

Ratna Agustina. NIM 220321100111. Implementasi Pola Konsumsi B2SA (Beragam, Bergizi, Seimbang, dan Aman) untuk Ketahanan Pangan Rumah Tangga di Desa Nagasareh, Kecamatan Banyuates, Sampang. Dibawah bimbingan Dr. Amanatuz Zuhriyah, S.P., M.M.A.

ABSTRAK

Ketahanan pangan rumah tangga menjadi isu penting terutama di wilayah lahan kering seperti Desa Nagasareh yang masih menghadapi permasalahan keterbatasan diversifikasi pangan dan pemenuhan gizi. Penelitian ini bertujuan untuk: 1) Mengidentifikasi jenis pangan yang paling banyak dikonsumsi rumah tangga berdasarkan prinsip B2SA, dan 2) Mengukur kualitas serta keseimbangan konsumsi melalui empat indikator B2SA, yaitu beragam, bergizi, seimbang, dan aman. Penelitian ini menggunakan metode deskriptif kuantitatif dengan teknik *food recall* 2×24 jam dan penghitungan skor DDS (*Dietary Diversity Score*), HDDS (*Household Dietary Diversity Score*), AKG (Angka Kecukupan Gizi), PPH (Pola Pangan Harapan), serta skor aman. Hasil penelitian menunjukkan bahwa keragaman pangan berada pada kategori sedang dengan skor DDS 7,14, sedangkan HDDS menunjukkan keberagaman yang tinggi. Tingkat kecukupan gizi berada pada kategori “cukup bergizi” dengan skor AKG 95%. Namun, keseimbangan konsumsi masih rendah, tercermin dari skor PPH sebesar 50%. Di sisi lain, aspek keamanan pangan tergolong baik dengan skor rata-rata 88,6. Temuan ini menegaskan bahwa masyarakat telah menerapkan sebagian prinsip B2SA, tetapi peningkatan konsumsi pangan bergizi dan seimbang masih sangat dibutuhkan untuk memperkuat ketahanan pangan rumah tangga.

Kata kunci: B2SA, Ketahanan Pangan, Pola Konsumsi, DDS, Desa Nagasareh

Ratna Agustina. Student ID Number 220321100111. Implementation of the B2SA (Diverse, Nutritious, Balanced, and Safe) Consumption Pattern for Household Food Security in Nagasareh Village, Banyuates District, Sampang. Under the guidance of Dr. Amanatuz Zuhriyah, S.P., M.M.A.

ABSTRACT

Household food security is an important issue, especially in dryland areas such as Nagasareh Village, which still faces problems of limited food diversification and nutritional adequacy. This study aims to: 1) Identify the types of food most consumed by households based on the B2SA principle, and 2) Measure the quality and balance of consumption through four B2SA indicators, namely diversity, nutrition, balance, and safety. This study used a quantitative descriptive method with a 2×24-hour food recall technique and calculation of DDS (Dietary Diversity Score), HDDS (Household Dietary Diversity Score), AKG (Nutritional Adequacy Rate), PPH (Desired Food Pattern), and safety scores. The results show that food diversity is in the moderate category with a DDS score of 7.14, while HDDS indicates high diversity. The level of nutritional adequacy is in the “nutritious” category with an AKG score of 95%. However, consumption balance is still low, as reflected in the PPH score of 50%. On the other hand, food safety was classified as good with an average score of 88.6. These findings confirm that the community has implemented some of the B2SA principles, but increased consumption of nutritious and balanced food is still urgently needed to strengthen household food security.

Keywords: *B2SA; Food Security; Consumption Patterns; DDS; Nagasareh Village*