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Transformation Of Local-Based Consumption Patterns Among Transmigrant Communities To Strengthen National Food Security In Sukamaju, North Luwu

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Abstract

The transformation of food consumption patterns among transmigrant communities in Sukamaju District, North Luwu Regency, reflects a dynamic process of ecological and social adaptation to local food potential. This study aims to analyze changes in the food consumption patterns of transmigrant communities in utilizing local food and to identify the factors influencing the food consumption patterns of transmigrant families in the agricultural sector. The study employs a mixed-methods approach, with data collected through observation, questionnaires administered to 70 transmigrant farmer respondents, and in-depth interviews.

The research findings show that changes in consumption patterns occur gradually through harmonious culinary acculturation, in which transmigrant communities form hybrid consumption patterns by integrating local food ingredients (such as sago processed into kapurung) into their daily menus, without abandoning their original cultural identity, such as tofu, tempeh, and pecel. Meanwhile, based on multiple linear regression analysis, demographic and socio-economic characteristic variables (farming experience, nutritional knowledge, income, formal education, meal frequency, age, and food diversification) neither simultaneously nor partially have a significant effect on food consumption patterns. These findings confirm that shifts in the food consumption patterns of transmigrant farming families are driven more by local ecological availability at the site level as well as collective socio-cultural interactions with the local community.

Keywords: Consumption patterns; local food; transmigrants; agriculture; food security.

INTRODUCTION

The issue of meeting the nutritional needs of transmigrant communities often encounters challenges in adapting to food consumption patterns due to differences in the potential of food resources compared to their regions of origin. The habit of consuming

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food products from their regions of origin, passed down through generations, sometimes makes it difficult for transmigrant communities to adjust their family food consumption patterns, especially when there are differences in soil geography from their regions of origin. Transmigrant communities, particularly those originating from Java and Bali in Sukamaju District, North Luwu Regency, bring the culture and consumption preferences of their places of origin. However, interactions with a different environment and access to local food resources encourage adjustments and changes in dietary patterns.

Sukamaju District is a district in Luwu Regency that serves as a producer of agricultural and plantation commodities, particularly palm oil and cocoa (BPS Luwu Utara, 2019). Furthermore, based on the Regional Medium-Term Development Plan (RPJMD) of North Luwu Regency 2021-2026, Sukamaju District has been designated as a center for several strategic economic sectors of regional importance, namely the development of agricultural and plantation agropolitan areas and the Food Crop Development Policy Integration Center (JDIH Luwu Utara,2021). This data shows that Sukamaju District is a successful transmigration area that has improved the welfare of its community through agricultural development. One of the key factors is the ability to change the food consumption patterns of the transmigrant community.

The population of Sukamaju District is 29,250 people (BPS Luwu Utara, 2025), the majority of whom are multiethnic residents originating from Javanese, Balinese, and local South Sulawesi transmigrants. Most residents rely on the agricultural sector for their livelihoods. Therefore, the use of local food commodities such as sago, corn, and tubers is very important to ensure adequate family nutrition and improve food security at the local and national levels. The utilization of local food commodities not only supports food self-sufficiency, but can also increase the economic competitiveness of rural communities. (Rachman & Purwaningsih, 2018).

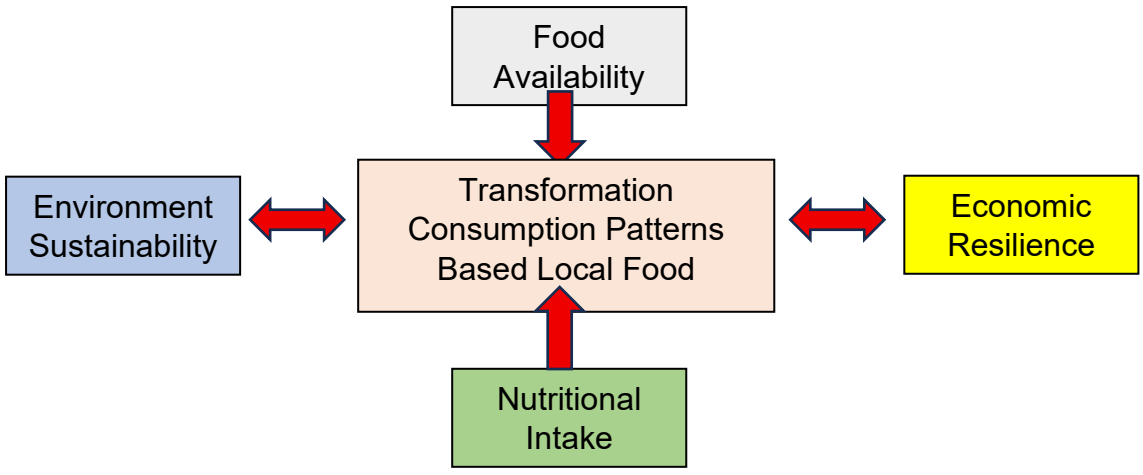


Figure 1: Benefits of Local-Based Food Consumption Transformation

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Objectives

This article intends

1. Analyzing the process and forms of changes in the food consumption patterns of transmigrant communities in utilizing local food in Sukamaju District
2. Identify and analyze the factors that influence food consumption patterns among transmigrant families working in agriculture.

