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Article: Dominant factors on food coping mechanism of poor households in Pringsewu Regency, Indonesia.

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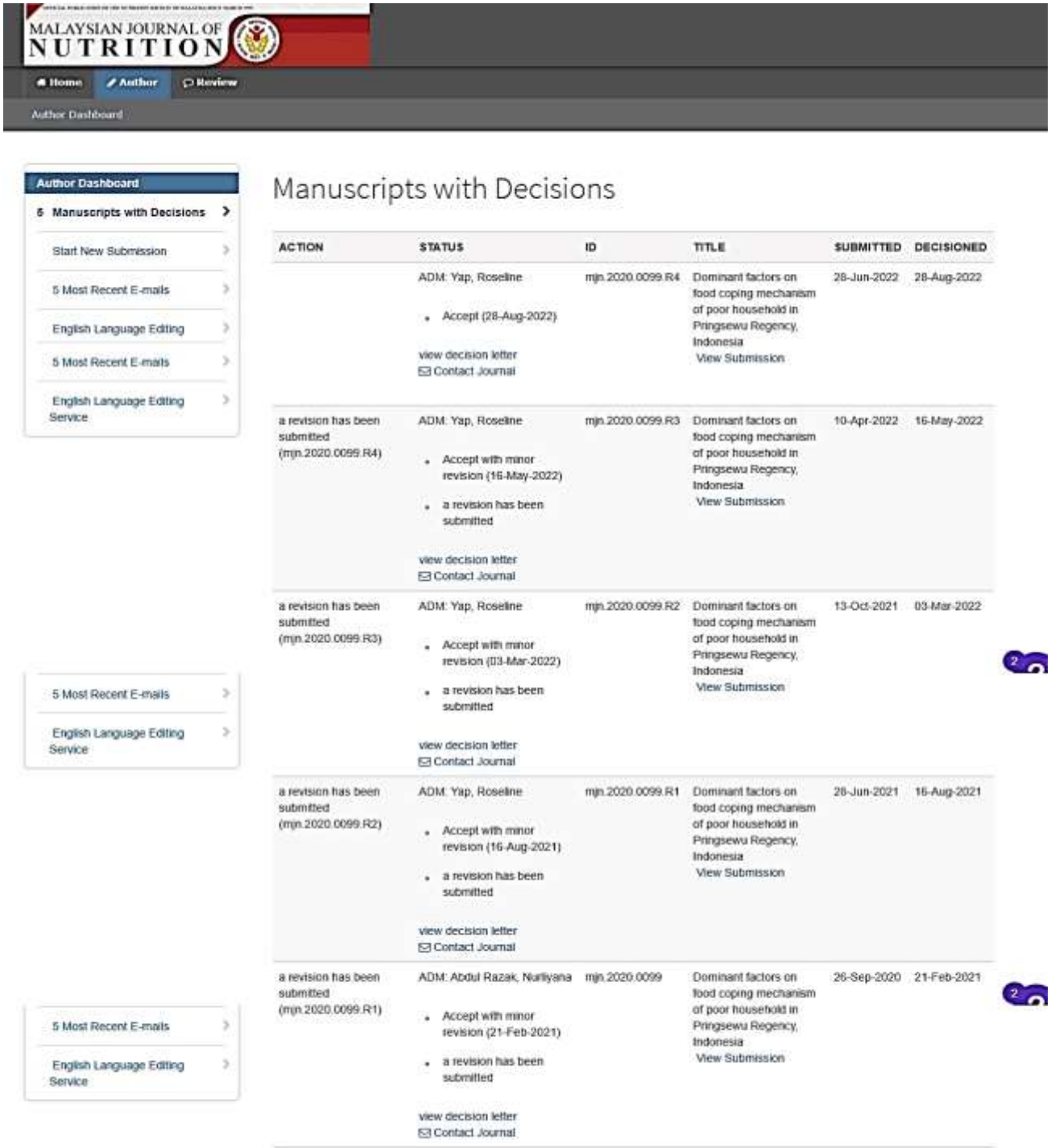

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27-Aug-2020

Dear Sayekti, Wuryaningsih Dwi; Zakaria, Wan Abbas; Syafani, Tyas Sekartiara; Mutolib, Abdul:

A manuscript entitled "Dominant Factors on Food Coping Mechanism of Poor Household in Pringsewu District, Indonesia" has been successfully submitted online by Dr. Sayekti and is presently being given full consideration for publication in the Malaysian Journal of Nutrition.

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ABSTRACT

Introduction: This is an example of how your abstract should look like. The introduction includes rationale and purpose of the study. For example, the MyBreakfast Study is a comprehensive nationally representative study on breakfast habits among school children aged 6 to 17 years. This study aimed to determine breakfast habits among Malaysian school children. **Methods:** Summary of your methods (study design, analytical methods). Example, this was a cross-sectional study involving primary and secondary school children aged 6 to 17 years. Socio-demographic background was obtained from parents through a questionnaire. Breakfast consumption was assessed using a breakfast habits questionnaire (BHQ). Height and weight were measured. Z-scores for BMI-for-age and height-for-age were determined and classified using WHO AnthroPlus software. **Results:** Main findings, example, a total of 8705 children had participated in the study, 5581 from primary school and 3124 from secondary school. The proportion of children recruited from the urban and rural area was 68.4% and 31.6% respectively. The overall prevalence of overweight and obesity was 14.0% and 14.4% respectively. It was found that 24.6% of the children skipped breakfast at least 3 days per week. **Conclusion:** Key aspects derived from the study. Example, Overall, 1 in 4 children skipped breakfast at least days a week. Interventions to promote regular breakfast consumption should be conducted in schools. The abstract should not be more than 250 words.

