

ABSTRAK

Silvi Assania Turrohmah. 2025. **Perubahan Perilaku Makan Bergizi Sebagai Dampak Dari Pelatihan Pengolahan Pangan** Jurusan Pendidikan Masyarakat, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi, Tasikmalaya.

Peningkatan perilaku makan bergizi penting untuk memperbaiki kesehatan keluarga, namun pemanfaatan pangan lokal di Indonesia, termasuk pada KPM PKH, masih rendah akibat keterbatasan pengetahuan dan keterampilan. Oleh karena itu, pelatihan pengolahan pangan lokal bergizi menjadi langkah strategis untuk meningkatkan kapasitas dan kemandirian KPM dalam menerapkan pola konsumsi sehat. Penelitian ini bertujuan untuk mendeskripsikan proses perubahan perilaku makan KPM PKH sebagai dampak dari pelatihan pengolahan pangan Metode yang digunakan adalah penelitian kualitatif dengan jenis studi kasus, yang bertujuan untuk mendeskripsikan pengalaman KPM setelah mengikuti pelatihan. Hasil penelitian menunjukkan bahwa sebelum pelatihan dilaksanakan, penerapan pola makan KPM masih cenderung membeli makanan instan dibanding memanfaatkan pengolahan pangan lokal bergizi secara mandiri. Setelah pelatihan dilaksanakan, adanya peningkatan kesadaran KPM PKH dalam memilih bahan pangan yang lebih sehat serta meningkatnya minat KPM dalam pengolahan pangan bergizi sendiri di rumah. Selain itu, KPM PKH mampu menyesuaikan diri dengan keterbatasan ekonomi melalui pemanfaatan pangan lokal yang lebih terjangkau dan mudah diperoleh. Sehingga penerima manfaat (KPM) mulai menerapkan pengolahan pangan secara mandiri yang lebih konsisten sebagai bentuk awal perubahan perilaku. Sehingga pada tahap adopsi, KPM telah menerima serta menerapkan inovasi yang diberikan dalam kehidupan sehari-hari. Maka dapat disimpulkan bahwa pelatihan pengolahan pangan lokal bergizi mendorong terjadinya perubahan perilaku makan bergizi pada Keluarga Penerima Manfaat (KPM), yang ditunjukkan melalui meningkatnya kesadaran dalam memilih bahan pangan yang lebih sehat serta mulai diterapkannya pengolahan pangan secara mandiri dengan memanfaatkan pangan lokal.

Kata Kunci: Pelatihan, Pengolahan Pangan Lokal, Makan Bergizi, Program Keluarga Harapan.

ABSTRACT

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Improving nutritious eating behavior is an important aspect of efforts to enhance the quality of family health. However, the utilization of local food resources in Indonesia remains relatively low. This condition is also experienced by Beneficiary Families (Keluarga Penerima Manfaat) of the Family Hope Program (Program Keluarga Harapan), who generally have limited knowledge and skills in processing food independently. As a result, KPM PKH tend to choose instant foods, which are perceived as more practical than preparing food on their own. Therefore, training in nutritious local food processing is considered a strategic effort to increase the capacity, awareness, and independence of KPM in adopting healthier consumption patterns. This study aims to describe the process of changes in eating behavior among KPM PKH after participating in nutritious local food processing training. The research employed a qualitative method with a phenomenological approach, which aimed to describe the experiences of KPM after attending the training. The results indicate that prior to the training, the implementation of nutritious eating patterns among KPM PKH was relatively low, as reflected in the habit of purchasing instant foods rather than processing food independently. After the training was conducted, there was an increase in KPM PKH's awareness of selecting healthier food ingredients, along with a growing interest in cooking at home. In addition, KPM PKH were able to adapt to economic constraints by utilizing more affordable and easily accessible local food resources. During the trial stage, KPM began to adopt the habit of cooking independently as an initial form of behavioral change. Subsequently, at the adoption stage, KPM PKH accepted and applied the innovations provided in their daily lives. Based on these findings, it can be concluded that nutritious local food processing training is effective in enhancing the capacity of KPM PKH and encouraging positive behavioral changes toward the adoption of healthier and more sustainable eating patterns within the family environment

Keywords: *Training, Local Food Processing, Healthy Eating Behavior, Family Hope Program (PKH)*