

ABSTRACT

National food security became fragile without being supported by food security on the household level. Household food security will affect the pattern of food consumption that will finally influence nutritional status, especially under 5 years old children as the most critical group on the nutritional problems.

This research was held to study the level of household food security on the family with the under 5 years old children suffered from Protein Calory Malnutrition (PCM) in the Kecamatan Panarukan Kabupaten Situbondo.

This research was analytical observation using the cross sectional methods. Samples were 44 households with the under 5 years old children suffered from PCM by using multiple stage sampling. The independent variables in this research were the food availability, food purchasing power, and knowledge of food and nutrient.

Results of the research showed that as much 54,5% households lack of knowledge of food and nutrient, 61,4% households had moderately food purchasing power, and 81,8% of them were in the lower condition of food availability, and even there were no food availability. The level of household food security with under 5 years old children suffered from Protein Calory Malnutrition (PCM) were mostly (86,4%) not enduring food. Results of the Spearman Correlation statistical test showed that the food availability had positive relations to the level of household food security ($p = 0.019$; $r = 0.352$). Whereas food purchasing power and knowledge of food and nutrient were proven not related.

This research suggested to increase the income of the household and the utilization of the yard land to increase the household food availability.

Key words: household food security, under 5 years old children suffered from Protein Calory Malnutrition

ABSTRAK

Ketahanan pangan nasional menjadi rapuh tanpa ditopang oleh ketahanan pangan pada tingkat rumah tangga. Ketahanan pangan rumah tangga akan mempengaruhi pola konsumsi pangan yang akhirnya mempengaruhi status gizi, terutama balita sebagai kelompok paling rawan gizi.

Penelitian ini dilakukan untuk mempelajari tingkat ketahanan pangan rumah tangga yang mempunyai anak balita Kurang Energi dan Protein (KEP) di Kecamatan Panarukan Kabupaten Situbondo.

Penelitian ini merupakan penelitian observasional analitik dengan menggunakan rancangan *cross sectional*. Sampel diambil dengan cara *multiple stage sampling* sebanyak 44 rumah tangga yang mempunyai balita KEP. Variabel bebas yang diteliti adalah ketersediaan pangan, daya beli pangan, dan pengetahuan pangan dan gizi.

Hasil penelitian menunjukkan bahwa sebesar 54,5% rumah tangga memiliki pengetahuan pangan dan gizi kurang, 61,4% mempunyai daya beli sedang, dan 81,8% tidak punya atau kurang persediaan pangan. Diketahui pula bahwa tingkat ketahanan pangan rumah tangga yang mempunyai balita KEP sebagian besar (86,4%) tergolong tidak tahan pangan. Hasil uji statistik *Spearman Correlation* menunjukkan bahwa ketersediaan pangan mempunyai hubungan positif dengan tingkat ketahanan pangan rumah tangga ($p = 0,019$; $r = 0,352$). Sedangkan daya beli pangan dan pengetahuan pangan dan gizi tidak terbukti berhubungan.

Upaya yang disarankan dalam penelitian ini adalah peningkatan pendapatan rumah tangga dan peningkatan pemanfaatan lahan pekarangan untuk meningkatkan ketersediaan pangan rumah tangga.

Kata kunci: ketahanan pangan rumah tangga, balita KEP