Keywords: Keyword 1, keyword 2, keyword 3

INTRODUCTION

The Malaysian Journal of Nutrition (MJN) welcomes manuscripts on current and emerging topics in human nutrition in the form of original articles, review articles, case reports, short communications and letters to the Editor. MJN is an international peer-reviewed journal. All materials submitted for publication are assumed to be submitted exclusively to the Malaysian Journal of Nutrition (MJN) unless the contrary is stated.

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Tables should be sufficiently labelled so as to be comprehensible and complement information in the text. Tables should be numbered consecutively in Arabic numerals in the sequence they are mentioned in the text. For example, Table 1 shows the demographic characteristics of the children. Tables should be typed on 10-font Times New Roman and single spaced. Do not use border lines on the right and left side of the table, and vertical lines within the table body. Use a single top line, a single line below the headings, and a single bottom line. All illustrations and diagrams should be referred to as Figures and numbered consecutively in Arabic numerals. Combined total number of tables and figures should not exceed five with the exception of Review Papers. Place tables and figures after the References, and not within the main text.

MATERIALS AND METHODS

In the Methods section, authors should state the authority which provided ethical approval for the study, along with a statement in regards to the informed consent of participants. The study or clinical trial registration number should be provided, if applicable.

RESULTS

After that you should describe your result. Tables should be numbered consecutively in Arabic numerals in the sequence they are mentioned in the text. Do not put your tables here. Place tables and figures after the References, and not within the main text. Mention, for example, Table 1 shows the socio-demographic characteristics of the children, or majority of the children were of Malay ethnic group (61.1%) (Table 1), or the data collection flow is shown in Figure 1. Put all your tables and figures after references, not here. All

statistical notations should be italics, for example, *t* for *t*-test, *F* for ANOVA, *r* for correlation, *N* for population number, *n* for sample number, *M* for mean and *SD* for standard deviation.

DISCUSSION

Then you discuss your findings. Please be careful with the citation style, make sure you follow the guidelines. In the text, references are cited by surname(s) of the author(s) and year of publication parenthetically at the appropriate place. Three authors appear in full on first citation, e.g, Bray, Whipp & Koyal (1994), but subsequently as Bray *et al.* (1994). For four or more authors, indicate the first author followed by *et al.*

CONCLUSION

Then you conclude the findings of the study.

Acknowledgement

You can thank anyone or acknowledge any funding or support here.

Conflict of interest

Authors need to declare any conflict of interest.

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Table 1. Socio-demographic characteristics of the children

Characteristics	*N*	*%*
Age group		
Primary school		
6 – 9 years	3183	36.6
10 – 12 years	2398	27.5
Secondary school		
13 – 15 years	2447	28.1
16 – 17 years	677	7.8
Sex		
Boys	4039	46.4
Girls	4666	53.6
Ethnic group		
Malay	5322	61.1
Chinese	1620	18.6
Indian	714	8.2
Bumiputera Sabah/Sarawak	987	11.3
Others	62	0.7
Region		
Central	1791	20.6
Southern	1729	19.9
Northern	2177	25.0
East Coast	1453	16.7
East Malaysia	1555	17.9
Location		
Urban	5958	65.4
Rural	2747	31.6

