



INTISARI

Penelitian ini bertujuan untuk (1) mengetahui tingkat ketahanan pangan rumah tangga di Kabupaten Kulon Progo (2) mengetahui skor Pola Pangan Harapan (PPH) rumah tangga di Kabupaten Kulon Progo (3) mengetahui faktor-faktor yang memengaruhi Pola Pangan Harapan (PPH) rumah tangga di Kabupaten Kulon Progo. Metode dasar penelitian adalah metode deskriptif analitis, 40 responden dipilih dengan teknik *snowball sampling* dari rumah tangga di Kabupaten Kulon Progo. Tingkat ketahanan pangan rumah tangga ditentukan dengan klasifikasi silang antara Pangsa Pengeluaran Pangan (PPP) dan Angka Kecukupan Energi (AKE). Pola konsumsi pangan dihitung dengan skor Pola Pangan Harapan (PPH). Analisis faktor-faktor yang memengaruhi Pola Pangan Harapan (PPH) rumah tangga menggunakan metode *Ordinary Least Square (OLS)*. Hasil penelitian menunjukkan bahwa (1) 25% rumah tangga di Kabupaten Kulon Progo tergolong dalam tahan pangan, 2,5% rentan pangan, 70% kurang pangan, dan 2,5% rawan pangan (2) skor Pola Pangan Harapan (PPH) yaitu 51,53 dan pola konsumsi pangan rumah tangga termasuk kategori segitiga perunggu atau kurang (3) peningkatan pendapatan, umur ibu, dan status ketahanan pangan akan meningkatkan konsumsi pangan rumah tangga di Kabupaten Kulon Progo.

Kata kunci: ketahanan pangan, konsumsi pangan, pola pangan harapan, rumah tangga



ABSTRACT

This study aims to (1) knowing the level of household food security in Kulon Progo Regency (2) knowing the Desirable Dietary Pattern (DDP) score of households in Kulon Progo Regency (3) knowing the factors that influence the Desirable Dietary Pattern (DDP) score of households in Kulon Progo Regency. The basic research method is descriptive analysis, 40 respondents were selected by snowball sampling from households in Kulon Progo Regency. The level of household food security is determined by cross-classification between the share of food expenditure and the energy adequacy rate. Food consumption patterns was count by Desirable Dietary Pattern (DDP) score. The analysis the factors that influence the Desirable Dietary Pattern (DDP) score of household used the Ordinary Least Square (OLS) method. The results showed that (1) 25% of households in Kulon Progo Regency are food resistant, 2,5% food vulnerable, 70% lack of food, and 2,5% food insecure (2) Desirable Dietary Pattern (DDP) score is 51,53 and food consumption patterns of households included in the bronze triangle or less category (3) an increase in the income, mother's age, and food security status will increase the food consumption of households in Kulon Progo Regency.

Keywords: *food security, food consumption, desirable dietary pattern, households*