

ABSTRAK

Kerawanan pangan di wilayah lahan kering masih menjadi tantangan yang memengaruhi kualitas konsumsi pangan rumah tangga. Penelitian ini bertujuan untuk mendeskripsikan pola konsumsi pangan serta menganalisis faktor-faktor sosial ekonomi yang memengaruhi Pola Pangan Harapan (PPH) di Desa Nagasareh, Kecamatan Banyuates, Kabupaten Sampang. Lokasi penelitian dipilih secara *purposive*. Sampel yang digunakan sebanyak 90 rumah tangga dipilih menggunakan rumus slovin 10% dari total populasi 901 rumah tangga. Data primer dikumpulkan melalui wawancara menggunakan metode *food recall* 2×24 jam, dianalisis dengan perhitungan PPH untuk menilai keragaman konsumsi pangan. Analisis regresi linier berganda digunakan untuk mengetahui pengaruh variabel sosial ekonomi terhadap skor PPH. Hasil menunjukkan bahwa rata-rata skor PPH sebesar 50 termasuk kategori sangat rendah, mencerminkan konsumsi pangan yang belum beragam dan masih didominasi padi-padian. Total konsumsi energi sebesar 1.796 kkal/kapita/hari juga berada di bawah standar. Secara simultan, seluruh variabel independen berpengaruh signifikan terhadap skor PPH. Namun secara parsial, hanya pendapatan rumah tangga dan tingkat pendidikan ibu yang menunjukkan pengaruh signifikan. Temuan ini menunjukkan bahwa keterbatasan ekonomi dan pengetahuan gizi menjadi faktor utama rendahnya kualitas konsumsi pangan. Implikasi penelitian menekankan perlunya edukasi gizi, peningkatan akses pangan bergizi, serta optimalisasi pemanfaatan sumber pangan lokal untuk memperbaiki ketahanan pangan masyarakat di wilayah lahan kering.

Kata kunci: Pola Pangan Harapan; Konsumsi Pangan; Faktor Sosial Ekonomi; Rumah Tangga; Lahan Kering; Ketahanan Pangan.

ABSTRACT

Food insecurity in dryland areas remains a major challenge affecting the quality of household food consumption. This study aims to describe household food consumption patterns and to analyze the socio-economic factors influencing the Desirable Dietary Pattern (DDP) score in Nagasareh Village, Banyuates Sub-district, Sampang Regency. The study location was selected purposively. A total of 90 households were selected as samples using the Slovin formula with a 10% margin of error from a population of 901 households. Primary data were collected through interviews using the 2×24-hour food recall method and analyzed using the DDP calculation to assess dietary diversity. Multiple linear regression analysis was employed to examine the influence of socio-economic variables on the DDP score. The results indicate that the average DDP score was 50, categorized as very low, reflecting limited dietary diversity with consumption predominantly dominated by cereals. Total energy consumption was 1,796 kcal per capita per day, which is below the recommended standard. Simultaneously, all independent variables had a significant effect on the DDP score. However, partially, only household income and maternal education level showed a significant influence. These findings suggest that economic constraints and limited nutritional knowledge are the main factors contributing to the low quality of food consumption. The implications of this study highlight the need for nutrition education, improved access to nutritious food, and optimization of local food resource utilization to enhance food security in dryland areas.

Keywords: Food Consumption Patterns; Food Consumption; Socioeconomic Factors; Households; Drylands; Food Security.