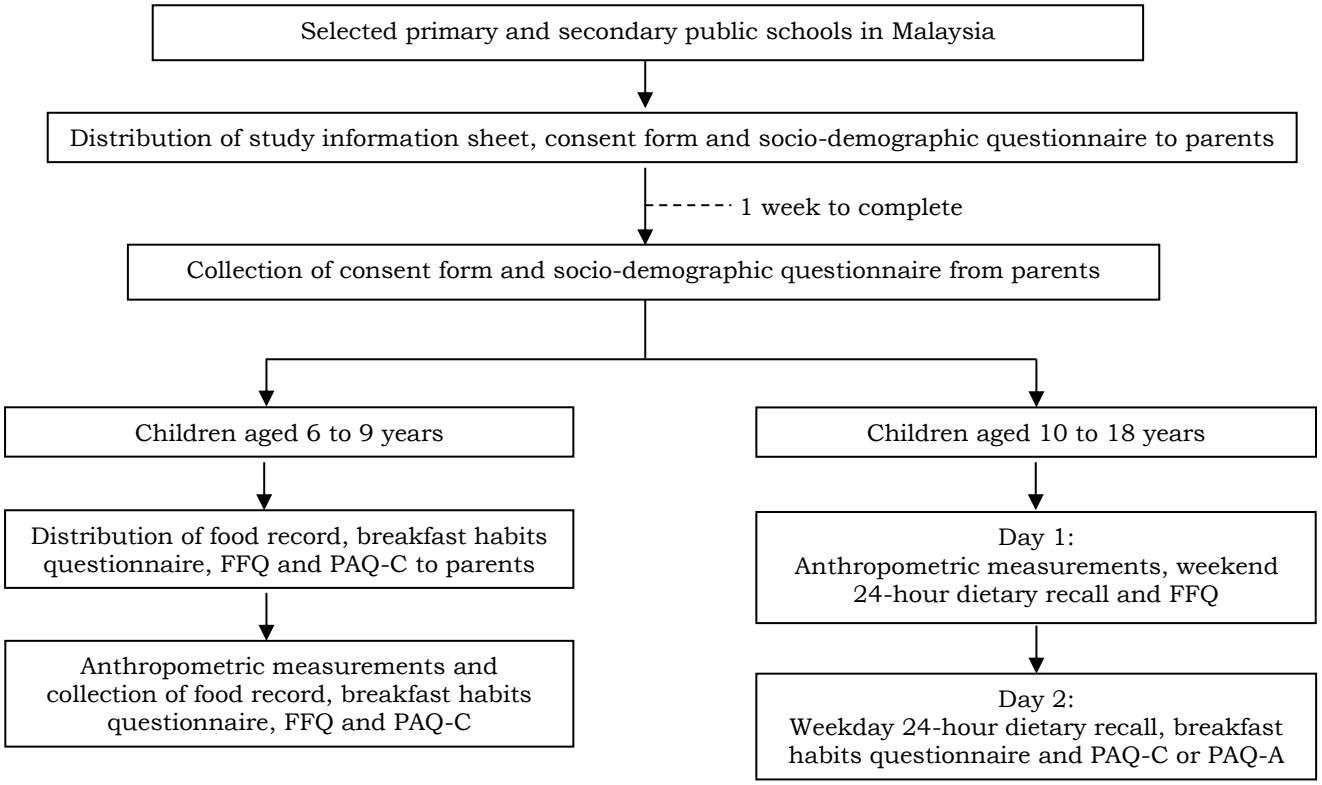

Figure 1. Data collection flow

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08-Oct-2020

mjn.2020.0099 - Dominant factors on food coping mechanism of poor household in Pringsewu Regency, Indonesia

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Dominant factors on food coping mechanism of poor household in Pringsewu Regency, Indonesia

ABSTRACT

Introduction: Poor households do not have sufficient purchasing power to guarantee their food security. To overcome this inability, food coping efforts were made. This study addresses to identify the dominant factors that influence the food coping mechanism of poor households. **Methods:** There were 92 poor households of the targeted household of prosperous rice (RASTRA) beneficiaries in Pringsewu regency, which were selected by simple random sampling. The research used the survey method, and the data collection technique was the interview with the questionnaire. There were four villages as a research location, namely Fajar Baru and Kemilin of North Pagelaran Sub-District and Wargomulyo and Tanjung Russia of Pardasuka Sub-District. The research purposes are analyzed by descriptive and factor analysis. **Results:** The results showed that most households had food coping mechanisms on a scale of 1. Reducing the amount and type of food and buying cheaper food was food coping mechanism used by all households. Moreover, the result showed that based on 19 factors analyzed, formed six groups of factors. They were social conditions, coping activities, economic conditions, assets, head of household's job, and housewives' job. **Conclusion:** The dominant factor affecting the food coping mechanism in poor households was social conditions. One of the social conditions, education has the biggest influence on establishing a survival mechanism in overcoming food insecurity at the household level.

Keywords: dominant factor, food coping, poor household

INTRODUCTION

Poverty and hunger are some of the most basic humanitarian problems (Iserson, 2014; Schrecker & Milne, 2018). In 2015, the Food and Agriculture Organization (FAO) reported that hunger affects 795 million people worldwide, and 780 million live in developing countries, including Indonesia (FAO, IFAD & WFP 2015; Glazebrook, Noll & Opoku, 2020). An effort globally to overcome hunger was formed to continue Millennium Development Goals (MDGs) called the Sustainable Development Goals (SDGs). SDGs is a sustainable development agenda that agreed by various countries in the United Nations (UN) based on human rights and equality to encourage social, economic, and environment (Singh 2016; Jones *et al.*, 2017; García-Feijoo, Eizaguirre & Rica-Aspiunza, 2020). In 2015, FAO reported that hunger affects 795 million people worldwide, and 780 million live in developing countries, including Indonesia. mental development (FAO, IFAD & WFP, 2015). Several indicators to achieve SDG's goals are ending poverty and hunger, achieving good food and nutrition security, and increasing sustainable agriculture (Alisjahbana & Murniningtyas, 2018; Gil *et al.,* 2018; Bilali *et al.,* 2018)

The purpose of the SDGs, to overcome poverty and hunger are the same with the national priority agenda of human development in the Medium-Term Development Plan 2015-2019 (RPJMN) and Nawacita Program (president program) in Indonesia (Ramadhani & Prihantoro, 2020). The state has the responsibility to complete the food needs of the population because it is mandated in the Law of Food Number 12, 2012 (Undang-Undang Pangan) as part of Human Rights (HAM). As a basic necessity and strategic commodity, food has an essential role in maintaining human survival to stay healthy and productive (Ma, 2025; Childs, Calder & Miles, 2019).

One of the Indonesian government's efforts in tackling hunger and food insecurity conditions is through a food security program. In the regulation of the Minister of Agriculture No. 14 /Permentan/Ot.140/3/2012 stated that the food security program is a national development priority. One of the efforts to achieve food security, BULOG as a State-Owned Enterprise (BUMN), is tasked with supporting the food affordability sub-system through the supply and distribution of subsidized rice to poor groups called the prosperous rice program (RASTRA). RASTRA has opened economic and physical access to food, so it is expected to protect food insecure households from malnutrition, especially energy and protein. In addition to maintaining the food security of low-income families, RASTRA also supports improving the quality of human resources and indirectly also plays a role in maintaining economic stability (BULOG, 2014).

