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consumption patterns of Enbal local food in Ohoitahit Village, North Dullah Island District, Tual City

Muh Nasrudin Lestaluhu[1], A.E Pattiselano[2], Tienni M. Simanjorang[3]

[1,2,3]Extension Study Program, Faculty of Agriculture, Pattimura University,
Jln Ir. M. Putuhena, Poka-ambon Campus, Postal code,972333

E-mail: Rudilestaluhu332@gmail.com

Abstract

This study aims to find out how the consumption pattern of local food enbal. The study was conducted in Ohoitahit Village between March and April 2023. The sample was selected as many as 60 people. Data collection was carried out by interviews and using questionnaire tools then analyzed using descriptive statistical The results showed that the people of Ohoitahit Village are no longer a staple food and are rarely consumed because they are more inclined to rice because local food is difficult to get and not available in Ohoitahit Village, North Dullah Island District, City Tual

Keywords: ***Enbal Local Food Consumption Pattern***

INTRODUCTION

Local food is food that is produced and developed in accordance with the potential of regional resources and local culture. Local food is known, easy to obtain, of various types, not imported and can be cultivated to meet its own needs or sold. Each region has different local food advantages according to the level of production and consumption. Currently, local food is an important commodity to be developed with the aim of improving its quality and image, including processed products, both finished and semi-finished products.

The results of this development will later be able to produce a variety of quality local processed food products. Various types of local food are used as basic ingredients for making food to overcome nutritional status deficiency. In addition, the nutritional content in local food can also be used to overcome several nutritional problems in

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Indonesia. However, we need to understand that there is no one food that is able to provide nutritional content in complete quantities and types. Therefore, food consumption needs to be diverse in order to cover each other's shortcomings in foodstuffs (Muctadi and Sugiyono, 1992).

One of the foods that contain carbohydrate sources is also cassava which is a carbohydrate food that can be processed into various kinds of food products, both semi-finished and ready-made foods, and can also be used as alternative foods consumed to reduce dependence on rice consumption (Kurniawati, 2007). The availability of food in an area affects the diet of local people. An area will use its natural products to meet all the needs of its people. The food needs of people between one region and another are usually different, including the people of Maluku. Consumption of food that is carried out continuously is said to be a eating habit that will form a diet. The diversity of food consumption of the Moluccans can be seen from the eating consumption patterns in the area concerned, namely eating habits that include various types of food and the amount of food consumed as well as the frequency and time of meals, which quantitatively all determine the amount of food consumed.

Food development in Maluku Province is carried out based on the pattern of island cluster development, namely on island clusters located in 11 districts / cities with priority villages that have development potential. The flour-based local food development program plan will be implemented sustainably and integrated with other sectors, so that it is expected to contribute to local food availability and at the same time have an impact on economic growth in the Maluku region.

In Tual City, cassava is the main commodity planted at the beginning of the rainy season. This type of food is very suitable as food in the lean season because it has a long shelf life, 1-2 years, if stored in good and dry conditions. Enbal is a processed cassava product. Enbal is usually served in various menu variants. This enbal is usually used as a snack by the people around Southeast Maluku / Tual city (Kei or better known as Tual, Southeast Maluku). This area has many typical eateries, one of which is "Enbal".

These specialties, shape the consumption of local people in various situations. However, there is a tendency to shift consumption patterns such as the results of research by Pattiselanno and Sopamena (2017), which implies that there has been a social change in society through a shift in consumption patterns from sago to rice. Sopamena, et al (2017) concluded that local wisdom helps people on small islands in maintaining their food. This fact is reinforced by the results of research by Ohleky et al (2017), that the existence of local food is closely related to local wisdom developed by the community as

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well as the wisdom of *Namlai Kerne* in Southwest Maluku Regency. Similarly, the results of research by Latue, et al (2019) show that the community still uses local food even though it has limitations in processing due to the limited availability of tools.

However, these facts are increasingly reaching today with the shift in food consumption patterns. Shifting consumption patterns unconsciously create dependence on rice, making people less motivated to explore and utilize local food. This condition indirectly affects the slow development of food supply to the household level. The realization of food security is a joint responsibility between the government (Food Security Agency) and the community, with local food it is hoped that Southeast Maluku and Tual City can lead to food independence and can empower the community in a sustainable manner.