Transformation Consumption Patterns Based Local Food

Food consumption patterns are the composition of the types and quantities of food consumed by a community at a given time. The transformation of food consumption patterns, in the context of transmigrant communities, is a dynamic adaptation process influenced by the availability of resources in the new environment (local food resources). Referring to the Nutrition Transition Theory, the nutrition transition in developing countries (such as Indonesia) no longer proceeds linearly. Communities now face multiple burdens (the double burden of malnutrition) simultaneously, whereby traditional food insecurity issues and modern food consumption trends occur concurrently in rural and agrarian areas (Carducci, et al. 2024). Communities tend to adjust their diets in line with changes in the ecological environment and the availability of local food commodities. This process is not merely a change in the menu, but rather a form of social and economic adaptation to achieve household food security.

This approach reconnects community consumption patterns with the ecological availability of the local area (such as optimizing tuber crops, sago, and distinctive local foods) in order to break dependence on global food supply chains that are vulnerable to crises. Ease of access to local food sources is one of the factors that makes it easier for transmigrant communities to switch to consuming these food ingredients.

Changes in dietary patterns among transmigrant populations in new settlement areas are a complex phenomenon that cannot be viewed merely as a personal (intrapersonal) choice, but rather as the result of dynamic multi-level environmental adaptation. Based on the Social Ecological Model framework, which is rooted in Ecological Systems Theory (Bronfenbrenner, 1994), this process of dietary transformation moves across five layers of interacting environmental systems. At the microsystem level, changes in dietary patterns are triggered by shifts in food availability within households as well as daily interactions with new neighbors at the settlement site. This relationship is reinforced by the mesosystem, where new types of work for transmigrants. At the exosystem level, the geographical isolation of transmigration areas and limited food distribution infrastructure dictate the stability of fresh food supplies. These patterns are then shaped by the macrosystem, which encompasses clashes between culinary values from the place of origin and local culture, as well as government

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food security policies. Finally, the chronosystem dimension shows that length of residence becomes a key determinant, whereby emergency adjustments in the early years of migration gradually transform into permanent culinary hybridization over time.

Factors Influencing Changes in Consumption Patterns Among Transmigrant Communities

Several factors that influence changes in the consumption patterns of transmigrant communities include farming experience, nutritional knowledge, income, formal education, meal frequency, age, and food diversification. Farming experience refers to the length of time, practical skills, and accumulated knowledge acquired by a farmer in managing their farmland. In the agricultural sociology literature, experience determines the level of farmers' ecological adaptation to a new area.

Nutritional knowledge Referring to consumer behavior and public nutrition models, an adequate level of nutritional knowledge encourages individuals (especially household food decision-makers) to be selective. This knowledge facilitates the transformation of dietary patterns from those that were initially monotonous (focusing only on a single carbohydrate such as rice) into more balanced consumption patterns by integrating sources of protein and vitamins from local foods. The third factor is income, which directly affects the family's financial ability to access a variety of food types. For transmigrant farming families, fluctuations in agricultural income determine whether they can purchase external food commodities or must optimize alternative local foods (coping strategy) when purchasing power declines.

The fourth factor is that education level is positively correlated with a person's level of openness to new information, culinary innovations, and the adoption of food processing technology. Household heads or mothers with better formal education generally find it easier to accept food diversification extension programs, making them more flexible in changing traditional consumption patterns toward the utilization of local foods with nutritional value. Fifth, Meal frequency, this indicates the regularity and availability of food stocks at the household level. In farming families, changes in meal frequency patterns (for example, adding meal times or snacks made from local crops such as cassava and corn) indicate an adaptation of consumption patterns influenced by work rhythms in the agricultural sector and the availability of ready-to-process food ingredients.

The sixth is age, based on economic sociology, older age groups tend to have rigid food preferences (dietary inertia) and strongly maintain the culinary traditions of their region of origin. In contrast, younger age groups (productive age) tend to be more adaptive, open to local culinary acculturation (such as consuming foods characteristic of the transmigration destination), and more likely to change their food consumption patterns. The seventh factor is food diversification, which is related to the extent to which

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transmigrants have succeeded in breaking away from absolute dependence on rice (rice dependency). The higher the level of household food diversification, the broader the utilization of local resources (such as sago, corn, tubers, and other local foods) integrated into the family's daily menu.

DISCUSSION

Changes in food consumption patterns among transmigrant communities in Sukamaju District, North Luwu Regency, did not occur instantaneously, but rather through a lengthy process of ecological and social adaptation. Based on the Social Ecological Theory approach (Bronfenbrenner), the dynamics of this transformation can be described through five levels of environmental systems.