Food insufficiency can threaten household food security and the nutritional status of food insecure groups. One factor influencing food security is household income, which impacts

the people's low purchasing power (Yousauf *et al.,* 2018a, 2018b; Ume *et al.,* 2018; Grobler & Dunga, 2017; Dunga, 2017; Mekonen & Birhanu, 2019). Therefore, food insecurity is related to the level of household poverty affected by income (Grobler & Dunga, 2017). Various efforts have been made by the community in their efforts to provide sufficient food for their members. Apart from the assistance of RASTRA, households will usually carry out a food coping mechanism to overcome food shortages and economic limitations (Anggrayni, Andrias & Adriani, 2015). The results of Kisi *et al.* (2018) show that food insecurity is a factor driving households to do food coping mechanisms. Coping mechanisms can reduce food insecurity that occurs in households (Wabwoba *et al.*, 2015). Food coping mechanisms are carried out when households experience difficulties in meeting food needs, or the availability of food is almost insufficient for all household members' consumption needs.

Food coping mechanism adopted by every household depends on the situation of food shortages and the ability of households to cope (Abdulla, 2015). Households that have unemployment and unstable income problems have higher coping scores (Usfar, 2002). The more food insecure, the food coping mechanism has taken by households is also getting closer to the extreme. Then, regions with better food security have adaptive food coping mechanisms (Ghimire, 2014). Grobler & Dunga (2017), shows that the more insecure food a household has, the more food coping mechanism is carried out. Indirectly, the characteristics of food-insecure households play a role in influencing household food coping mechanisms (household sociodemography) (Alam, 2018).

One of the Food Development Goals in Indonesia is the realization of food security at the household level. Lampung Province is an area in Indonesia Country, which classified as food security. However, food-insecure households are still found quite high. Indirectly, food insecurity at the household level can affect the nutritional status of children. Regionally, Pringsewu Regency is one of the regions in Lampung Province that still faces the malnutrition case of children under five years (Food Security Agency/BKP Pringsewu Regency, 2015). Malnutrition is closely related to poverty (Ministry of Agriculture's Food Security Agency, 2019). Pringsewu Regency still faces chronic food insecurity due to poverty caused by unequal distribution of income and expenditure per capita per month. The population is still dominated by food expenditure (BKP Pringsewu Regency, 2015; BPS Pringsewu Regency, 2015). Even though Pringsewu Regency has a surplus in the availability of staple food, the finding of malnutrition cases still indicates problems in food security. One crucial problem in food security is low access to food. The RASTRA program is intended to overcome this problem. The study of food coping conducted by RASTRA recipient households is important to find social capital owned by households that can help them from the food problems they face.

This study addresses to determine the food coping mechanism and identify the dominant factors in food coping mechanism of poor households. This research is expected to provide recommendations in developing and formulating appropriate policies to solve food insecurity by understanding the strategies for overcoming food insecurity adopted by poor households.

MATERIAL AND METHODS

Location and Research Time

This research was conducted in Pringsewu Regency using the survey method. The research area is determined purposively considering that, according to Badan Ketahanan Pangan (BKP) or Food Security Agency (2015), Pringsewu Regency has a surplus in the aspect of food availability, but still faces food insecurity issues. Besides, there are still toddlers suffering from malnutrition, and the percentage of expenditure per capita per month is dominated by food expenditure. Pardasuka Sub-District and North Pagelaran were selected as research locations based on poverty and composite indicators on the Food Security and Vulnerability Atlas (FSVA), BKP Pringsewu Regency in 2015. Based on poverty indicators, Pardasuka Subdistrict and North Pagelaran are areas with a population below the poverty line at priority one, while based on a composite index, namely food insecurity of an area caused by various indicators based on aspects of food availability, food access, and food and nutrition utilization. Pardasuka and North Pagelaran Districts were categorized as areas with priority food insecurity status, one with a composite index value of 3 in December 2015. Based on the highest number of RASTRA beneficiary households, there were two villages as research locations, namely Fajar Baru and Kemilin in North Pagelaran Sub-District, while in Pagelaran Sub-District are Tanjung Rusia and Wargo Mulyo. The data is collected in July - August 2018.

Sampling Techniques

The sample of this study was poor households receiving RASTRA in 2015 with a population of 1,132 households. The number of samples is determined based on the Slovin's formula with an estimated error rate of 10 percent (Siregar, 2016) so that a sample of 92 households is obtained. The samples from each village were determined by proportional sampling, so samples were obtained consecutively at Baru Dajar, Kemilin, Tanjung Russia, Margo Mulyo, 13, 19, 26, and 34 households. Sampling was used by simple random sampling.

Data Collection and Data Analysis Techniques

The type of data used is primary data and secondary data. Primary data collection techniques are direct observation and interviews using a structured questionnaire. Secondary data was obtained through recording methods from agencies/institutions related to the study, such as data on the number of poor households receiving RASTRA, Food

Security Vulnerability Atlas (FSVA), malnutrition sufferers, food availability, and food expenditure of the population in Pringsewu Regency. To find out household food coping mechanisms, the analytical method used is descriptive analysis. Food coping mechanism is identified based on the type of activity, frequency, and perpetrators of food coping mechanism in a household. The food coping mechanism is divided into three scales. Scale 1 includes actions to increase income, change eating habits, and increase immediate access to food. Scale 2 includes measures to increase immediate access to food, change distribution and frequency of food, and go through days without food. In contrast, scale 3 is a drastic step, such as migration, giving children to relatives, and divorcing. The larger the scale, the more severe the food problems faced so that the behavior of the food coping mechanism is also drastically approaching. The data analysis method used is quantitative descriptive and factor analysis using the Principal Component Analysis (PCA) extraction model.

RESULTS AND DISCUSSION

Characteristics of Poor Households

Food coping mechanism behavior performed by each household will be different and depends on the food problem. Besides, household socio-economic factors can also influence various food coping alternatives that households choose as a survival mechanism. Household characteristics significantly affect household access to food needs, so household characteristics can also affect food coping mechanisms. The majority of the age of household heads are 52-60 years old, while wives are in the 45-51 year age group. Thirteen widows receive RASTRA assistance and become household heads in the household. The RASTRA recipients in each village were generally prioritized by old widows based on the results of the village head's meetings with the village officials. The last level of formal education undertaken by the majority of household heads and wives is an elementary school (SD) with the nutrition knowledge of homemakers in the low category.