According to Suyatiri (2008), food consumption patterns depend on household education. The higher the formal education of the community, the knowledge and insight into the importance of the quality of food consumed by the community to improve health will cause more variety of food consumed. Furthermore, the number of household members will affect food consumption patterns based on local potential. The more the number of household members, the food needs consumed will vary more because each household member has tastes that are not necessarily the same.

This local food is increasingly eliminated by rice (Louhenapessy et al. 2010). The change in consumption patterns of the Moluccans from consuming local food to rice is also one of the impacts of government programs that prioritize the availability of rice commodities for the poor (raskin). Although that is not the purpose of the program, it is the reality that is happening today.

The same condition also occurs in Ambon City, where people's consumption patterns have changed from what was once a staple food to local food to rice food. One example occurred in Latuhalat Village. Based on the results of Ayhuwan's research (2010), it was stated that local food for the Latuhalat community is no longer a staple food that functions as a supplier of carbohydrates. Local food is only used as a distraction or just for snacks and not to meet the carbohydrate needs of the people in Latuhalat Village. Ohoitahit Village is one of the villages in Tual City. As is known, the consumption pattern of the people in Tual City has changed from what was previously the staple food was local food to rice. This condition also occurs in Ohoitahit Village which is one of the villages in Tual City. So to find out how the pattern of local food consumption of Enbal, a study was conducted entitled Enbal Local Food Consumption Patterns in Ohoitahit Village, North Dullah Island District, Tual City.

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RESEARCH METHODS

This research was conducted in Ohoitahit Village, North Dullah District, Tual City from March to April 2023. Research sampling uses the *Simple Random Sampling* (SRS) Method or simple random, because all members in the population have the same chance to be selected as a sample. The population in this study is the number of family households in Ohoitahit Village, which is 521 households.

The determination of the sample size is based on the consideration of Surakhmad (1994) who said that the number of samples is determined by, if the population is less than 100 then the sample taken is 50% and if the population is 100-1000 then a sample of 15-50% of the population is taken. So the size of the sample taken in this study is as much as 25% because the population is in the range of 100-1000. Thus the number of samples taken in this study was as many as 60 respondents or 25% of 521.

The sampling method / respondents using purposive sampling with the condition, respondents have consumed enbal more than 10 times in the last 6 months Data collection techniques used in the study include primary and secondary data. The analysis used to identify the problem is using statistical descriptive analysis

RESULTS OF DISCUSSION

Characteristics of respondents by gender

Population is the human population that occupies an area or a specific region within a certain period of time. Asmawati (2018) said that residents are active living things and are always looking for a place to live that is in accordance with the requirements of organism life. Here's a table of characteristics by gender.

Table 1 Characteristics of Respondents by Sex

Gender	Number (People)	Percentage (%)
Man	42	70,0
Woman	18	30,0
Sum	**60**	**100**

Source : Processed questionnaire data, 2023

Based on table 1, it can be seen that the number of respondents is 60 people with the male population more dominant than the female population. The dominance of the male population can be potentially large, especially in terms of labor availability because

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the majority of household breadwinners are men. If men work hard to earn a living, then the potential household income also increases. Moreover, it is supported by side jobs from women, who are now also active in the public sector. Therefore, a better increase in income has the opportunity to provide opportunities for households to buy rice as a source of their food consumption.

Characteristics of respondents by age

Age is one of the factors that affect human life activities both physically and non-physically. In general, age is divided into three groups, namely unproductive age 32-39 years, productive age 40-47 years, and unproductive age 48-55 years (Chaniago, 2002). Here is a table of characteristics of respondents by age:

Table 2. Characteristics of respondents by age

Age Group (Years)	Number (People)	Percentage (%)
32-39 years old	24	40,0
40-47 years old	30	50,0
48-55 years old	6	10,0
Sum	**60**	**100**

Source: Processed questionnaire data, 2023

Based on Table 2, it can be seen that the average age of respondents is in productive age or ranges from 40-47 years. Productive age is a support for efforts to meet household needs. Food is the main target of meeting household needs. Therefore, respondents of productive age will try to meet food needs and tend to choose rice as their food choice if household income increases. Respondents who are in productive age consume more rice than enbal because rice has become a staple food for them, while local food enbal is only consumed for snack food, unlike the case with unproductive age they consume more enbal than rice because enbal in the past became a staple food for them so that local food enbal they still continue to consume.

