

INTISARI

Pola makan masyarakat Indonesia sangat identik dengan konsumsi nasi sebagai makanan pokok utama. Nasi pada umumnya dikonsumsi dalam porsi besar dengan alasan untuk memberikan tenaga yang kuat dan rasa kenyang yang tahan lama saat bekerja. Namun, seiring dengan transisi ruang hidup dan ekonomi masyarakat pedesaan, pemaknaan dan praktik pemenuhan rasa kenyang ini turut mengalami pergeseran. Penelitian ini bertujuan untuk menjelaskan alasan masyarakat Sunda di Desa Cileles mempertahankan pola makan 'asal kenyang' di tengah pergeseran mata pencaharian dari sektor agraris menjadi buruh industri, serta mendeskripsikan apakah pola makan tersebut turut diterapkan oleh orang tua dalam pemenuhan gizi anak usia balita di dalam rumah tangga.

Penelitian ini menggunakan desain kualitatif-etnografi dengan metode observasi partisipan, wawancara mendalam, dan *Focus Group Discussion* (FGD). Kerja lapangan dilakukan secara intensif di Desa Cileles, Kecamatan Jatinangor, dalam rentang waktu Juli hingga Agustus 2024 dilanjutkan komunikasi melalui *online* pada bulan Januari hingga Februari 2026. Informan penelitian mencakup 26 ibu balita dengan latar belakang beragam (terdiri dari buruh pabrik industri, pekerja sektor informal, dan ibu rumah tangga), 3 bapak-bapak dengan latar belakang petani dan buruh serabutan, serta kader Posyandu dan bidan desa. Analisis data dilakukan melalui pendekatan teoritis *Habitus* dan *Taste of Necessity* dari Pierre Bourdieu serta kerangka *Gastro-politics* dari Sophie Chao untuk membedah relasi kuasa dan struktur sistem pangan yang mengepung warga.

Praktik 'asal kenyang' diterapkan oleh warga Cileles sebagai mekanisme pertahanan terhadap kemiskinan waktu (*time poverty*) dan tekanan ekonomi akibat rendahnya upah buruh industri. Makna kenyang telah mengalami dislokasi dari semula tenaga untuk mencangkul menjadi sekadar alat mekanis pengganjal lambung demi mengikuti ritme mesin pabrik. Masifnya penetrasi produk ultra-proses di lingkungan desa menciptakan selera yang dipaksa sebagai bentuk adaptasi terhadap hilangnya kedaulatan pangan dan keterbatasan finansial. Pada akhirnya, akses terhadap gizi seimbang di wilayah transisi ini menjadi sebuah privilese kelas sosial yang hanya dapat dijangkau oleh kelompok dengan modal ekonomi dan pendidikan tinggi, sementara malnutrisi struktural terus mengintai tubuh generasi pekerja.

Kata kunci: asal kenyang, pangan, habitus, transisi, malnutrisi

ABSTRACT

The dietary patterns of Indonesians are strongly associated with the consumption of rice as the primary staple food. Rice is generally consumed in large portions to provide sustained energy and a long-lasting sense of fullness while working. However, as the living conditions and economy of rural communities have shifted, the meaning and practices surrounding this pursuit of satiety have also undergone a transformation. This study aims to explain why the Sundanese community in Cileles Village maintains an ‘satiety-oriented dietary’ pattern amidst a shift in livelihoods from the agricultural sector to industrial labor, as well as to describe whether this dietary pattern is also applied by parents in meeting the nutritional needs of toddlers within the household.

This study employed a qualitative-ethnographic design using participant observation, in-depth interviews, and Focus Group Discussions (FGDs). Fieldwork was conducted intensively in Cileles Village, Jatinangor District, from July to August 2024, followed by online communication from January to February 2026. Research informants included 26 mothers of toddlers from diverse backgrounds (comprising industrial factory workers, informal sector workers, and housewives), 3 fathers with backgrounds as farmers and casual laborers, as well as Posyandu cadres and village midwives. Data analysis was conducted using Pierre Bourdieu’s theoretical approaches of Habitus and Taste of Necessity, as well as Sophie Chao’s Gastro-politics framework, to dissect the power relations and food system structures that surround the residents.

The practice of ‘satiety-oriented dietary’ is adopted by the residents of Cileles as a coping mechanism against time poverty and economic pressures resulting from low industrial wages. The meaning of “full” has shifted from its original connotation of the physical strength needed for manual labor to merely a mechanical means of filling the stomach in order to keep pace with the rhythm of factory machinery. The massive penetration of ultra-processed products in rural communities has created forced tastes as a form of adaptation to the loss of food sovereignty and financial constraints. Ultimately, access to balanced nutrition in this transitional region has become a social class privilege accessible only to groups with high economic capital and education, while structural malnutrition continues to haunt the bodies of the working generation.

Keywords: satiety-oriented dietary, food, habitus, transition, malnutrition