The majority of household income ranges from Rp. 1,000,000.00 to Rp. 1,500,000.00 per month, with several 3-4 home members. The average income is Rp1,321,576.00 per month. The type of work of the head of the household is divided into the fields on-farm, off-farm, and non-farm. As many as 44.57 percent of household heads work on farms, namely farmers and 29.35 percent work off-farm as farm laborers. The farming work carried out by most of the household heads in Pardasuka District is farmers and farm laborers. In contrast, the farmers and farm laborers in Pagelaran Utara District mostly work in oil palm and cocoa plantations. 34.78 percent of household heads have side jobs, and the majority work as artisans. Besides, 30 percent of homemakers have side jobs. Households can spend an average of Rp. 561,639.00/month for food consumption, which is in a row primarily spent on buying grains, animal food, vegetables, and beans.

Poor Household Coping Mechanism

Every food coping mechanism behavior indicates a problem of household food insecurity, but it does not necessarily determine the same severity. Therefore, each behavior is grouped and given scale value. The results showed that all households/respondents did food coping mechanisms on a scale of 1 and 2. However, scale 1 of food coping was done more by households. According to Martianto (2006), actions on scales 1 and 2 are the stage of household adaptation in doing food coping mechanisms. The adaptation phase is carried out when household food insecurity conditions are at low and moderate levels. This adaptation stage is related to changing habits in how to obtain and consume food.

In the past year, the average household took 7 - 8 food coping mechanism actions on a scale of 1 and 4 food coping actions on a scale 2 with different frequencies and periods. In this case, only two households take food coping measures on a scale of 3, namely, migration to the city for work. Overall, from 92 respondent households, only two households (2.17 percent) carried out a food coping strategy on a scale of 1, 2, and 3 in the past year. Food coping mechanism on scale 1 includes activities related to increasing income, changing eating habits, adding immediate access to food. The percentage of various food coping mechanism actions carried out by households on a scale of 1 displayed in Figure 1.

Based on Figure 1, a scale one food coping action taken by all households is to buy cheaper food reducing the amount of food consumed. For example, they are changing the purchase of fish or chicken side dishes into tempeh or tofu whose price is much lower. Reducing the amount and type of food, households usually consume rice with side dishes and vegetables, but change their consumption to only rice and side dishes or rice and vegetables. Household food coping mechanism efforts by buying food at lower prices and reducing the amount of food consumed is done on average two times a week. This fact is following Maxwell and Caldwell's (2008) opinion, the first step in the strategy to overcome food consumption used by food-insecure households is to change their diet. For example, households might divert food consumption from preferred foods to cheaper and less preferred substitutes.

Other food coping mechanisms undertaken by the majority of households are collecting wild food/leaves that can be taken at the edge of rice fields/gardens and can be eaten. Besides, 70.65 percent of households use garden or yard yards for gardening, such as growing vegetables and tubers. This action is in line with the Sustainable Food Home Area Program (In Indonesia: Kawasan Rumah Pangan Lestari/KRPL), which is promoted by the Food Security Agency. Utilization of the yard as a source of fulfillment of household food availability can reduce food expenditure, improve Desirable Dietary Pattern (DDP), and

support the achievement of household food security, especially in food-insecure areas. KRPL activities are also carried out to support government programs for handling stunting areas, poverty alleviation, handling vulnerable food insecure areas, and developing border areas.

Scale 2 food coping is the next mechanism chosen by households when efforts to address the lack of household food are entirely unresolved. The next addition of access to purchase food, changes in the distribution and frequency of meals, to go through days without eating is a scale two food coping activity group. The percentage of food coping mechanism actions carried out by households can be seen in Figure 2.

On scale 2, housewives' most common action in the effort of food coping is to buy food by way of debt at the stall. These activities are usually carried out 2-3 times/month. Other actions taken are taking savings to buy food and change food distribution. Changes in food distribution are actions to reduce the portion of food that is usually consumed by one household member for other members. Mothers usually do this for their children. For example, a mother used to eat one rice plate with a size of 2 rice ladles, then change the distribution of food to just one rice ladle. A mother usually eats the latest after all the family members have eaten or she ate from the food left at the dinner table.

The last action taken by the food coping mechanism on scale 2 is to pawn the assets to buy food needs and be done by the head of the household. The types of assets owned by households are nonproductive assets and productive assets. Nonproductive assets in the form of electronic equipment, vehicles, savings, jewelry, household appliances. Productive assets in the form of houses, land, livestock, and rice fields/fields. In this case, households in the study area tend to sell productive assets, such as livestock, rather than selling nonproductive assets. That is because the money from the sale of nonproductive assets is far less so that the money can only be used to meet a few needs and a short time. Also, the lack of parties or traders who will buy nonproductive assets in the study area is why the households prefer to sell their productive assets.

Beside selling assets, households in the study area also do asset pledging. In this case, households in Pringsewu Regency often pawned assets to relatives or neighbors compared to the pawnshop. Administrative conditions and far enough distance are why they prefer to pawn the assets to relatives or neighbors than to the pawnshop. Adepoju and Oyegoke (2018) show that households with one form of asset or another have a higher likelihood of food security, especially if they are liquid. Asset sales serve as a means of generating income in reducing food-related shocks. Jabo *et al.* (2017) research results show that farm households that have access to credit are more likely to expand and diversify farming

activities, adopt new agricultural technologies, and buy agricultural inputs. Borrowing money for productive purposes is very important for farm households to increase productivity.