Characteristics of respondents based on education level

The level of education referred to in this study is the last formal education taken by respondents. The level of education that a person is able to achieve determines success

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in obtaining a job (Russicaria and Djayastra, 2014). Here is a table of respondent characteristics based on Education level:

Table 3. Characteristics of respondents based on education level

Education level	Number (People)	Percentage (%)
SD	13	21,7
SMP	1	1,7
SMA	24	40,0
S1	22	36,7
Sum	**60**	**100**

Source: Processed questionnaire data, 2023

Based on Table 3, most respondents have secondary education (junior high and high school) and above. A better level of education will help respondents to choose a better job in terms of income. Thus, respondents with higher incomes tend to choose rice as their food source rather than enbal. This choice actually becomes ordinary because rice is considered to represent a family whose status is better than consuming enbal. The choice is more due to the modernization trends that exist today.

Characteristics of Respondents Based on Number of Family Dependents

The number of family dependents is a person whose life is borne by the head of the family living in one household, including the head of the household himself. The Central Bureau of Statistics (BPS) groups the number of dependents into 2 groups, namely small family dependents (1-2 people) and large family dependents (3-4 people). The following table of respondents' characteristics based on the number of family dependents:

Table 4. Characteristics of respondents based on the number of family dependents

Number of family dependents (Person)	Number (People)	Percentage (%)
1-2 people	25	41.7
3-4 people	35	58.3
5> persons	0	0

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Sum	**60**	**100**

Source: Processed questionnaire data, 2023

Table 4 shows that, the highest number of family dependents is 3-4 people. The greater the number of dependents directs two aspects, namely the availability of labor for the family and the increasing family expenditure. If the family has a number of dependents that have the potential to contribute to the family's income as labor (or an additional source of income), then food choices will tend to shift to rice because of better income. Conversely, if the dependents of the family are large and do not contribute income, then enbal becomes a choice of consumption because it is easier to obtain and the price tends to be cheaper than rice. Priyono and Yasin (2016) said that the more the number of family dependents, the more it will have an impact on the amount of household expenses.

Characteristics of respondents by income level

Income is an income earned by a person within a certain period of time. Level of opinionAn this is closely related to the income a person receives every day, week, or month. Because from this income level it can also be determined that a person is able to meet the needs of his family or not. The following is a table of respondent characteristics based on income level.

Table 5 characteristics of respondents by income level per month

Income	Number (People)	Percentage (%)
IDR 500,000 - 1,000,000 IDR 1,100,000 - 2,000,000 IDR 2,100,000 - 3,000,000	39 15 6	65,0 25,0 10,0
Sum	**60**	**100**

Source : Processed questionnaire data, 2023

Based on table 5, it can be seen that most respondents who have high incomes are respondents who have incomes of IDR 500,0000 - 1,000,000 with a total of 39 people with a percentage of 65% so from the interview results of respondents who have low income they buy more basic food needs, namely rice because rice is very easy to get

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than enbal whose sales location is so far from Ohoitahit Village District Dullah Island North of Tual City.

Local food consumption patterns enbal in Ohoitahit Village, Pulau Dullah District, Tual City

Talking about the pattern of enbal consumption has become a fact that enbal local food is a typical food from Maluku, especially Southeast Maluku Tual City, the people of Southeast Maluku highly uphold the local food enbalnya and the motto circulating in the community that *"not eating enbal is not full*",

Enbal is often served while relaxing with family. Enbal has a tasteless taste, hard texture, white color, and large, but varied shape and size. As an alternative staple food, Enbal is eaten by dipping it in water or soup from food until mushy and then consumed with side dishes, just like eating rice. In addition, enbal can also be consumed at breakfast by dipped in tea and coffee drinks. The following is the percentage of respondents' answers related to the pattern of enbal consumption in Ohoitahit Village, North Dullah Island District, Tual City in terms of quality, quantity, availability and convenience.

Consumption Patterns of Enbal Local Food Based on Quality

Speaking of the quality of enbal local food, it has become a fact that enbal local food has excellent quality, because its shape is very attractive, can make the body healthy, can be combined with various kinds of side dishes and can be stored for a long time. The following is a graph of local food consumption patterns based on quality in Ohoitahit Village, North Dullah Island District, Tual City.

