

The Changes of Family Food Patterns in Two Generations in Padang Genting Village, Batubara Regency (In terms role of women as housewives)

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Abstract

Changes in family dietary habitary patterns are necessary, although some families persist in generations of family dietary habits. Dietary habit is related to the physical needs of healthy and sustainable living. Some areas in Indonesia, family eating patterns tend to be oriented to family habits from generation to generation. This study aims to analyze the factors that influence housewives in the second generation in compiling their family's dietary habit in the coastal area of the Malacca Strait. This study was conducted in Padang Genting Village, Batubara Regency, North Sumatra. The method used in this study is the ethnographic method with participant observation techniques and in-depth interviews with selected respondents based on the snowball technique and direct observation in the research area. The results of this study concluded that the experience of housewives with their parents, formal education and experience in PKK (Family Welfare Development) in villages and sub-districts also became the basis for women housewives to formulate their family's dietary habitary habit.

Keywords

Socialization; dietary habit; factors that influence mothers



I. Introduction

A balanced dietary habit is an individual's basic need in meeting the needs of human life both physically and brilliantly. To get a balanced dietary habit, various types of food are needed, because there is no single type of food that contains complete dietary habitary substances. Therefore, it is necessary for humans to eat various types of food to make up for the deficiency of nutrients in different types of food. The principle of complementarity of various types of food ensures a balanced dietary habit in sufficient quantities. In the case of family food patterns, the role of women as housewives is important because she is the holder of power in determining family food patterns. When people in one area have the habit of eating certain types of food, does not involve other types even though these types of food are needed by the human body. In addition, in family life in Indonesian society there is a structure that determines the role of women as housewives in managing the needs of the whole family. Family structure also determines the attitudes and decisions of women in the family and society.

In terms of compiling family food patterns, women play an important role, because women hold the key to socialization in children. Engel (1994) said that attitudes and decisions in the family, especially for the food to be eaten by the family, are the responsibility of the parents, but in this case the role of the mother is more dominant. Studies on women as housewives who have succeeded in producing changes in Indonesia such as Pudjiwati (1985); Aryani (1994); Ihromi (1995); Abdullah (2003); Astuti (2008) concludes that the glory of

women is important information that can encourage women to contribute to change to the family to increase food and other needs.

Studies regarding Modernization and globalization of food patterns in Indonesia such as the study of Charles (2013) explains that modernity causes a person to choose food rather than based on physical needs and human resources. Although the advancement of the types and forms of feeding is a triumph in food science and technology, it should be noted that progress also has various problems. Therefore, the role of women housewives in regulating food for the family needs to be increased so that family members get a dietary habit that is in accordance with physical needs and healthy and successful human resources.

II. Research Method

2.1. Role

Social scientist Soerdjono (2002) defines role as a series of actions that are expected to be in accordance with the social position given to individuals. Then the role is a dynamic aspect of the position. If the individual carries out the rights and obligations according to his position, then he is carrying out his role.

2.2. Socialization Process

The concept of socialization proposed by Herkovits (1963) is a process that applies to a child to adjust to the norms of family and society. In the category of norms in people's lives there are norms about what can be eaten and what cannot be eaten and why the food is eaten. Parents, as a function of carrying out child socialization, have an important role in forming children's food habits. Kontjaraningrat (2009) suggests that socialization is a learning process that is carried out by individuals during childhood until their old age. They learn patterns of action in interaction with various individuals who develop social tasks. Ihromi (2004) said that the individual who plays an important role in the socialization of children in an effort to shape the child's personality is the mother and father.

There are three important factors in explaining the socialization of mothers to children. First, the mother is the first and foremost individual who interacts with the child and forms the child's habits (Chodorow, 1978). Second, the mother plays the main and first role, therefore the mother plays the role of introducing the first food to the child. Third, mothers should be able to carry out appropriate child food habits to meet the needs of children's growth and development.

2.3. Dietary habit

The term dietary habit is related to what can be eaten and what can't be eaten in accordance with the concept of culture, beliefs and abstinence of society (Foster & Anderson, 2006) A good dietary habit consists of basic foods, various side dishes and various vegetables, various fruits and eaten in equal quantities. sufficient for human needs. (Soedioetama, 2009).