The executor of the food coping action includes the head of the household, wife/housewife, child, head of household and wife, head of household and child, wife, and child. However, the study results showed that most of the food coping actions were carried out by housewives/wives. Homemakers play a role in almost all types of food coping behavior. Homemakers become the dominant actor in food coping mechanisms, especially in the actions of food coping mechanisms related to financial control for food. According to Maxwell and Caldwell (2008), usually, household decision-makers are women. Women arrange resources to limit the short-term effects of not having enough food in the household.

Dominant Factors in Poor Household Food Coping Mechanism

Food coping mechanism is carried out by households when there is a lack of food availability or access to food decreases. Household characteristics influence household access in meeting needs, including food needs, so it can be said that household characteristics can reflect the ability of households to access food. The factor analysis results show that there are two variables with an anti-image correlation value below 0.5, namely the variable age of housewives and the status of rice staple food availability (sufficient or less). An according to Santosa (2012), if there is a Measure of Sampling Adequacy (MSA) variable value less than 0.5, then the variable cannot be predicted and cannot be analyzed further, so it is excluded from the analysis model. A variable will group into a factor if the variable is correlated with several other variables that fall into one particular factor. The correlation between variables in a factor must be strong enough, which is above 0.5. Because the variables of the age of homemakers and the status of food availability do not meet statistical requirements, the two variables are reduced and retested.

The results showed that almost all food coping actions were carried out by housewives at various age ranges, so basically, the age of homemakers did not affect the food coping mechanism performed by poor households in Pringsewu Regency. Besides, the availability of staple food in poor households is also a reduced variable. Most of the poor households are in the staple food category. In general, the majority of RASTRA recipient households in the Pringsewu Regency do not rely solely on the availability and consumption of households from government-subsidized rice (RASTRA). Rice in the household comes from the purchase of RASTRA and non-RASTRA, gifts from other people/relatives, and the results of the production of rice fields themselves / arable. Households cannot depend on RASTRA as their only source of rice supply, because the RASTRA distribution schedule is irregular.

Some households classified as less are caused by some of these households selling rice obtained from government assistance to meet non-food needs. Such as paying for electricity, paying off debt, and buying kitchen needs, such as buying vegetables and side dishes.

In the secondary analysis, there are 19 variables with anti-image correlation values above 0.5, so that further analysis can be done. The results of the KMO-MSA value of 0.672. Bartlett's Test of Sphericity with a significance of 0.000. This value indicates that there is a correlation between variables, and data can be further factor analysis. The results of the analysis can be seen in Table 1.

Based on the factor analysis test results, six factors were formed with an eigenvalue of each factor greater than 1, so the total variance of the six factors was 65.584. This value indicates that 65.584 percent of poor households' food coping mechanism can be explained by the factors formed. Factor 1 contributed 21.034 percent in forming household food coping strategies. Eigenvalue and variance on each factor can be seen in Table 2.

Based on 19 factors analyzed, six groups of factors were formed: social conditions, coping activities, economic conditions, assets, occupation of the head of the household, and the housewife's work. The dominant factor affecting the mechanism of food coping in poor households is social conditions. These social conditions include the age of the head of the household, the length of formal education of the head and housewife, the nutritional knowledge of housewives, and the number of actors involved in the action of food coping mechanisms on a scale 1. The variables in the formed factor correlate. Factors that shape the mechanism of food coping in poor households can be seen in Table 3.

The length of the formal education variable of household heads has the highest loading factor value on the dominant factor formed, which is 0.836. This value indicates that the head of the household's length of formal education has a high correlation with the social condition factor in establishing the mechanism of coping with mediocre household food. The higher level of education of a head of household can play a role in determining the type of work and income earned so that household purchasing power increases. According to FAO (2012), the education of heads of households can understand new information more quickly, can utilize available resources effectively and efficiently, and are more likely to adopt innovations to improve food security. Therefore, the level of education can increase the chances of households becoming more food resistant, so that food coping mechanism is less. This result is in line with the research results by Onunka, Ihemezie, and Olumba (2018), which shows that the higher the education level of farmers, the less likely farmers are to adopt several strategies in overcoming food insecurity.

In the dominant factor that was formed (factor 1), housewives' formal education period also formed the food coping mechanism. Housewife education influences work to increase household income and nutritional knowledge level. According to Damanik, Ekayanti & Hariyadi (2010), wife education can improve household welfare. Besides, the level of education of a wife positively can also influence homemakers' behavior in managing the household, especially in the selection of daily food that plays an essential role in determining the nutritional status of toddlers and families. A mother with higher nutrition education and knowledge will play a role in improving household food security and choosing appropriate food coping actions. Homemakers become the dominant actor of food coping mechanisms, especially in the actions of food coping mechanisms related to financial control for food. Food coping mechanism actions, such as the use of yards for gardening and gathering edible wild plants, can reduce food expenditure and increase household food consumption diversity.

The head of the household is also one of the variables that form the food coping mechanism of impoverished households—the majority of respondents in the age of 52-60 and more than 60 years. Age affects one's physical endurance in doing work and decision making. According to the Indonesian Ministry of Health (2009), the age range includes the elderly, meaning that at this stage, there will be a decrease in endurance/health and various psychological pressures so that the ability to adapt is decreased due to decreased organ function in the body. According to Grobler & Dunga's (2017), older and less educated heads of households are more likely to be food insecure.