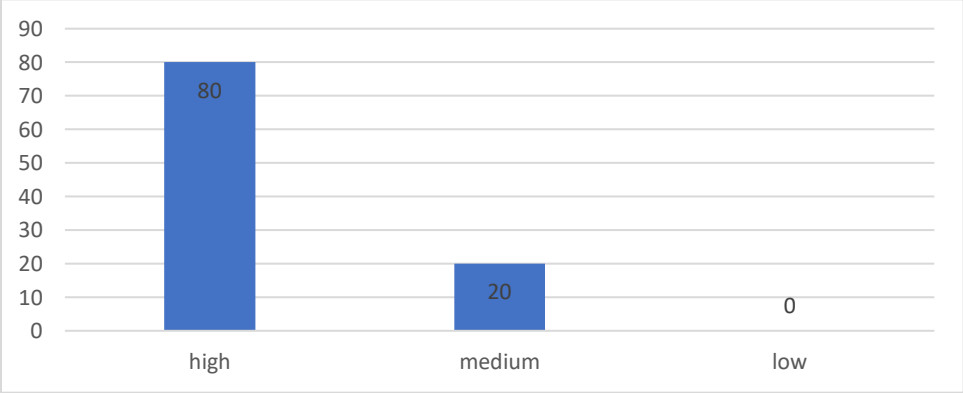


Figure 1. Diagram of local food consumption patterns based on quality In Ohoitahit Village, North Dullah Island District, Tual City

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It can be seen in figure 4.1 the percentage of quality of local food consumption patterns enbal 80% means enbal has very good quality, enbal can be combined with various kinds of side dishes, the shape is very attractive and enbal can be stored for a long time.

Local Food Consumption Patterns Based on Quantity

The quantity of enbal local food consumption patterns is seen from how many people buy enbal local food and how many people consume enbal local food in Ohoitahit Village, North Dullah Island District, Tual City. The following is a graph of local food consumption patterns based on quantity in Ohoitahit Village, North Dullah Island District, Tual City.

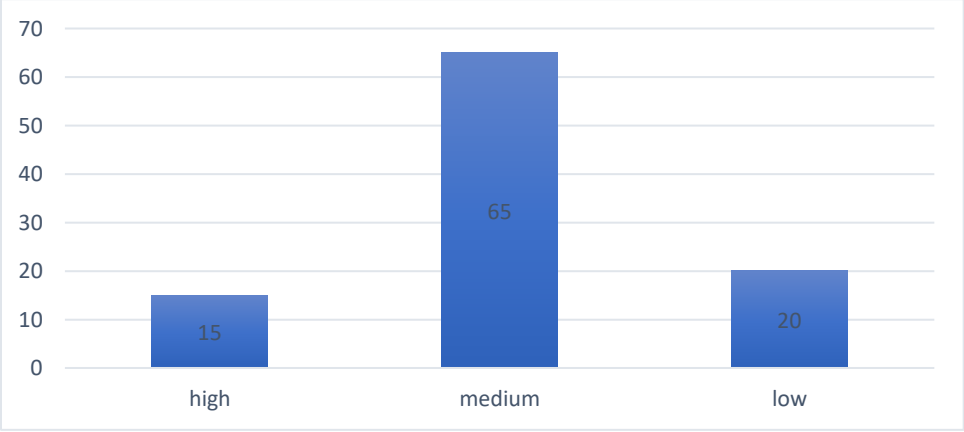


Figure.2. Diagram of local food consumption patterns based on quantity In Ohoitahit Village, North Dullah Island District, Tual City

Based on figure 2, it can be seen that the percentage of the quantity of local food consumption patterns of enbal reaches 65%, meaning that the quantity of enbal is not very good because people rarely consume enbal local food but it is consumed only a week or every time there is a celebration and enbal local food is only used as snack food or as a special souvenir food in Tual City.

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Enbal Local Food Consumption Patterns Based on Convenience

The ease of consumption patterns of enbal local food can be seen from a distance to be able to buy enbal local food and also seen from the location of local enbal food sales. The following is a graph of local food consumption patterns based on convenience in Ohoitahit Village, North Dullah Island District, Tual City.