Sunita Almatsir (2011) says a good dietary habit contains food sources of energy, building and regulating substances because all these ingredients are needed for physical growth and brilliant minds and produce energy, so food is needed in sufficient and appropriate numbers. With an appropriate and balanced dietary habit, it is useful to achieve and take place in optimum health. According to Kalangi (1994) food patterns are all goods that are available or can be provided for the needs of human life in the sense of food and culture.

Mapaldin (2006) concludes that dietary patterns are related to socio-cultural factors of society. He conducted an investigation on the Wamena community on the island of Irian Jaya where the type of taro is the basic food of the community. They even said they had not eaten, if they had not eaten taro, while other foods such as fish, vegetables and fruit did not become basic food for them. Community groups also have a social value to food, so they tend to understand that nutritious food is good for individual needs, but is given low social value by the community or vice versa (Sediaoetama, 2011). The eating pattern studied was the family's daily eating pattern who knew and served various types of side dishes, vegetables and fruits alternately on a daily basis. The food patterns studied in this study are various types of food that are eaten, not for food rules and numbers. The various types sought in the investigation are foods that are eaten every day including rice, side dishes, vegetables and fruit. This is done because a number of women do not understand the various types of food needed. In particular, the diet in this study is a form of family food provided by housewives containing various types of food, namely rice, various types of side dishes, various types of vegetables and various types of fruit (Almatsir, 2011).

There are many factors that influence eating patterns where the habit factor becomes dominant for individuals in determining food patterns (Khumaidi, 2009). Therefore, the role of the mother is needed to regulate family food so that children can inherit the habit of eating various types of food from their families. Therefore, food patterns can be seen during meals and other times with various types of food eaten. A varied, balanced and quality dietary habit is associated with improving the nutritional status of society in general (Atmarita, 2004).

It cannot be denied that food patterns are the result of community culture and are constantly changing in accordance with the development of the culture of the community. In line with that, various things also influence women housewives in determining the type of family food.

III. Research Method

This study uses an ethnographic design. The ethnographic method is a method that has the potential to add value to interview studies that are more likely to interact by contributing to ongoing engagement in the local cultural context (Litts and Searle, 2015). Respondents were determined as many as 6 people who were selected based on the snow ball technique. As for the requirements of the respondents in this study are women housewives who work as housewives and work in jobs that generate the economy. This research was conducted in Padang Genting village, Talawi sub-district, Batubara district, North Sumatra with the consideration: that the village where the sample lives has been included in the development plan of Batubara district. Data was collected by means of observation and in-depth interviews.

Table 1. Profile of respondents

Respondent	age	education	Work	Husband's job
Rohi	62	Teacher Education School (SPG)	Asn Retirement	Taxibike
But	40	Elementary School	Selling	Indonesian Workers
Nur	38	Elementary School	Weaving	Fisherman
Hab	49	senior High School	Weaving	Village chief
Khai	35	Elementary School	Selling	Uncertain
Dah	54	Elementary School	Selling	Fisherman

IV. Result and Discussion

The results of this study indicate that housewives make changes to their family's dietary habit. Housewives serve their family's dietary habit, not all of them follow the dietary habit of their parents. They made changes, especially to the types of vegetables and fruits. The dietary habit in the past did not recognize fruit as one type of food that must be eaten. Fruits are a type of seasonal food according to the fruit season. While there are only a few types of vegetables, especially kale and sweet potato leaves, occasionally spinach, rarely eat other types of vegetables. Besides that, changes have also occurred to the types of side dishes that previously only focused on fish and two types of snails, namely clams and *kepah*, now provide types of tofu and tempeh, chicken meat, eggs and the occasional beef as a daily side dish. Changes to the type of vegetables by providing the types of vegetables such as carrots, cabbage, eggplant, pumpkin, green beans, green mustard, chicory and bitter mustard.

This change in formulating family food patterns occurred based on the experience of housewives with their former nuclear family, experience of formal school education and experience participating in the activities of the Family Welfare Development Institution (PKK) in the village and in the sub-district which also became the basis for mothers to develop eating patterns in their families.

