

FOOD INSECURITY ALLEVIATION STRATEGIES BY THE POOR IN TRIMURTI VILLAGE, BANTUL REGENCY

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Abstract: Sustainable benefits to address, food security, improve nutrition, and motivate sustainability. Food insecurity still occurs and the food security sub-system is inadequate. Community problems in Bantul Regency are food and economic insecurity. The research objective is to overcome food insecurity in Trimurti Village. Qualitative research method is the technique of collecting data through interviews, observation, and documentation. The result of the research is that an effective strategy for the poor in overcoming food insecurity is to change their diet, change their work, and need food or money.

Keywords: Food insecurity, food security strategy, Trimurti Village.

Abstract: The benefits of sustainable development are overcoming hunger, realizing food security, improving nutrition, and motivating sustainable agriculture. Food insecurity still occurs and the food security sub-system is inadequate. Community problems in Bantul Regency are food and economic insecurity. The research objective is to overcome food insecurity in Trimurti Village. The research method is qualitative while the data collection technique is through interviews, observation, and documentation. The result of the research is that the strategy implemented by the poor to overcome food insecurity is to change the way they work and eat and get into debt.

Preliminary

To achieve food security, improving nutrition and agriculture, sustainable development is needed (United Nations, 2015). Sustainable agriculture can achieve food security. In order to create a resilient population from food security, it must be able to produce food in a sustainable manner.

Food security consists of available food, absorption, nutrition, and food access (Hanani, 2012: 2). Food security is part of national security because of the target of national development (Miyasto, 2014). Indonesia's food security index has not increased significantly from 71 (2016) to 69 (2017) out of 113 countries in the world (Food Security Agency, Ministry of Agriculture, 2018). This is due to the unequal distribution of food. Distribution is related to survival and food nutrition (Hapsari and Rudiarto, 2017: 133). This causes malnutrition and food insecurity, despite the availability of food.

In DIY, there is sufficient amount of food but 16 villages are vulnerable to nutrition and food (Food Security and Extension Agency, DIY, 2016). The reason is poverty so that they have to buy quality food in very low quantities. In 2017, it shows that in March 2017 food products against the poverty line were 71.52% (BPS DIY, 2017). This means that it is very difficult for residents in DIY to obtain food.

Nutrition is the result of food security. Malnutrition is characterized by low birth rates of around 4.86% and increased to 5.52% in DIY in 2017. Indicators of nutritional status can be seen from stunted growth.

Based on Table 1. shows that the nutritional status of pregnant women with SEZ has increased where in 2017 it was around 10.70 while in 2018 it was around 11.76 (DIY Health Office, 2018:23). So that the case of malnutrition in DIY is related to food needs.

Table 1. Nutrition of DIY Population

| Year | Less Prevalence Nutrition (%) | Baby Infant Case Prevalence Low Birth (%) | Prevalence Stunting (%) | Nutritional Prevalence of Pregnant Women with Chronic Energy Deficiency (KEK) (%) |
|------|-------------------------------|---|-------------------------|---|
| 2017 | 8.26 | 4.86 | 13.86 | 10.70 |
| 2018 | 7.94 | 5.52 | 12.37 | 11.76 |

Source: DIY Health Office, 2018.

Table 2. Food Prices in DIY 2018

| Ingredie nts (Kg) | Ric e | Sug ar | Cooki ng oil | Chick en meat | Chick en eggs | Beef | Red onio n | Curl y red chili | Big Red chilli | Cayen ne peppe r |
|----------------------------------|------------------|-------------------|-------------------------|------------------------------|------------------------------|-------------|---------------------------|-------------------------------------|-------------------------------|-------------------------------------|
| Price (Rp) | 8,900 | 11,000 | 9,000 | 33,000 | 25,100 | 115,000 | 22,000 | 21,000 | 26,000 | 26,000 |

Source: Food Security and Extension Agency, 2018

Food supply in DIY is safe because there is a surplus of rice which is a mandatory food ingredient, but access to this food has not been easy.

According to food material data in DIY in 2018, the price of rice is Rp. 8,900/kg, sugar Rp. 11,000/kg, cooking oil Rp. 9,000/liter, chicken meat Rp. 33,000/kg, chicken eggs Rp. 25,100/kg, beef Rp. 115,000/kg. kg, shallots Rp. 22,000/kg, curly red chilies Rp. 21,000/kg, large red chilies Rp. 26,000/kg and red chilies Rp. 26,000/kg (Food Security and Extension Agency, 2018) become standard day prices and inflation can occur on holidays and new year. Natural resource factors have not been able to help ensure food security.

Trimurti Village is located in Bantul Regency, Srandakan District with a food production area of 66 ha of rice harvested area, 4 ha of peanut harvested area, and 9 ha of soybean harvested area (BPS Bantul, 2019: 61). The purpose of the study was to find out strategies and analyzes in overcoming food and nutrition insecurity carried out by the poor in Tri Murti village, Bantul Regency.

Theoretical review

Survival Strategy

Survival strategy is a strategy to meet the needs of life (Setia, 2005:6). In general, survival strategy is a person's ability to overcome problems in his life. The ability of families in optimizing assets is a solution in overcoming the problems of living necessities (Suharto, 2009:29).

Strategies to overcome economic pressures (Suharto, 2009: 29) are as follows:

1. Active strategy, which is to take advantage of the assets owned. For example: carrying out additional work.
2. Passive strategy, namely avoiding waste. For example: savings on the purchase of clothing, education, food, and housing.
3. Network strategy, namely establishing formal, institutional and social relationships. For example: debt, the existence of assistance programs, and borrowing money.

