

**PERAN PROGRAM PEKARANGAN PANGAN LESTARI (P2L)
TERHADAP POLA KONSUMSI DAN
PANGSA PENGELUARAN PANGAN RUMAH TANGGA
DI KAMPUNG GOWONGAN, KELURAHAN GOWONGAN,
KECAMATAN JETIS, KOTA YOGYAKARTA**

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ABSTRAK

Tujuan penelitian adalah (1) Mengetahui pola konsumsi pangan rumah tangga pelaksana dan non-pelaksana program Pekarangan Pangan Lestari (P2L) di Kampung Gowongan berdasarkan skor Pola Pangan Harapan (PPH) (2) Menganalisis pangsa pengeluaran pangan rumah tangga pelaksana dan non-pelaksana program Pekarangan Pangan Lestari (P2L) di Kampung Gowongan. Penelitian menggunakan pendekatan kuantitatif dan metode deskriptif analitis, Pengambilan sampel menggunakan metode sensus dan *disproportional stratified random sampling*. Responden berjumlah 56 sampel rumah tangga, yaitu 28 rumah tangga pelaksana P2L dan 28 rumah tangga non-pelaksana P2L. Data yang digunakan adalah data primer dan sekunder yang diperoleh melalui observasi, wawancara, dokumentasi, dan *Food Recall* 24 jam. Teknik analisis yang digunakan adalah analisis PPH dan pangsa pengeluaran pangan dengan menggunakan uji *independent sample t-test*. Hasil penelitian menunjukkan bahwa (1) Pola konsumsi rumah tangga pelaksana program P2L dan non-P2L di Kelurahan Gowongan berdasarkan skor PPH belum memenuhi skor ideal yaitu 100. Skor PPH rumah tangga P2L termasuk dalam kategori segitiga perak yaitu sebesar 82,7 dan rumah tangga non-P2L termasuk dalam kategori segitiga perunggu yaitu sebesar 71,2 (2) Pangsa pengeluaran pangan rumah tangga P2L di Kampung Gowongan lebih rendah dari rumah tangga non-P2L, yaitu pada rumah tangga P2L sebesar 43,79% dan non-P2L sebesar 49,74%. Nilai keduanya di bawah 60%, sehingga masuk dalam kategori rumah tangga tahan pangan.

Kata Kunci: Program Pekarangan Pangan Lestari (P2L), Pola Pangan Harapan (PPH), Pola Konsumsi, dan Pangsa Pengeluaran Pangan.

**THE ROLE OF THE SUSTAINABLE RESERVE FOOD GARDEN
PROGRAM (P2L) TO CONSUMPTION PATTERN AND
SHARE HOUSEHOLD FOOD EXPENDITURE
IN GOWONGAN VILLAGE, GOWONGAN KELURAHAN,
JETIS DISTRICT, YOGYAKARTA CITY**

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ABSTRACT

This research aimed to (1) know the food consumption patterns of the P2L adopter and P2L non-adopter program in Gowongan Village based on the Desirable Dietary Pattern (DDP) score (2) analyze the share of household food expenditures of the P2L adopter and P2L non-adopter garden in Gowongan Village. This research used a quantitative approach and analytical descriptive method. Sampling using the census method and disproportionate stratified random sampling. There are 56 samples households, there are 28 P2L adopter and 28 non-adopter. The data used are primary and secondary data obtained through observation, interviews, documentation, and 24-hour Food Recall. The analytical technique used the analysis of DDP and share of household food expenditure by using the independent sample t-test. The results of this research indicated that (1) The consumption pattern of households P2L adopter and P2L non-adopter program in Gowongan Village based on the DDP score did not meet the ideal score yet. The PPH score for P2L adopter was included in the silver triangle category, which is 82.7 and non-P2L adopter was included in the bronze triangle category, which is 71.2 (2) The share of food expenditure of P2L adopter in Gowongan Village was lower than that of non-P2L households, namely 43.79% in P2L households and 49.74% in non-P2L households. Both values were below 60%, so they were included in the food security household category.

Keywords: Sustainable Reserve Food Garden (P2L), Desirable Dietary Pattern (DDP), consumption patterns, and Share of Household Food Expenditures