

ABSTRAK

Penelitian ini bertujuan untuk mengetahui karakteristik sosial ekonomi masyarakat dan konsumsi pangan pokok rumah tangga di Desa Goisok Oinan Kecamatan Sipora Utara Kabupaten Kepulauan Mentawai. Penelitian ini menggunakan metode deskriptif. Penelitian ini telah dilaksanakan di Desa Goisok Oinan Kecamatan Sipora Utara Kabupaten Kepulauan Mentawai mulai Bulan Juli 2023. Jumlah sampel sebanyak 64 sampel dari 322 populasi. Hasil penelitian mengenai, (1). Karakteristik sosial ekonomi responden di Desa Goisok Oinan Kecamatan Sipora Utara Kabupaten Kepulauan Mentawai adalah : a. Umur yang terbanyak >45 tahun sebanyak 38 responden (60 %), b. Tingkat pendidikan SD sebanyak 30 responden (47 %), c. pendapatan rumah tangga responden terbanyak Rp 1.900.000 – 2.600.000 sebanyak 30 responden (47 %), d. Pengalaman berusaha >10 tahun sebanyak 44 responden (69 %), e. Jumlah anggota keluarga 5-6 orang sebanyak 53 responden (83 %), f. Tempat tinggal berupa rumah kayu sebanyak 44 responden (68 %), (1) Lantai kayu (papan) sebanyak 44 responden (68 %), (2) Atap rumah seng 38 responden (60 %). Sumber penerangan PLN sebanyak 63 responden (98 %). Sumber air bersih air sumur sebanyak 48 responden (75 %), g. Kepemilikan kekayaan kendaraan berupa motor sebanyak 52 responden (81%) dan kekayaan lainnya handphone sebanyak 47 responden (73 %), h. Aktivitas ekonomi berupa kerja sampingan (buruh, tukang) sebanyak 60 responden (93 %). (2). Pangan pokok lokal di Desa Goisok Oinan Kecamatan Sipora Utara Kabupaten Kepulauan Mentawai ada 6 yaitu : Keladi (753,12 gram/kapita/hari), Pisang (53,125 gram/kapita/hari), ubi kayu (93,75 gram/kapita/hari) ubi jalar (144 gram/kapita/hari), sagu (53,94 gram/kapita/hari), dan sukun (90,62 gram/kapita/hari). Frekuensi makan 3 kali sehari. Kontribusi pangan pokok lokal terhadap konsumsi energi dari pangan pokok sebesar 76,57 % (1.365,61 kkal/kapita/hari).

Kata Kunci : Karakteristik, Energi, Frekuensi Makan

ABSTRACT

This study aims to determine the socio-economic community and household staple food consumption patterns in Goisok Oinan Village Sipora Utara District Mentawai Archipelago District. This research uses a descriptive method. This research was carried out in the village of Goisok Oinan North Sipora District Mentawai Island Regency from July to August 2023. The number of samples is 64 samples from 322 populations. The research results regarding the socio-economic (1) Characteristics of the people in Goisok Oinan Village Sipora Utara District Mentawai Island regency are : a. The most age >45 years (productive age) as many as 38 people (60 %), b. elementary education level of 30 (47 %), c. Household income of the most responden Rp 1.900.000 – 2.600.000 as many as 30 people (47 %), d. >10 years of business experience as many as 44 people (69%), e. The number of family members of <4 people is 59 (92 %), f. 44 people (68 %) have wooden houses (1) 44 people (68 %) wooden floors (2) tin roofs 38 people (60 %) and (3) 63 PLN lighting sources. People (98 %), (4) sources of clean water well water as many as 48 people (75 %), g. 52 people (81 %) own vehicle assets in the form of motorbikes and 47 people (73 %) own other assets, h. economic activity in the form of side jobs (labor, carpenters) as many as 60 people (93 %). (2) there are 6 local staple foods in Goisok Oinan Village, North Sipora Subdistrict, Mentawai islands district : taro (753,12 grams/capita/day), banana (cassava (93,57 grams/capita/day), sweet potato (144 grams/capita/day), sago (53,94 gram/capita/day), breadfruit (90,62 grams/capita/day). Frekuensi of eating 3 times a day. The contribution of local staple food to energy consumption from staple food is 76,57% (1.365,61 kcal/capita/day).

Keywords : Characteristics, Energy, Frekuensi of meals