At the microsystem level, shifts in dietary patterns are driven by food availability at the household level as well as daily interactions with new neighbors. During the early period after arrival, the transmigrants relied on government assistance while clearing land to grow rice. Over time, social interactions encouraged the adoption of local foods, with the transmigrant community now routinely consuming sago processed into kapurung. Nevertheless, culinary identities from their place of origin, such as tofu and tempeh, have been maintained as supplies of these ingredients became more stable.

At the mesosystem level, the change in occupation from simply being a rice farmer to managing plantations (such as oil palm and corn) has significantly increased family income. This economic improvement has expanded purchasing power and household flexibility in meeting a variety of food needs. An increase in economic level is directly proportional to an increase in food consumption, in line with the findings of F.M.L Boka et al. (2021), who found that food consumption among transmigrant farming households in Sigi Regency was dominated by animal protein sources, particularly chicken.

On the other hand, exosystem factors indicate that regional infrastructure conditions—such as road access that initially consisted of dirt roads and was difficult to traverse—caused the transmigrants to experience limited food distribution and to rely heavily on local agricultural produce. As infrastructure access to market centers improved, the stability of the supply of fresh food became much more assured.

At the macrosystem level, the process of culinary acculturation between the transmigrants' cultures of origin (Javanese and Balinese) and the local culture of North Luwu took place harmoniously. The transmigrants did not experience extreme cultural barriers, but rather consciously began to become accustomed to consuming sago as an alternative food source through social interactions within the community. This cultural adaptation process was also facilitated by active policies and assistance from the local government, which consistently provided guidance to transmigrants in agricultural cultivation and the processing of agricultural products. This institutional support eased

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the process of food adaptation while simultaneously strengthening food security at the household level. In accordance with the research by Limi et al. (2018), strengthening institutions at the site (local) level is an absolute prerequisite for building food self-sufficiency and improving the long-term welfare of farming communities.

Then, the final dimension of the chronosystem is the long duration of residence, which indicates the emergence of mature adaptive evolution among transmigrant communities. Based on the reflections of senior informants, the current generation of transmigrants has developed a high level of proficiency in processing local foods such as kapurung, with a quality comparable to that of the indigenous people of North Luwu. The passage of time has not eroded their original identity, but has instead successfully created a hybrid consumption pattern (a combination); where traditional foods of origin such as tofu, tempeh, and pecel are still maintained, while local foods are routinely integrated into the family's daily menu.

Multiple linear regression analysis was conducted to examine the effects of factors including farming experience (X_1), nutritional knowledge (X_2), income (X_3), formal education (X_4), meal frequency (X_5), age (X_6), and food diversification (X_7) on the food consumption patterns of transmigrant families in the agricultural sector (Y) with a sample size of 70 respondents. Based on the results of data processing, the regression equation model formed is as follows;

$$Y = 4{,}236 - 0{,}191X_1 - 0{,}029X_2 - 0{,}029X_3 + 0{,}098X_4 + 0{,}132X_5 + 0{,}180X_6 + 0{,}036X_7$$

Based on the model feasibility test through the ANOVA table, the calculated F value was 1.244 with a significance level of 0.293 (> 0.05). This indicates that, simultaneously, the seven independent variables have not been able to explain a significant effect on changes in the food consumption patterns of transmigrant families in the study area. The coefficient of determination (R Square) of 0.123 indicates that 12.3% of the variation in changes in food consumption patterns can be explained by this regression model, while the remaining 87.7% is influenced by other factors outside the model.

Partially (t-test), all independent variables show significance values above 0.05, meaning that farming experience, nutritional knowledge, income, formal education, meal frequency, age, and food diversification do not have a statistically significant effect on the food consumption patterns of transmigrant families in the agricultural sector at the 5% significance level. This differs from the study by Dewi Kartikasari et al. (2024), which found that families with higher incomes tend to have more diverse and higher-quality consumption patterns. This finding indicates that shifts in food consumption patterns in transmigration areas are driven more by collective adaptation to the socio-cultural environment and the availability of local commodities at the site level, rather than merely by the individual demographic or socio-economic characteristics of farming households.

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Conclusion

Changes in Food Consumption Patterns among Transmigrant Communities: The food adaptation process in Sukamaju, North Luwu, demonstrates the occurrence of harmonious culinary acculturation. Through the dimensions of the social ecology and chronosystem, transmigrant communities do not abandon their cultural identities of origin (such as continuing to consume tofu, tempeh, and pecel), but instead successfully form hybrid consumption patterns by routinely integrating local foods into their daily menus—such as processing sago into kapurung, which is now well mastered by transmigrant families.

Factors Influencing the Consumption Patterns of Transmigrant Farming Families: Based on multiple linear regression analysis, demographic and socio-economic characteristic variables (such as farming experience, nutritional knowledge, income, formal education, meal frequency, age, and food diversification) neither simultaneously nor partially showed a statistically significant effect on food consumption patterns. This indicates that shifts and adaptations in the food consumption patterns of transmigrant farming families are driven more by local ecological availability at the site level as well as collective socio-cultural interactions with the local community.

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