

PERAN IBU DALAM PEMBENTUKAN POLA KONSUMSI PANGAN KELUARGA PETANI (STUDI KASUS DI DESA SUKOMULYO KECAMATAN KAJORAN KABUPATEN MAGELANG 2004)

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(2004 - Skripsi)

Beragamnya peran dalam keluarga mengarah pada peran ibu yang besar pada pekerjaan domestik namun karena desakan ekonomi, ibu mencari nafkah menambah penghasilan keluarga. Meskipun demikian ibu tetap bertugas menyediakan makanan bagi keluarga. Hal ini tidak mungkin dilaksanakan optimal pada ibu bekerja. Tujuan penelitian ini untuk mengetahui bagaimana peran ibu dalam pembentukan pola konsumsi pangan keluarga. Jenis penelitian ini adalah penelitian kualitatif, dengan subyek penelitian adalah ibu-ibu pada keluarga petani dan sebagai *cross check* adalah suami subyek penelitian. Teknik pengumpulan data dengan wawancara mendalam *in-depth interview* dan observasi (pengamatan). Hasil penelitian menunjukkan : Ibu melakukan semua tugas rumah tangga tetapi pada pekerjaan pertanian hanya membantu menanam, menyiangi dan memanen tanpa upah sedang buruh tani dan berdagang banyak digeluti ibu untuk memperoleh upah. Ibu hanya terlibat pada organisasi masyarakat yaitu pengajian. Untuk penyediaan pangan keluarga; ibu belanja, memilih bahan makanan, memutuskan pengalokasian uang belanja dari penghasilannya, memutuskan jumlah dan jenis bahan makanan. Ibu tidak belanja beragam namun yang digunakan ada bahan pangan hasil usaha sendiri berupa kacang tanah, ketela pohon yang digunakan jika tidak ada uang belanja sedang hasil ternak sendiri berupa ayam, ikan jarang digunakan. Kebutuhan mengisi perut lebih banyak mendasari pilihan ibu terhadap makanan. Ibu mempersiapkan dan bahan makanan serta memilih variasi masakan tetapi tidak membuat menu tertulis. Pada hari biasa , ibu sering memasak sayur, lauk nabati sedang lebaran banyak memasak lauk hewani. Ibu tidak menyajikan dan mendistribusikan makanan namun anggota keluarga bebas memilih makanan. Pola konsumsi keluarga masih didominasi beras sedang sayur, lauk nabati dan hewani masih kurang serta variasi makanan sering terjadi pengulangan. Rata-rata waktu yang dicurahkan ibu pada pekerjaan rumah tangga sebesar 5,75 jam/hari, lebih banyak pada pekerjaan memasak yakni 2,62 jam/hari sedang pada pekerjaan mencari nafkah sebesar 4,55 jam/hari, lebih banyak pada berdagang. Imbalan berdagang lebih besar dibanding kegiatan lainnya. Saran yang dikemukakan : peningkatan peran suami pada pekerjaan rumah tangga dengan sosialisasi, penganekaragaman pangan dengan pemanfaatan pangan usaha sendiri, penelitian lanjut mengenai kecukupan kalori dan protein di Desa Sukomulyo.

**Kata Kunci:** Peran ibu, pola konsumsi pangan, keluarga petani

MOTHER'S ROLE IN COMPOSING THE SYSTEM OF FOOD  
CONSUMPTION OF FARMER FAMILY (CASE STUDY AT SUKOMULYO  
VILLAGE KAJORAN SUB DISTRICT OF MAGELANG DISTRICT 2004)

*The various of role in family to follow mother's role large on domestic work but economic pressure to cause mother to earn a living increase income of family. Although thus mothers still has duty of providing food for the whole family, but mothers impossible done her duty well if working. The purpose of this research is to figure out how the mother in composing the system of family food consumption. This research is qualitative research with mothers from farmer family as the subject of research and their husband as the cross check. This research also to use in-depth interview and observation as the technique of data collecting.*

*The result of the research indicates that : mothers conduct all duties of household affairs, but they only help planting, weeding and harvesting without payment on agriculture work. While other job like farmhand and trade are performed by them to earn payment. Mothers only involved in one society organization, namely recitation of the Koran. For supplying the family food, mothers shopping, choose the food stuff, decide the allocation of expenditure from their earnings and also decide the amount and type of food. They do not buy various food because they already have some food stuff from their farms such as legume, cassava that used when there's no money left while chicken and fishes stuffs from their cattle seldom consumed by them. The needs of fulfilling the stomach becomes the basis of choice for mothers to shop. Mothers prepare and cook the food stuff and choose food variation but they do not arrange a written menu. They rarely cook some meats on ordinary day but on principal day. Mothers do not serve and distribute the food but the family members are free to choose and take the food by their own. The system of family consumption is still dominated by rice while vegetable, meat are less to be consumed and there's often a repetition in food variation. The average time used by mothers for household affairs is about 5,75 hours/day. Most of this time used by mothers for cooking which spends 2,62 hours/day. While the average time needed for making a living work is 4,55 hours/day and this time is more spent on trade since its repayment is bigger than others work. The suggestion proposed : to increase husband role in the household affairs by giving socialization, make a food diversity with to use food stuff from their farms and also a further research concerning the sufficiency of calories and protein in sukomulyo village.*

*Keyword: mothers role, system of food consumption, farmer family*