

THE ANALYSIS OF FOOD CONSUMPTION PATTERN IN LOW-INCOME HOUSEHOLDS IN KORUMBA SUB-DISTRICT MANDONGA DISTRICT KENDARI CITY

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ABSTRACT

This study aims to determine the food consumption patterns of low-income households in Korumba Village, Mandonga District, Kendari City. The research took place from June 2021 to May 2022, with a total of 74 respondents who were determined by purposive sampling technique. The data used in this study are primary data and secondary data. Variables in this study include age, education level, number of family members, occupation, type, and amount of food consumed (food sources of carbohydrates, side dishes, vegetables, and fruits). The data analysis used is descriptive qualitative. The results showed that the food consumption patterns of respondents in the Korumba Village varied both in the amount and type of food they consumed, and all respondents in the Korumba Village consumed food according to their household needs, such as food sources of carbohydrates, side dishes, vegetables, fruits, and other sources of drinking water. However, the amount of food consumed by low-income households in Korumba Village has not met the needs of their families.

Keywords: food; consumption patterns; low-income households.

INTRODUCTION

Food comes from biological sources of agriculture, plantation, forestry, fishery, animal husbandry, and water products, both processed and unprocessed, which are intended as food and drinks so that they can be consumed. Processed food is the result of processing a food ingredient that can be obtained from vegetable or animal products with the presence of technology. Food is fundamental and essential for human life, and food products can be used to maintain survival. The conditions of food security that are needed also include requirements for a healthy life (Faradinaetal.,2018). This condition is necessary to avoid food shortages so that food safety can be guaranteed with good quality and does not endanger human health (Anggrahini, 2017).

The conditions needed to meet food needs that are following nutritional requirements to sustain life, grow and develop, and achieve work performance are indicators of sustainable community life, which enable its members to achieve a quality of life in ecologically sustainable ways, including through sustainable agricultural development. To increase people's consumption power. The amount of consumption expenditure is very closely related to a country's income, which can affect fluctuations in the country's economy, where this can be measured based on constant prices (Rembetetal.,2020). Therefore, every country's government must respect, protect and fulfill these food and nutrition needs. The government's failure to fulfill this obligation means violating human rights (Taridala, 2010).

Low-income households in Korumba Village, Mandonga District, Kendari City are meant to be a group of people or a form of a family who lives in a house and has a livelihood with a relatively low income. Low-income households tend to have economic conditions that need special attention from the local government. Government assistance provided to low-income households takes various forms, such as the Family Hope Program (PKH), Cash Social Assistance (BST), Direct Cash Assistance (BLT), and Non-Cash Food Assistance (BPNT), with a total of 307 recipient households. This assistance is given to underprivileged communities. In this case, those who cannot afford it are

poor and low-income households. Therefore, with this assistance, it is hoped that households that receive assistance will change their food consumption much better.

The food consumption pattern of low-income households living in urban areas such as the Korumba Village and Mandonga District is different from the food consumption pattern of those living in rural areas. One of them is in fulfilling the need for food for consumption. Generally, low-income groups who live in cities are more often malnourished by the food they consume than the lower-income group in rural areas. This condition is affected by rapid economic growth, diminishing land availability, and the distribution of food sources that are not going well. An area is said to be successful in developing food security if there is increased food production, smooth food distribution, and safe and sufficient food consumption—nutrition in all communities (Rahmawati, 2012).

Many studies have been conducted on household food consumption patterns. These studies usually focus on consumption patterns, factors, and the influence of the independent variables, but not on low-income households (MBR). (Miranti & Syaukat, 2016), His research showed that urban households spent the most on food consumption for the prepared food and beverage group, while rural households spent on the grains group. Furthermore (Mayasari et al., 2018) research shows that relatively socioeconomic characteristics contribute to determining the food consumption pattern of poor households. Furthermore (Hamid et al., 2013), his research showed that the consumption of food groups that showed significant differences in income groups included tubers, animal foods, oily fruit/seeds, oils and fats, nuts and vegetables, and fruit. Furthermore (Damora et al., 2008) shows that the food consumed by households is the staple food of rice, animal side dishes, vegetable side dishes, and fruit. (Faharuddin et al., 2015) ; (Handayani et al., 2019) dan (Pratama, 2021) which shows that the type and amount of household food consumption vary or varies.

The phenomenon in the field shows that low-income households tend to have a lifestyle or economic condition that needs to be considered, especially by the local government, because the need for food consumption in households is very inadequate, as is the case for households in general. So the research aims to determine the food consumption patterns of low-income households.

