

Intisari

Penelitian ini dilakukan dengan tujuan untuk mengetahui frekuensi konsumsi ikan, jenis ikan yang dikonsumsi, sumber protein lain yang dikonsumsi, dan tingkat konsumsi ikan pada rumah tangga pengolah belut di Kecamatan Godean, Kabupaten Sleman. Pemilihan responden dilakukan dengan metode sensus, yaitu seluruh rumah tangga pengolah belut di Kecamatan Godean diambil sebagai responden. Data primer dikumpulkan melalui observasi dan wawancara menggunakan kuesioner. Data sekunder dikumpulkan dengan metode studi dokumen. Pengumpulan data lapangan dilakukan pada bulan Desember 2018 s/d Maret 2019. Hasil penelitian menunjukkan bahwa sebagian besar responden (54%) mengonsumsi ikan sebanyak 2-3 kali/minggu. Jenis ikan yang paling sering dikonsumsi adalah lele dan belut. Jenis ikan tersebut sering dikonsumsi karena faktor selera dan rasa (62%). Cara mengolah ikan yang paling banyak dilakukan oleh responden adalah menggoreng. Selain ikan, sumber protein lain yang dikonsumsi adalah ayam, telur ayam, telur bebek, tahu, dan tempe. Rata-rata angka konsumsi ikan pada rumah tangga pengolah belut adalah 23,42 kg/kapita/tahun.

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

Abstract

This study aims to determine the frequency and level of fish consumption, to investigate the type of fish consumed and to find out the other non-fish protein sources consumed by the swamp-eel processor households in Godean District. The research was conducted in Godean District, Sleman Regency, from December 2018 to March 2019. Census method was employed to choose the respondents who were all swamp-eel processor households in Godean District. Primary data were collected through observation and interview. Secondary data collected through document study. Data collection carried out from December 2018 to March 2019. The results of the study revealed that most respondents (54%) consumed fish 2-3 times a week. The types of fish that were most frequently consumed by the respondents were catfish and swamp-eel. The reason for choosing a certain type of fish was dominated by taste and flavor (62%). The most preferred way to process the fish was by frying. All respondents processed the fish by frying. Majority of respondents processed the fish by frying. Additionally, other protein sources consumed by the respondents were obtained from chicken, chicken egg, duck egg, tofu, and tempeh. Based on the data collection, the average fish consumption rate for the eel-processing household in Godean District was 23,43 kg per capita per year.

Keywords: fish consumption, eel-processor household, Sleman Regency.