

ALIFAH FIRDA AZIZAH. 2023. Analisis Pola Pangan Harapan dan Ketahanan Pangan Rumah Tangga pada Program Pekarangan Pangan Lestari di Mrican, Kalurahan Caturtunggal Kapanwon Depok Kabupaten Sleman. Di bawah arahan Nanik Dara Senjawati

ABSTRAK

Penelitian ini bertujuan untuk (1) Menganalisis pola pangan harapan (PPH) rumah tangga (2) Menganalisis tingkat ketahanan pangan rumah tangga (3) Menganalisis perbedaan ketahanan pangan penerima program pekarangan pangan lestari (P2L) dan bukan penerima program pekarangan pangan lestari (Non-P2L). Penelitian ini merupakan penelitian kuantitatif dengan menggunakan metode studi kasus yang merupakan satu-satunya penerima program P2L di Caturtunggal, Depok, Sleman. Metode pengambilan sampel menggunakan *disproportionate stratified random sampling* dengan jumlah sampel sebesar 44 sampel yang terdiri atas 22 rumah tangga penerima program P2L dan 22 rumah tangga bukan penerima P2L (Non-P2L). Teknik analisis data menggunakan analisis pola pangan harapan (PPH), tingkat ketahanan pangan, dan *t-independent t test*. Hasil penelitian menunjukkan bahwa (1) PPH Padukuhan Mrican termasuk dalam kategori kurang dengan capaian skor PPH sebesar 66,1 (2) Tingkat ketahanan pangan rumah tangga di Mrican dalam kondisi kurang pangan sebesar 74%. Namun, terdapat kondisi rumah tangga yang mengalami rawan pangan sebesar 2% dan tahan pangan sebesar 22% (3) Tingkat ketahanan pangan rumah tangga P2L sama dengan tingkat ketahanan pangan rumah tangga Non-P2L.

Kata Kunci : pola pangan harapan, ketahanan pangan, pengeluaran pangan, kecukupan energi

ALIFAH FIRDA AZIZAH. 2023. Analysis of Desirable Dietary Pattern and Household Food Security in the Sustainable Food Yard Program in Mrican, Caturtunggal, Depok, Sleman Regency. Supervised by Nanik Dara Senjawati

ABSTRACT

This study aims to (1) Analyze the desirable dietary pattern (DDP) of households (2) Analyze the level of household food security (3) Analyze the differences in food security of sustainable food yard program recipients (P2L) and non-recipients of sustainable food yard program (Non-P2L). This research is a quantitative research using the case study method which is the only P2L program recipient in Caturtunggal, Depok, Sleman. The sampling method used disproportionate stratified random sampling with a total sample of 44 samples consisting of 22 households receiving the P2L program and 22 households not receiving P2L (Non-P2L). The data analysis technique used the analysis of desirable dietary pattern (DDP), the level of food security, and the independent t-test. The results showed that (1) DDP Padukuhan Mrican was included in the category of less with the achievement of a DDP score of 66.1 (2) The level of household food security in Mrican was in a food insecure condition of 74%. However, there are household conditions that experience food insecurity by 2% and food security by 22% (3) The level of food security of P2L households is the same as the level of food security of Non-P2L households.

Keywords: *P2L, desirable dietary pattern, food security, food expenditure, energy sufficiency.*