Besides, the number of food coping actors on a scale of 1 is one of the variables in factor 1 that forms the food coping mechanism in poor households. Scale 1 food coping is the first group of food coping activities carried out by households when food shortages occur. The food coping activity group on a scale of 1 includes activities to increase income, change in eating habits, and immediate access to food. Activities that generate income and food are negatively related to food insecurity (Gazuma, 2018).

Households tend to do food coping mechanisms on a scale of 1 and 2, but most households do food coping mechanisms on a scale of 1. The average food coping on a scale of 1 is 2-3 people and 2 as many as 1-2 people. This shows that the more actors involved in food coping actions, the more opportunities for household food availability. Maxwell and Caldwell's (2008) state that the more people participate in overcoming food problems, the less food insecurity.

Based on these findings, it is known that education is a determinant that affects food coping strategy in poor households. Not only for the husband but also a wife. Education can affect nutrition knowledge and types of work so that it has an impact on the level of income earned by households. Besides food aid (RASTRA), poverty alleviation programs through increasing access to education in poor rural households can be a viable solution to reduce food insecurity at the household level.

CONCLUSION

Based on research that has been done, most households take food coping measures on a scale of 1. All households buy cheaper food and reduce the amount of food consumed as the first action taken by households when food shortages occur. Factors that make up the food coping mechanism of poor households are social conditions, coping activities, economic conditions, assets, the head of the household, and the housewife's work. The dominant factor affecting the mechanism of food coping in poor households is social conditions. These social conditions include the age of the head of the household, the length of formal education of the head and housewife, knowledge of housewife nutrition, and the number of actors involved in the action of food coping mechanisms on a scale 1. Formal education has the most significant influence on establishing a survival mechanism in overcoming food insecurity at the household level.

Acknowledgement

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Conflict of interest

All co-authors have seen and agree with the contents of the manuscript and there is no financial interest to report. We certify that the submission is original work and is not under review at any other publication.

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Table 1. Value of KMO dan *Bartlett's Test of Sphericity*

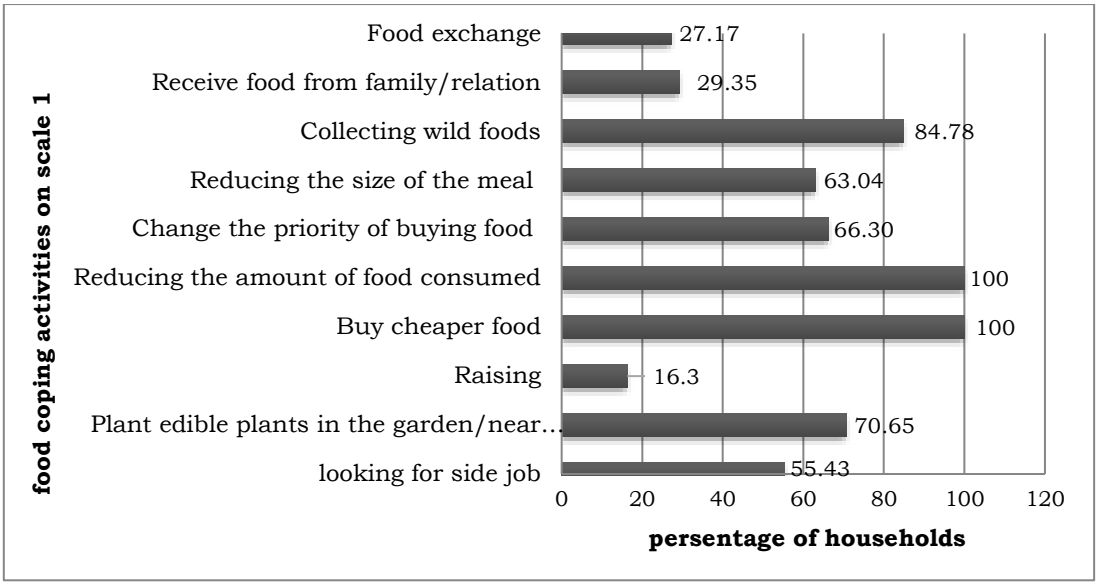
Information	*Value*
Kaiser-Meyer-Olkin Measure of Sampling (KMO)	0.672
Bartlett's Test of Sphericity	658.417
Sig.	*0.000*

Table 2. Eigenvalue and variance of six factors formed

Factor	*Eigen Value*	*Percentage of Variance (%)*	*Cumulative Variance (%)*
1	3.996	21.034	21.034
2	2.727	14.351	35.385
3	1.912	10.061	45.446
4	1.395	7.344	52.790
5	1.334	7.023	59.814
6	1.096	5.771	65.584