According to Ellis (2000), to survive, we must know the concept of livelihood. This is very important to know and implement. The purpose of this concept is to meet economic, social and ecological needs in a balanced and just manner. To ensure survival, a livelihood is needed so that you will get income (money or goods), relationships, and property rights.

The strategy for the development of a sustainable life is a livelihood strategy to overcome conflicts and pressures (Kusuma, 2016: 24). The livelihood strategy consists of the choice of sources of livelihood in the community (Widodo, 2011:12).

The livelihood strategy aims to get the maximum benefit as well as the relationship to choose and get a job. According to (Widodo, 2011:12) there are strategies in getting a job, namely (1) carrying out various kinds of work even though they get low rewards, (2) establishing kinship or relationships, and (3) moving people to other areas.

To earn income, residents have a strategy in meeting their needs, namely the existence of an economic strategy consisting of an optimal workforce, population movement, multiple livelihoods, while the social strategy is assistance through kinship and institutions to meet the welfare of the region.

Food Insecurity

Food insecurity can be interpreted as a population that has not been able to meet and have not fulfilled the food needs in a certain area in order to meet the health and development of the population. The cause of food insecurity is a disaster and at a certain time (Food Security Council, 2006:57).

Food security means that all individuals can easily access their food needs so that they can live a healthier life, while food insecurity means that food needs cannot be fulfilled. This is due to inadequate food in terms of quality and quantity, uneven distribution of food, and not yet easy access to food (Ariningsih and Rachman, 2008: 240). So that food insecurity is the cause of food security problems (Hanani, 2012).

Food security is about food, and the goal is people. It is necessary to have available food, access to food, and food absorption as a solution for the population in overcoming food problems. All of these sub-systems must be met so that food security can be achieved. In addition, food security strategies can improve in overcoming food insecurity, namely food, protein and adequate food reserves.

According to Jumarianto (2001), there are ways to achieve food security, namely residents can grow food such as corn, vegetables, and cassava and residents can create food reserves for a very long time supply by maintaining food raw materials.

In general, raising goats, ducks and chickens is a very productive asset and is maintained by the poor. This is also a strategy to achieve food security (Hanani, 2012). The cause of the poor have not been able to access their food needs, namely inflation (increase in food prices).

The social capital of the poor to meet food needs must be based on several factors, namely: (1) trust, will arise if they have an attitude of honesty, (2) network, maintain good interaction relationships; (3) norms, regarding discipline, (4) reciprocity (helping), and (5) mutual cooperation (Usman, 2018; Fitria, 2017).

Food Needs Fulfillment Strategy

Food Coping Strategy Theory is a theory of food adaptation that is answering about food. The purpose of this theory is to overcome food problems that occur by changing the rules of eating, namely meal times, food quality, amount of food, and type of food (Jumarianto, 2001).

Food diversification is the process of making food, distributing food to using food. Foodstuffs that can be diversified are vegetables, fruit and side dishes (Tampubolon, quoted by Suyastiri, 1998). The purpose of diversification is a strategy to overcome and adapt to food insecurity. In dealing with food insecurity, it is necessary to analyze food security, such as strategies for survival, concepts and strategies for food security.

Research methods

The research method used is descriptive qualitative, namely research that aims to examine the observed attitudes in the form of descriptive data both oral and written (Moleong, 2014:4). The benefit is that it can describe and explain strategies to overcome food insecurity by the poor in Trimurti Village. Data collection techniques are observations, interviews and documentation.

Discussion

The type of work of the Trimurti villagers is casual labor and is a lower middle class community who earns a day's income. Sand mining activities are the most important livelihood but have not been able to meet economic and social needs.

The cause of income that has not been able to meet the needs of life is due to demographic conditions and inadequate facilities and infrastructure such as poor quality sand due to its proximity to the slopes of the volcano, the number of trucks and limited sales volume (Ermando, 2018).

To meet the needs of life which is very increasing and varied, additional income is needed, for example being a factory or building worker. Family members also help in earning a living or to make ends meet.

The following are the factors that cause public debt, namely as follows:

1. Changes in economic conditions.
2. Social identity.
3. Low income.
4. Debt can create happiness (Herispon, 2017).

To meet the lack of income, namely by borrowing or debt. Debt is not a solution because it requires careful consideration. In addition to debt and borrowing, there is also assistance from the government and social value because it helps in meeting food needs.

Social value is help from relatives or relatives. The value of mutual help and mutual assistance is very much applied by the Trimurti Village community, for example lending money and or food.

Strategies in realizing food security are as follows:

1. Changing the Intensity of Eating

The food security strategy is changing the eating process starting from choosing and buying food ingredients and diversifying food. Food diversification, namely changes in food choices, restrictions on food portions, namely reduction in intensity, and types of food.

Planning in eating needs to be carried out because it must be adjusted to the amount of income. The poor people in Trimurti village must be able to manage their income wisely, reduce waste and be able to save finances as effectively and efficiently as possible and be able to take advantage of existing resources.

2. Food Debt

Food needs must be met immediately. If the condition of the population does not have sufficient income, then by borrowing money, or borrowing food. Mutual trust is needed so that the debt-receivable process can run optimally. In addition, poor people also get free assistance.

In overcoming food insecurity, the poor implement strategies to survive by utilizing capital, namely borrowing money or food. To meet food needs there is assistance to overcome the poor who lack income and land.

Closing

Conclusion

Based on the discussion above, the conclusions are:

1. Strategies to change work motives. Changes in work rules are carried out by optimizing the resources of family members to help earn income and utilize natural resources.
2. Strategies to change eating motives. Implemented by reducing food portions, choosing food ingredients at affordable prices and of moderate quality.
3. owe or borrow. Implemented by borrowing money or taking debt.

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