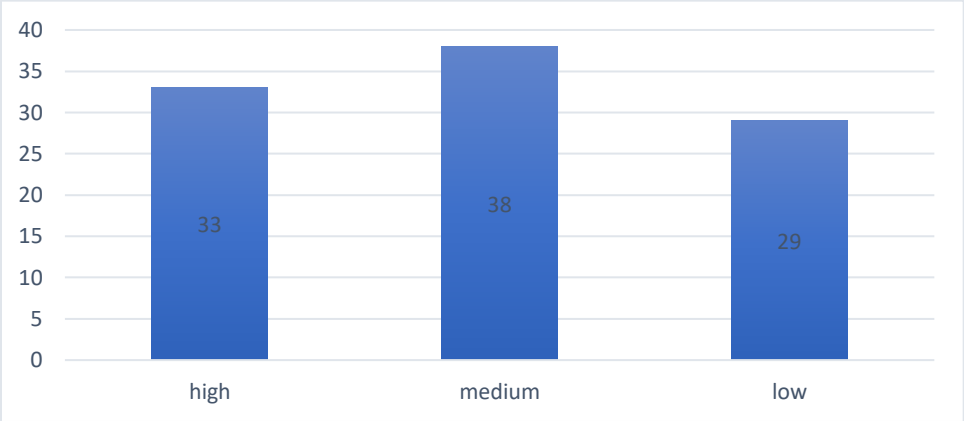


Figure 3. Diagram of local food consumption patterns based on convenience In Ohoitahit Village, North Dullah Island District, Tual City

Based on figure 3, it can be seen that the percentage of local food ease of enbal reaches 38%, meaning that enbal in ohoitahit village has begun to be difficult to get because there they grow horticultural crops rather than enbal, so when they want to buy enbal, they must use public transportation or their own vehicle because the location of enbal sales is quite far from the village.

Enbal Local Food Consumption Patterns Based on Availability

The availability of local food consumption patterns can be seen from the availability of local food enbal in ohoitahit village and the availability of assistance from local food enbal. The following is a graph of local food consumption patterns enbal berdMarket availability in Ohoitahit Village, North Dullah Island District, Tual City.

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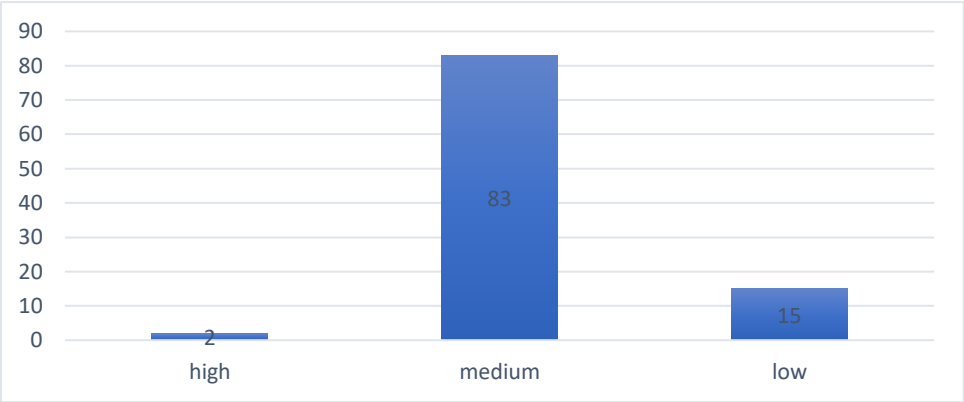


Figure 4. Diagram of the availability of enbal local food consumption patterns in Ohoitahit Village, North Dullah Island District, Tual City

Based on figure 4, it can be seen that the percentage of availability reaches 83%, which means that enbal is not always available in Ohoitahit village because there is no assistance from the government and also there is no assistance with equipment and local food processing, enbal because there is more dominant with horticultural crops.

So from the explanation above, it can be concluded that the people of Ohoitahit village consume less enbal because the price of enbal has increased and also enbal in ohoitahit village is no longer available, this is what causes Ohoitahit people to rarely consume enbal so enbal is only made as snack food or souvenirs of typical Tual city food as stated by Ayhuwan (2010), that local food is only used as a distraction or just for snacks and not to meet carbohydrate needs.

CONCLUSION

The pattern of consumption of enbal local food in ohoitahit village based on the percentage quality reaches 80% means that enbal has very good quality, while the quantity of enbal local food consumption pattern reaches 65% means that the quantity of enbal is not very good, the ease of local food enbal reaches 38% means that it shows that enbal in ohoitahit village has begun to be difficult to obtain, and the percentage of availability reaches 83% which means that enbal is not always available in the village Ohoitahit

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