



INTISARI

Kecukupan kebutuhan pangan rumah tangga dapat dilihat dari segi kuantitas dan kualitas pangan. Kuantitas konsumsi pangan diketahui dengan menghitung tingkat konsumsi energi. Sementara kualitas konsumsi pangan diketahui dengan menghitung diversifikasi pangan. Penelitian ini bertujuan untuk (1) (a) mengetahui perbedaan angka kecukupan energi rumah tangga perkotaan dan perdesaan, (b) membandingkan konsumsi energi rumah tangga perkotaan dan perdesaan dengan anjuran konsumsi, (c) mengetahui perbedaan tingkat konsumsi energi rumah tangga perkotaan dan perdesaan, (2) mengetahui perbedaan diversifikasi pangan rumah tangga perkotaan dan perdesaan, dan (3) mengetahui faktor-faktor yang mempengaruhi diversifikasi pangan rumah tangga. Penelitian dilakukan di Daerah Istimewa Yogyakarta dengan jumlah sampel sebanyak 3.041 rumah tangga. Data yang digunakan adalah data sekunder berupa data Susenas 2019. Metode yang digunakan untuk menganalisis data adalah uji *Mann-Whitney, one sample Wilcoxon signed rank test, Household Dietary Diversity Score*, dan analisis regresi linear berganda. Hasil penelitian menunjukkan bahwa konsumsi kelompok pangan hewani, sayur dan buah, serta bahan pangan lainnya di perkotaan lebih tinggi daripada perdesaan sedangkan konsumsi kelompok padi-padian, umbi-umbian, minyak dan lemak, buah/biji berminyak, kacang-kacangan, dan gula di perdesaan lebih tinggi daripada perkotaan, tidak terdapat perbedaan angka kecukupan energi rumah tangga perkotaan dan perdesaan; konsumsi kelompok pangan padi-padian, pangan hewani, serta sayur dan buah di perkotaan sesuai dengan anjuran konsumsi sedangkan di perdesaan konsumsi kelompok pangan padi-padian, minyak dan lemak sesuai dengan anjuran konsumsi; tidak terdapat perbedaan tingkat konsumsi energi rumah tangga perkotaan dan perdesaan. Diversifikasi pangan rumah tangga perkotaan lebih tinggi daripada diversifikasi pangan rumah tangga perdesaan. Diversifikasi pangan rumah tangga dipengaruhi oleh pendapatan rumah tangga, pendidikan ibu, jumlah anggota rumah tangga, jarak akses pangan, jenis pekerjaan kepala rumah tangga, lokasi tempat tinggal, dan daerah tingkat II sedangkan umur ibu tidak berpengaruh terhadap diversifikasi pangan rumah tangga.

Kata kunci: angka kecukupan energi, tingkat konsumsi energi, diversifikasi pangan rumah tangga, *Household Dietary Diversity Score* (HDDS)



ABSTRACT

The adequacy of household food needs can be seen in quantity and quality of food. The quantity of food consumption can be known by calculating the level of energy consumption. Meanwhile the quality of food consumption can be determined by calculating food diversification. This study aims to (1) (a) find out the difference in the energy adequacy rate of urban and rural households, (b) compare the energy consumption of urban and rural households with the recommended consumption, (c) determine the difference in the level of energy consumption of urban and rural households, (2) knowing the difference between urban and rural household food diversification, and (3) knowing the factors that influence household food diversification. The study was conducted in the Special Region of Yogyakarta with a total sample of 3,041 households. The data used is secondary data form Susenas 2019. The method used to analyze the data is the Mann-Whitney test, one sample Wilcoxon signed rank test, Household Dietary Diversity Score, and multiple linear regression analysis. The results showed that the consumption of animal foods, vegetables and fruit, and other foodstuffs in urban areas is higher than in rural areas, while the consumption of grains, tubers, oil and fat, fruit/oily seeds, nuts, and sugars in rural areas is higher than urban areas, there is no difference in the energy adequacy rate for urban and rural households; consumption of the grains, animal food, vegetables and fruit in urban areas is in accordance with the recommended consumption, while in rural areas the consumption of the grains, oil and fat in accordance with the recommended consumption; there is no difference in the level of energy consumption of urban and rural households. Food diversification of urban households is higher than that of rural households. Diversification of household food is influenced by household income, mother's education, number of household members, food accessibility, the head of household's occupation, location of residence, and level II area, while mother's age does not affect household food diversification.

Keywords: energy adequacy rate, energy consumption level, household food diversification, Household Dietary Diversity Score (HDDS)