein (AKP), data diversifikasi pangan dianalisis menggunakan pendekatan pola pangan harapan (PPH) sementara itu untuk menganalisis faktor yang mempengaruhi pola konsumsi pangan digunakan analisis regresi linear berganda. Hasil penelitian yang dilakukan pada rumah tangga program keluarga harapan di desa Ringinanom kecamatan Tempuran kabupaten Magelang menunjukkan bahwa (1) Pola konsumsi pangan rumah tangga program keluarga harapan didapatkan AKE sebesar 1134.98 kkal/kap/hari kurang dari standar AKE sebesar 2150 kkal/kap/hari dan AKP 38.918 gr/kap/hari kurang dari standar AKP sebesar 57 gram/kap/hari. (2) Diversifikasi pangan rumah tangga program keluarga harapan pada perhitungan pola pangan harapan mendapatkan skor 54,90 yang masuk dalam golongan segitiga perunggu (3) Pendapatan rumah tangga berpengaruh terhadap pola konsumsi pangan namun jumlah keluarga harapan dan pendidikan ibu rumah tangga tidak berpengaruh terhadap pola konsumsi.

Kata kunci: Pola Konsumsi Pangan, Diversifikasi Pangan, PKH

**ANALYSIS THE CONSUMPTION PATTERN AND THE HOUSEHOLD
DIETARY DIVERSIFICATION OF EXPECTATION FAMILY PROGRAMS
IN RINGINANOM VILLAGE, TEMPURAN SUB-DISCTRICT
MAGELANG DISTRICT**

By : Wulan Trisnaningtyas

Guided By : Nanik Dara Senjawati dan Juarini

ABSTRACT

This study aims to (1) analyzed the household food consumption patterns of the expectation family programs based on energy sufficiency rates and protein sufficiency rates, (2) analyzed the dietary diversification of the expectations family program based on Desirable Dietary Pattern (DDP), (3) analyzed the factors that affect the household income, the number of family members and the housewife's education from the expectations family program on food consumption patterns. The type of research methods used was descriptive method. The method for determined the area of research used was purposive method. The method of determined respondents used was simple random sampling method. The method to collect data used were observation, interview with food recall 2x24 hours method, recording and documentation. The consumption patterns data was analyzed by Nutrient Adequacy Score Approach (AKG) using Figures Adequacy of Energy (AKE) and Figures Adequacy Protein (AKP). The Dietary diversification data was analyzed by Desirable Dietary Pattern (DDP). Meanwhile, to analyzed the factors that influence food consumption patterns used multiple linear regression analysis (multiple regression). The results of a study conduct on a family of the expectation family program in the Ringinanom Village, Tempuran sub-district, Magelang district showed that (1) The household food consumption patterns of the expectation family programs available Figures Adequacy of Energy (AKE) of 1134.98 kcal/cap/day is less than the AKE standard of 2150 kcal/cap/day and Figures Adequacy Protein (AKP) of 38,918 gr/cap/day has not reach the standard number of AKP of 57 gram/cap/day. (2) The dietary diversification in the calculation of food patterns is expect to get a score of 54.90 include in the bronze triangle group. (3) The household income is influences to food consumption patterns but the number of family expectations and the housewife's education didn't affect to food consumption patterns.

Key words : food consumption pattern, dietary Diversification, PKH