

Intisari

KONSUMSI IKAN RUMAH TANGGA PEMBUDIDAYA IKAN DI DUSUN BOKESAN KALURAHAN SINDUMARTANI KAPANEWON NGEMPLAK KABUPATEN SLEMAN

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Penelitian ini bertujuan untuk mengetahui frekuensi konsumsi ikan, jenis ikan yang dikonsumsi, sumber protein lain yang dikonsumsi, serta tingkat konsumsi ikan pada rumah tangga pembudidaya ikan yang ada di Dusun Bokesan, Kalurahan Sindumartani, Kapanewon Ngemplak, Kabupaten Sleman. Pengumpulan data dilakukan dengan metode sensus, yaitu mengambil data dari seluruh rumah tangga pada satu kelompok pembudidaya ikan di Kecamatan Ngemplak. Pengumpulan data lapangan dilaksanakan pada bulan April 2023 sampai dengan Mei 2023. Hasil penelitian menunjukkan bahwa mayoritas responden (83%) mengonsumsi ikan 3-5 kali dalam seminggu. Jenis ikan yang paling banyak dikonsumsi adalah nila dan lele (34%). Mayoritas responden mengonsumsi ikan karena faktor ketersediaan (57%). Cara mengolah ikan yang paling banyak dilakukan dan disukai oleh responden adalah menggoreng. Sumber protein selain ikan yang dikonsumsi oleh responden adalah telur ayam, telur bebek, daging ayam, daging sapi, tahu dan tempe. Rata-rata angka konsumsi ikan rumah tangga pembudidaya ikan di Dusun Bokesan, Kalurahan Sindumartani, Kapanewon Ngemplak adalah 21,7 kg/kapita/tahun. Hasil penelitian angka konsumsi ikan ini menunjukkan tingkat konsumsi ikan rumah tangga pembudidaya ikan di Dusun Bokesan, Kalurahan Sindumartani, Kapanewon Ngemplak jauh dari rata-rata konsumsi ikan di DIY yaitu sebesar 34,74 kg/kapita/tahun dan Nasional yaitu sebesar 55,37 kg/kapita/tahun.

Kata kunci: angka konsumsi ikan, rumah tangga, pembudidaya ikan, Kabupaten Sleman.

FISH CONSUMPTION OF FISH FARMING HOUSEHOLDS IN BOKESAN HAMLET SINDUMARTANI VILLAGE KAPANEWON NGEMPLAK SLEMAN DISTRICT

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This research aims were to determine the frequency and level of fish consumption, investigate the type of fish consumed, and identify the non-fish protein sources consumed by the fish farmer households in Bokesan Hamlet, Sindurmartani Village, Ngemplak Subdistrict, Sleman Regency. The primary data collection was collected by census method, where all of the fish farmer households from two fish farmer groups in Ngemplak Subdistrict were interviewed using questionnaire. Field data collection was carried out from April, 2023 to May, 2023. The research results showed majority of respondents (83%) consumed fish 3-5 times a week. The types of fish that were most frequently consumed were tilapia and catfish (34%). Some households consumed these type of fish because their availability from their own pond (57%). They cooks fish in various ways, but the most preferred method of cooking fish was frying. The source of protein other than fish consumed were chicken egg, duck egg, chicken meat, beef, tofu, and tempe. The average of fish consumption rate of fish farmer households in Mina Ngremboko Fish Farmer Group, Bokesan Hamlet, Sindurmartani Village, Kapanewon Ngemplak was 27.1 kg/capita/year. The results of this fish consumption rate study show that the fish consumption level of fish farming households in Bokesan Hamlet, Sindurmartani Village, Kapanewon Ngemplak is far from the average fish consumption in DIY of 34.74 kg/capita/year and the national average of 55.37 kg/capita/year.

Keywords: fish consumption, fish farmer households, Sleman Regency