MATERIALS AND METHODS

This research was carried out in Korumba Village, Mandonga District, Kendari City, from June 2021 to May 2022. The choice of research location was determined based on the results of aerial photographs and showed the condition of the area, which is one of the residential areas in Kendari City with the densest population, with a temperature settlement between 32.88-34.06°C. Korumba Sub-district, Mandonga District, Kendari City is the Kelurahan with the largest population in Mandonga District and also carries out economic activities such as food consumption. The variables taken for data in this study were respondent identity (age, education level, number of family members, and occupation). , type and amount of food consumed (food sources of carbohydrates, side dishes, vegetables, fruits, and sources of drinking water).

The data analysis method used in this research is descriptive qualitative analysis to determine household food consumption patterns in Korumba Village, Mandonga District, Kendari City. The data obtained from this study were edited and then continued with cross-tabulation, namely entering data regarding food consumption patterns in the household, such as the type and amount of uniform/related food, into tabular form and then made in the form of percentages.

RESULTS AND DISCUSSION

Characteristics of Respondents

Respondents in this study were some people with low incomes in Korumba Village, Mandonga District, Kendari City, with 74 respondents. The research respondents' identity is age, education level, number of family members, and occupation. Data on the characteristics of respondents based on age, level, education, number of family members, and low-income household work in Korumba Village, Mandonga District, Kendari City can be seen in Table 1.

As can be seen in Table 1, it can be seen that the dominant low-income households are in the productive age, namely 20-55 years, as much as 79.73%, and as many as 20.27% of respondents are in the age range > 55 years. Age is the age range of respondents, where a person's age will affect consumption patterns in the household, both the type and amount of food consumed. This is in line with research (Putri & Setiawina, 2013), which states that a person's productivity in choosing the food consumed can be affected by age. Generally, someone at a productive age will be able to choose what type of food they want compared to those of a non-productive age.

The level of education of the respondents shows varying data values. The most dominant respondents were at the high school education level, with 31 respondents with a percentage of 41.9%, and elementary school level, with 23 respondents with a percentage of 31.1%, then junior high school level, with 19 respondents with a percentage of 25.7%, and undergraduate level with one respondent with a percentage of 1.3%. The level of education is essential in the household because the level of education can also be used as a reflection of the socio-economic conditions in society. In line with the statement (Simbolon, 2011), the higher the education or skills a person has, the higher the investment required.

Table 1. Characteristics of respondents based on age, education level, number of family members, and respondent's occupation in Korumba Village, Mandonga District, Kendari City, 2021

No	Characteristics	Respondents (people)	Percentage
1	Age (Years)		
	20-55	59	79.7
	>55	15	20.3
2	Level of Education		
	Elementary School	23	31.1
	Junior High School	19	25.7
	Senior High School	31	41.9
	Bachelor	1	1.3
3	Number of Family Members (people)		
	0	1	1.3
	1-4	49	66.2
	5-7	21	28.4
	8-10	3	4.1
4	Work		
	Not working	4	5.4
	Trader	33	44.6
	Taxi bike	4	5.4
	Self-employed	15	20.2
	Laborer	4	5.4
	Employee	10	13.5
	Security guard	2	2.7
	Farmer	1	1.4
Parking attendants	1	1.4	

The highest number of respondent family members is the one with 1-4 members, with a total of 49 respondents with a percentage of 66.2%. Furthermore, the number of family members consisting of 5-7 people was 21 respondents, and the number of family members consisting of 8-10 people was three. The respondents who did not have family members were one respondent with a percentage of 1.3% because family members already had their own families. According to (Faradina et al., 2018), research stated that households would find it easier to meet their food needs if the household members were small.

Households in Korumba Village have a variety of occupations, but the most numerous are respondents with the profession of traders, namely as many as 33 people (44.6%). The profession of a trader in Korumba Village is familiar because the area is close to Mandonga Market, so most low-income households have jobs as traders in Mandonga Market. Jobs as traders are very low in terms of income, low-income families or communities, most of their income is used to meet food needs. However, because food needs are relatively limited, starting at a certain income level with increased income, more will be allocated to meet non-food needs (Yuliana et al., 2013).

Food Consumption Patterns

1) Food Sources of Carbohydrates

Food sources of carbohydrates are the leading supplier of energy for humans to carry out daily activities. The food consumption patterns of respondents based on the type of food sources of carbohydrates such as rice, bread/cake, and diamond noodles are foods that are always there to accompany the respondents' meals. The pattern of food consumption for types of food sources of carbohydrates can be seen in Table 2.

