

Poor Family Food Consumption Behavior of Maros Regency, South Sulawesi, Indonesia

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Abstract: This study describes various factors that influence the food consumption behavior of poor families in Maros Regency, South Sulawesi. This research uses descriptive quantitative method involving 96 respondents. The research sample was spread in three villages in Maros Regency which represented poor families. The results showed that food consumption of poor families in Maros Regency was characterized by the provision of plant-based food sources, animal food sources and fast food consumption habits. The results of the descriptive analysis also show that food diversification behavior, the provision of milk and the provision of fruit are relatively low. Factors that influence food consumption are knowledge about food. Besides that the level of education, income and expenditure for food does not affect the family food consumption.

Keywords: education, income and food knowledge

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I. Introduction

Food needs of the modern era has experienced a shift, where the meaning of eating is not just simply make full, but the main focus is now how to reach optimal health and fitness. The main function of food for humans or in the term called primary function is to meet the needs of nutrients. Such a function of food is known as the primary function. Central Bureau of Statistics of Maros Regency (2013) itself noted that the population of Maros Regency reached 322,212 people and for family heads reached 73,213 households in 2011 and there was a significant increase in 2012 which reached 325,401 people and for family heads to reach 73,474 households. The number of poor people is 29,286 people or around 9%. The ratio of poor people in Maros Regency is enough to make us sad and also become a poverty contributor in South Sulawesi and nationally (Nursiah and Haris, 2019).

Maros Regency still has many poor families who do not understand nutrition and food, and assume that nutrition is expensive and cannot be reached by their purchasing power. There are still many who think that food is important to satisfy and do not understand that what is consumed every day the nutritional content is inadequate and does not meet the body's needs according to the AKG (nutritional adequacy rate). All of this has an impact on children under five malnourished, anemic pregnant women, SEZ pregnant women, iodine deficiency, and vitamin A deficiency. Previous research has been examined by Karmini and Erwin, (2012) entitled, "The Influence of Income, Number of Family Members, and Education on Consumption Patterns of Poor Households in Gianyar Subdistrict". Research conducted to obtain empirical evidence that income, number of family members, and education have a simultaneous influence on consumption patterns of poor households in Gianyar Subdistrict. Then another research was conducted by Khairil Anwar entitled, "Analysis of Rural Community Consumption Patterns in Bireuen Regency– Aceh". This research was conducted to determine the socio-economic conditions of the family (income, education, employment and family size) related to consumption patterns in rural areas in Bireuen Regency.

Based on the research, the authors will conduct research in the field of nutrition related to the behavior of food consumption is still not much disclosed. In connection with this, it has encouraged researchers to conduct experimental research related to economic status, knowledge of nutrition, to the behavior of consumption consumptions among poor families in the Regency of Maros.

II. Method

This type of research is using a quantitative approach with survey methods (Berger, 2019). Based on data, facts, and information obtained, then it can explain the condition of each variable under study, so that it can know the relationship of one variable to another. Samples are the number and characteristics possessed by the population. The sampling technique uses random sampling techniques.

III. Results And Discussion

Table 1.1 Frequency Distribution of Food Consumption for Poor Families

Variable	Category	Frequency	Percentage
Education Level	Ungraduate	56	58.3
	High School Graduate	40	41.7
Income / month (Rp)	Less than Rp. 1.000.000	34	35.4
	Rp.1.000.000 - Rp 2.000.000	42	43.8
	More than Rp.2.000.000	20	20.8
Food Expenses/ month (Rp)	Less than Rp. 500.000	48	50.0
	Rp.500.000 - Rp 1.000.000	33	34.4
	More than Rp.1.000.000	15	15.6
Food Knowledge	Low	34	35.4
	Medium	62	64.6
	High	0	0.0
Food Consumption	Low	26	27.1
	Medium	61	63.5
	High	9	9.4

Data Source, 2019

Table 1.1 shows that food consumption of poor families according to education level tends to be balanced between ungraduate 58.3 or as many as 56 respondents and High school graduate 41.7 or as many as 40 respondents. While at the level of income and food costs tend to be balanced between the three categories. The food consumption of poor families according to the level of food knowledge is in the moderate category, namely 64.6 or as many as 62 respondents and is low at 35.4 or as many as 34 respondents. This explains that food consumption is in the medium category, 63.5 or 61 respondents.

If the food consumption behavior is separated according to the indicators, it is known that the poor families are more often on the indicator of providing ready-to-eat food where 66.7% of this behavior. For more details, can be seen in the table 1.2.

Table 1.2 Percentage of Food Consumption Behavior of Poor Families in Its Implementation

Indicator of Food Consumption	Everyday		Often		Rarely		Never		Total
	F	%	F	%	F	%	F	%	
Providing animal foods	68	70.8	28	29.2	0	0.0	0	0.0	96
Providing plant foods	74	77.1	22	22.9	0	0.0	0	0.0	96
food diversification	16	16.7	24	25.0	53	55.2	3	3.1	96
Provide Fruit	8	8.3	22	22.9	66	68.8	0	0.0	96
Provide Milk	3	3.1	20	20.8	41	42.7	32	33.3	96
Providing fast food	6	6.3	64	66.7	26	27.1	0	0.0	96

Data Source, 2019

Based on the table 1.2, it can be explained that the percentage of food consumption behavior in the highest frequent category lies in the behavior of providing fast food at 66.7% and the lowest is in the behavior of providing milk by 20.8%. This is also in line with the never highest category in the behavior of providing milk by 33.3%. Food diversification behavior, provision of milk and the provision of fruit are relatively low. Thus it can be said that the behavior of consuming fast food dominates poor families in their daily lives. This is in line with the research of Hartari, (2016) which explains that not only middle and upper class people can enjoy ready-to-eat food even the people from the lower middle class can enjoy it. One reason is because if you make your own food, there are a number of additional ingredients that they need to buy, so that they add more costs or expenses (McEachern and Warnaby, 2019).

The value of r_{count} (Pearson Correlations) for the relationship of Food expenses with Food consumption is $0.678 > r_{table} 0.576$, it can be concluded that there is a relationship or correlation between the variable Food knowledge with the variable Food consumption. Because it is positive, it means that the relationship between the two variables is positive in other words, the increasing Food knowledge between Food consumption will increase the food consumption behavior of poor families. In other words, the factors that influence food consumption are knowledge about Food (Vitale *et al.*, 2019). Besides that the level of education, income and expenditure for food does not affect the family food consumption. This is in line with Agger's opinion, (2015) that increasing knowledge of nutrition will be reflected in good food consumption behavior.

IV. Conclusions

The conclusion of this study is that food consumption of poor families in Maros Regency is characterized by the provision of plant-based food sources, animal food sources and fast food consumption habits. The results of the descriptive analysis also show that food diversification behavior, the provision of milk and the provision of fruit are relatively low. Factors that influence food consumption are knowledge about food.

Besides that the level of education, income and expenditure for food does not affect the family food consumption.

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