

Intisari

Program Sembako merupakan program bantuan sosial pangan yang disalurkan kepada keluarga miskin dan rentan dalam bentuk non tunai dengan tujuan mengurangi beban pengeluaran untuk memenuhi kebutuhan pangan dan gizi yang lebih seimbang. Penelitian ini bertujuan untuk menganalisis dampak Program Sembako terhadap asupan gizi dan proporsi pengeluaran non makanan pada rumah tangga penerima manfaat. Estimasi dampak dilakukan dengan metode *Propensity Score Matching* (PSM) dan *Ordinary Least Square* (OLS) menggunakan data yang bersumber dari data mikro Susenas Bulan Maret 2020. Hasil estimasi dengan menggunakan metode PSM menunjukkan bahwa program berdampak signifikan terhadap peningkatan konsumsi kalori sebesar 95,03 kkal per orang per hari, karbohidrat sebesar 17,60 gram per orang per hari, dan protein sebesar 2,81 gram per orang per hari serta penurunan proporsi pengeluaran non makanan sebesar 1,54 persen pada rumah tangga penerima manfaat. Program tidak berdampak terhadap konsumsi lemak. Penurunan proporsi pengeluaran non makanan tersebut disebabkan oleh peningkatan pengeluaran makanan yang berasal dari nilai bantuan dalam program sebesar Rp150.000,00 per bulan. Dampak program terhadap angka kecukupan gizi disimpulkan efisien dengan mempertimbangkan besaran dampak relatif terhadap rata-rata konsumsi kalori dan protein masing-masing sebesar 4,97 persen dan 5,85 persen serta nilai bantuan relatif terhadap rata-rata pengeluaran rumah tangga konsumsi makanan sebesar 4,92 persen. Namun demikian, dampak program belum cukup efektif untuk mencapai standar kecukupan gizi yang direkomendasikan.

Kata Kunci: Program Sembako, Asupan gizi, Pengeluaran non makanan, Evaluasi dampak, *Propensity Score Matching*, *Ordinary Least Square*

Abstract

The Sembako Program is a food social assistance program that is distributed to poor and vulnerable families in the form of non-cash with the aim of reducing the burden of spending to meet more balanced food and nutritional needs. This study aims to analyze the impact of the program on the nutritional intake and the proportion of non-food expenditures of beneficiary households in Papua Island in 2020. The estimation of the impact is carried out using the Propensity Score Matching (PSM) and Ordinary Least Square (OLS) methods with data from the National Socio-Economic Survey in March 2020. The estimation results using the PSM method show that the program has a significant impact on increasing calorie consumption by 95.03 kcal per person per day, carbohydrate consumption by 17.60 grams per person per day, protein consumption by 2.81 grams per person per day and decreasing the proportion of non-food expenditure by 1.54 percent. The program has no impact on fat consumption. The decrease in the proportion of non-food expenditure was caused by an increase in food expenditure originating from the value of assistance in the program of Rp. 150,000.00 per month. The impact of the program on the nutritional adequacy rate is concluded to be efficient by considering the magnitude of the program impact of 4.97 percent relative to the average calorie consumption and 5.85 percent relative to the average protein consumption and the amount of assistance value of 4.92 percent relative to the average food expenditure. However, the impact of the program has not been effective enough to achieve the recommended nutritional adequacy standards.

Keywords: Sembako Program, Nutritional Intake, Non-Food Expenditure, Impact Evaluation, Propensity Score Matching, Ordinary Least Square