Table 2. Food consumption patterns based on types of food sources of carbohydrate respondents in Korumba Village, Mandonga District, Kendari City, 2021

No	Amount	Type Food Source Carbohydrate					
		Rice		Bread / Cake		Instant Noodles	
		Amount respondent (person)	(%)	Amount respondent (person)	(%)	Amount respondent (person)	(%)
1	ED	74	100	18	24.32	4	5.40
2	1-2x	0	0	21	28.38	10	13.52
3	0x	0	0	35	47.30	60	81.08
Amount		74	100	74	100.00	74	100.00

Information: ED: Every day; 1-2x: one to two times (in three days of study); 0x: not at all (does not consume)

Based on the results of research on the types of food sources of carbohydrates consumed by households in three days consisting of rice, bread/cakes, and instant noodles with various frequencies. The interviews with 74 respondents showed that all of these respondents consumed rice daily as a food source. Carbohydrates are compared to noodles and bread because rice is the most important source of carbohydrates in the respondent's household as a food source of energy. This is in line with research (Wijayati & Suryana, 2019) ; (Sari, 2014) ; (Apriani & Baliwati, 2011) dan (Rachman & Suryani, 2008) that food sources of carbohydrates are the leading supplier of energy sources to carry out one's daily activities which are still dominated by rice. Further research (Heriyanto, 2016) says that rice is the most widely consumed source of carbohydrates compared to non-rice

2) Side Dishes

Food consumption patterns for side dishes are foods that contain many sources of protein, such as fish, meat (chicken and beef), eggs, tofu, and tempeh. The food consumption patterns of respondents based on the type of side dishes can be seen in Table 3.

Table 3. Food consumption patterns based on respondents' types of side dishes in Korumba Village, Mandonga District, Kendari City, 2021

No	Amount	Type Food Side Dish Pauk Raw									
		Fish		Meat		Egg		Tofu		Tempeh	
		Respondents (people)	(%)	Respondents (people)	(%)	Respondents (people)	(%)	Respondents (people)	(%)	Respondents (people)	(%)
1	ED	55	74.32	1	1.35	4	5.41	0	0.00	2	2.70
2	1-2x	15	20.28	14	18.92	17	22.97	14	18.92	16	21.62
3	0x	4	5.40	59	79.73	53	71.62	60	81.08	56	75.68
Amount		74	100.00	74	100.00	74	100.00	74	100.00	74	100.00

Information: ED: Every day; 1-2x: one to two times (in three days of study); 0x: not at all (does not consume)

Based on the study results, most of the respondent's households consumed fish as a side dish because fish is a type of side dish whose price is affordable and liked by many respondent's families compared to other side dishes. Other side dishes such as meat, eggs, tofu, and tempeh are usually served when the family has just tasted them. Consuming food sources of protein is very good for health in building damaged cells and forming regulatory substances and other benefits. This is in line with research (Suryana et al., 2019) ; (Permatasari & Rahayuni, 2013), dan (Wahyuni et al., 2016) that the intake of animal protein determines the quality of food consumption needed to support a healthy, active and productive life. Furthermore, research (Zuhri et al., 2014) and (Cicilia & Susila, 2018) said that food sources of protein are very good for body health and maintaining body resistance.

3) Vegetable Food

Food consumption patterns of raw vegetable food are foods that contain many sources of fiber and vitamins for the body. Raw vegetable food types are grouped into leaf vegetable types (kale, spinach, mustard greens, cabbage, moringa, ferns), tubers (carrots and potatoes), fruit (chayote, eggplant, papaya, jackfruit, and corn), and leguminous vegetables (bean sprouts and long beans). The food consumption pattern of respondents based on the type of vegetable food can be seen in Table 4.

Table 4. Food consumption patterns based on respondents types of vegetable food in Korumba Village, Mandonga District, Kendari City, 2021

No	Amount	Type food vegetables							
		Vegetable leaf		Vegetable tubers		Vegetable fruit		Vegetable pod	
		Respondent (person)	(%)	Respondent (person)	(%)	Respondent (person)	(%)	Respondent (person)	(%)
1	ED	35	47.30	1	1.35	8	10.81	11	14.87
2	1-2x	32	43.24	13	17.56	32	43.24	16	21.62
3	0x	7	9.46	60	81.09	34	45.95	47	63.51
Amount		74	100.00	74	100.00	74	100.00	74	100.00

Information: ED: Every day; 1-2x: one to two times (in three days of study); 0x: not at all (does not consume)