4.1. Experience with nuclear family

A woman's life as a mother also begins with her nuclear family where she was born and raised so that what constitutes a family dietary habit will certainly be the basis for her to understand the dietary habit that is eaten every day, although some interaction spaces provide other knowledge such as school and social life in the community. outside the family environment. One respondent once asked his mother, why the side dishes and vegetables they eat are the same as sweet potato leaves and kale and sometimes spinach. In fact, at school, several types of side dishes and vegetables that have physical benefits are taught, they are never served. What's more, fruit is completely absent from daily food such as papaya, bananas, let alone oranges, apples and others. Fruits such as papayas and bananas are very abundant and bear fruit in the village area. Usually eating rice with fish is enough, as if vegetables and fruit are not important. As described by the respondent

I asked my mother, why not cook vegetables even though they are cheap. My mother replied: just eating rice with fish is good, if you cook vegetables, it will take a long time to cook, especially the cleaning process, and eating like this from the past with your grandmother is normal, they are healthy, and can do farming, weaving, fisherman etc. (Hab)

4.2. School Education Experience

The knowledge of women housewives who became respondents with four formal elementary school education and two high school seniors showed that the educational experience they went through was quite influential in providing family meals consisting of all kinds of side dishes, vegetables and fruit in their daily dietary habit alternately. It is as said by the respondent

I have an elementary school education, but what I got and learned during school about the types of food and their needs for growth and development and the need for thinking became the basis for me to determine the types that exist in my family's diet, both food during the day and at evening. When I was in the first grade of elementary school, I heard a song like this: lack of vitamin A, you are

twilight blind, just eat colorful fruits and vegetables. This means that fruits and vegetables are very important for physical and bright thinking (Khai)

4.3. Experience attending PKK meetings

In addition to household activities and work in the economic field such as *songket* weaving and selling and one respondent retired from a civil servant, the respondent is also active in Family Welfare Development activities in villages and even sub-districts. Activities that are always followed by respondents are lectures / counseling about the benefits of types of food for human life, all vegetables and fruits have benefits, the benefits of regulating a dietary habit that has at least four types such as rice, side dishes, vegetables and fruits. Respondents have also attended counseling that corn and sweet potatoes have substances that can be substitutes for rice. Besides the counseling lectures, the respondents most interested in PKK activities were the practice of cooking food and eating together. One of the respondents, namely, Dah said that.

Even though, I am busy with housework and selling shops, I like to attend village PKK meetings, because these activities are beneficial for me. In addition to knowledge of sewing skills and others, I often attend counseling about the benefits of types of food so that I can practice them at home. Previously, I also felt that eating rice with fish as a side dish was enough, especially if the fish was in curry..... delicious. But after I often gain knowledge about the benefits of different types of food, I am compelled to include it in my family's diet. Moreover, I heard that some types of food are associated with substance deficiency and cause disease (Dah)

From the results of studies in the region, it can be explained that women have full power in formulating their family's dietary habit. This can be seen in the activities of shopping for groceries, cooking food and serving food for the family to eat. Respondents served food in the pattern of rice, side dishes and vegetables. The type of fruit cannot be seen in food dishes but can be seen when the respondent is shopping. When asked what kind of fruit is not served in the lunch and dinner pattern, but family members take their own before or after eating or whenever the fruit is located on the dining table or in the refrigerator.

V. Conclusion

Familiarizing a dietary habit with the family is a behavior carried out by women as housewives. Women housewives are people who have power in terms of forming family food patterns. The results of this study indicate that female housewives arrange a variety of food patterns for all types of daily food in turn. This is certainly one way to get the benefits of these types of food and not only rely on certain types of food, from generation to generation. There are three factors that influence housewives in terms of preparing their family's dietary habit, namely, experience with the nuclear family, experience in school education and experience in participating in Family Welfare Development (PKK) activities. From the results of this study, it is hoped that women housewives in other areas can also do so so that the food eaten by the family is varied. Various preparations are certainly beneficial rather than just one or two types of food ingredients. This is necessary because some people feel that eating delicious vegetables is only sweet potato leaves, that's why they are eaten over and over again. Whereas all types of side dishes, vegetables and fruits have different benefits and complement each other.

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