Based on the study's results, the respondent's households consumed vegetables daily as a meal menu because vegetables are cheap and easy to obtain. The consumption of leaf vegetables dominates the respondent's diet compared to other vegetables. However, the vegetables consumed by the respondents were usually put together or cooked together with other vegetables. Vegetables are foods that have many benefits, such as helping the formation of energy and thought processes. (Hardi et al., 2019) Also, humans need vegetables because of their fiber content, which contributes to being overweight, including delaying gastric emptying, reducing hunger and digestion, and can reduce the occurrence of overweight. Further research (Purnaningsih & Sugihen, 2008), dan (Nion et al., 2018) says that vegetables have many benefits for the human body, and consuming vegetables can provide a source of energy for the body. Furthermore, research (Putri & Maemunah, 2017), dan (Widani, 2019) says that vegetables, besides having many benefits for body health, also impact the community in meeting their food needs.

4) Food Fruits

The pattern of fruit consumption is food that contains many sources of nutrition and vitamins and minerals that are good for the body, such as bananas, papayas, and oranges. The food consumption pattern of respondents based on the type of fruit food can be seen in Table 5.

Table 5. Food consumption patterns based on respondents' fruit types in Korumba Village, Mandonga District, Kendari City, 2021

No	Amount	Types of fruit food					
		Banana		Pawpaw		Orange	
		Respondents (people)	(%)	Respondents (people)	(%)	Respondents (people)	(%)
1	ED	7	9,46	2	2.70	4	5,40
2	1-2x	22	29,73	18	24,32	16	21,62
3	0x	45	60,81	54	72,98	54	72,98
Amount		74	100.00	74	100.00	74	100.00

Information: ED: Every day; 1-2x: one to two times (in three days of study); 0x: not at all (does not consume)

Based on the study's results, it was shown that many respondents did not consume fruit due to the relatively high price of fruit and those who did not like to eat fruit (lazy). Therefore, the consumption of fruit in the respondent's household tends to be ruled out because consuming fruit is just a desire and then consumed. Fruits are not foods you always want to consume, but fruits contain lots of vitamins, minerals, and dietary fiber, which are suitable for the body. This is in line with research (Komarayanti, 2017), dan (Pattiasina & Tantoly, 2019), which says that the need for fruit in a household is relative, depending on how much fruit benefits a person. Furthermore, research (Fatimah & Siregar, 2020) says that the consumption of fruits in society is still relatively low. The recommendation for consuming fruits according to the Guidelines for Balanced Nutrition is 2-3 servings/day so that the benefits of fruit are fulfilled for the body. Furthermore, in research (Aswatini et al., 2008), dan (Santoso, 2011) says that fruit has many benefits for the body's health, so consuming fruit is necessary to maintain a healthy body.

5) Source of Drinking Water

The food consumption pattern of drinking water is a source of water for drinkings, such as gallons, wells, *Perusahaan Daerah Air Minimum (PDAM)*, and mountain water, which is very

important for the body's needs. The consumption pattern of respondents based on the type of drinking water source can be seen in Table 6.

Table 6. Consumption patterns based on types of drinking water sources of respondents in Korumba Village, Mandonga District, Kendari City, 2021

No	Amount	Type source of drinking water							
		Gallons / bottled water		well		PDAM		Mountain water	
		Respondent (person)	(%)	Respondent (person)	(%)	Respondent (person)	(%)	Respondent (person)	(%)
1	ED	59	79,73	18	24,32	54	72,98	2	2,7
2	1-2x	0	0,00	0	0,00	0	0,00	0	0,0
3	0x	15	20,27	56	75,68	20	27,02	72	97,3
Amount		74	100,00	74	100,00	74	100,00	74	100,0

Information: ED: Every day; 1-2x: one to two times (in three days of study); 0x: not at all (does not consume)

Based on the research results, most respondent households consume bottled water as a source of drinking water. Adequate drinking water has gone through various stages of filtering to be clean from dirt or disease, so it is good for the body, in line with research (Hafiduddin&Azlam,2016) that water in the body plays a significant role in digestive and metabolic processes. The human body's lack of water will cause various diseases, including back pain, rheumatism, etc. More research (Salim,2021); (Hastuti et al.,2015); (Ranteallo,2015), (Mairizki,2017) says that clean water or drinking water is very beneficial for the body. In addition to helping the digestion of food in the body, it is also helpful for preventing dehydration and helping metabolic processes.

CONCLUSION

The food consumption patterns of respondents in Korumba Village varied in the amount and type of food they consumed. All respondents in Korumba Village consumed food according to their household needs, such as food sources of carbohydrates, side dishes, vegetables, fruits, and drinking water. However, the amount of food consumed by low-income households in Korumba Village has not met the needs of their families.

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