Table 3. Rotation value of the factors

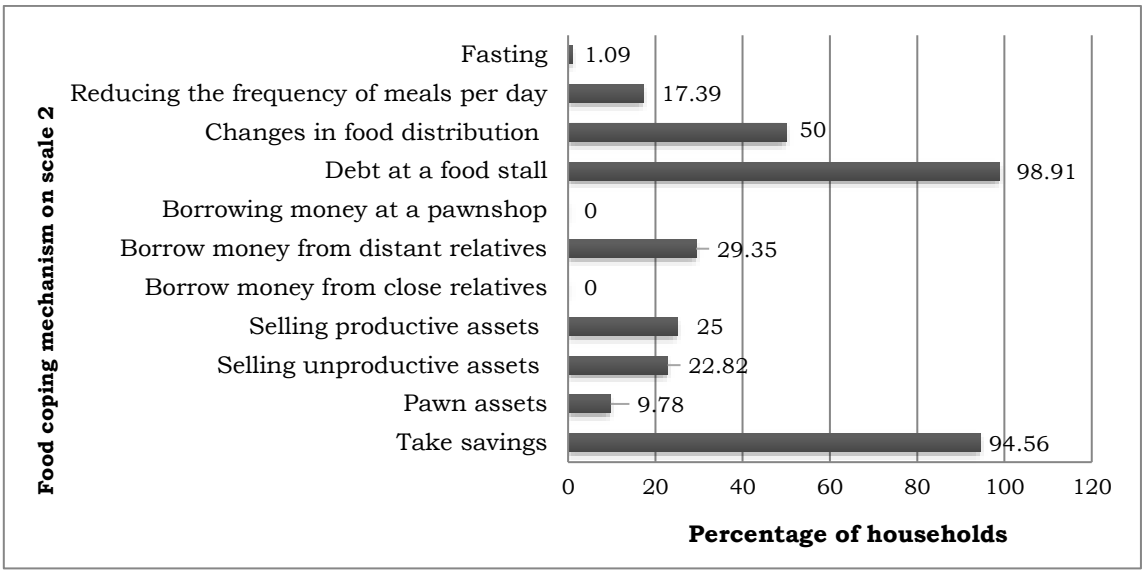
No.	*Variable*	*Factor Loading*	*Factor group*
1	Age of head households	-0.647	1
2	Formal education of head households	0.836	Social
3	Formal education of housewives	0.729	condition
4	Nutrition knowledge of housewives	0.584	
5	The number of actors involved in food coping mechanism scale 1	-0.636	
6	The number of food coping mechanism on scale 1	0.650	2
7	The number of food coping mechanism on scale 2	0.855	Food coping
8	Frequency of food coping mechanism on scale 1	0.628	activities
9	Frequency of food coping mechanism on scale 2	0.929	
10	Household food security status	-0.675	3
11	The number of household members	0.707	Economic
12	Income	0.554	condition
13	Food expenditure	0,645	
14	The number of actors involved in food coping mechanism scale2	0.538	
15	Assets	0.843	4
16	Quantity of rice in a week	0.785	Asset
17	Job of households job	0.719	5
18	Side job of households job	0.635	Job of households
19	Job of housewives	0.836	6 Job of housewives



616

617 **Figure 1.** Percentage of household food coping mechanism on scale

618



619

620 **Figure 2.** Percentage of household food coping mechanism on scale 2

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Your manuscript entitled "Dominant Factors on Food Coping Mechanism of Poor Household in Pringsewu District, Indonesia" has been successfully submitted online and is presently being given full consideration for publication in the Malaysian Journal of Nutrition.

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Your manuscript, mjn.2020.0082, entitled "Dominant Factors on Food Coping Mechanism of Poor Household in Pringsewu District, Indonesia" has been unsubmitted to the Malaysian Journal of Nutrition. It has been unsubmitted because there are some corrections needed:

1. Font type, size & spacing: Please use 10-pt Bookman Old Style, 1.5 spacing.

2. Decimal places: In this journal, we use full stop (.) to indicate decimal point, not comma (,). Please change all your decimal points from comma (,) to full stop (.).

3. References: The maximum number of references allowed in this journal is 30. You have a total of 40 references. Please delete some of your references, so that the total does not exceed 30. When you delete the references, please also remember to delete the citations.

4. Reviewers: Please be informed that reviewers should not come from the same institution as any of the authors, and there should be 1 reviewer from outside of the author's country. The reviewer, Dr Helvi Yanfika, that you suggested, is also from Lampung University Faculty of Agriculture, same university as the authors. Please suggest other reviewer from other university to replace her. Please also suggest 1 reviewer from outside of Indonesia.

Please make the necessary amendments and re-submit the manuscript for consideration of publication. You may contact the Editorial Office if you have further questions.

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Manuscript ID mjn.2020.0099 entitled "Dominant factors on food coping mechanism of poor household in Pringsewu Regency, Indonesia" which you submitted to the Malaysian Journal of Nutrition, has been reviewed. The comments of the reviewer(s) are included at the bottom of this letter.

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Editor-in-Chief, Malaysian Journal of Nutrition
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Editor Comments to Author:

- Please state whether Ethical Approval and Informed Consent was obtained prior to conduct of study.
- Please read and follow the Instructions for Authors carefully before re-submission:(https://nutriweb.org.my /mjn/guidelines.php)
- Take note that the number of references need to be limited to30 or less.
- Provide point-by-point response to Reviewers' comments.

Associate Editor Comments to Author:

Associate Editor
Comments to the Author:
Based on the comments of the reviewers, I recommend that the manuscript be accepted after minor revision. It is recommended that the authors send the manuscript for English proofreading before resubmission.

Reviewer(s)' Comments to Author:

Reviewer: 1

Comments to the Author
The research topic is interesting and useful for further food coping mechanism, which plays a key role in food security.

There are some linguistic errors. Present tense is usually used in the introduction and other places where the author is describing facts/setting the scene. Past tense is normally used in result part. The authors should check the grammatical in writing correctly. It would be better if the authors try to write in a simple and clear English. I would suggest that it will be useful to engage a professional English language editor.

Some literature reviews in the text should be cited. The year in the in-text citation should also match the year in the reference list. In addition, the authors should make sure that all citations do appear in the reference list and the list is in alphabetical order. Please see the original file for these specific errors.

Studied area should be consistent in all parts of the article. For example, Wargomulyo was mentioned in abstract (Line no 12) whereas Wargo Mulyo and Margo Mulyo were mentioned in the material and method section (Line no 141, 149). In the abstract, Wargo Mulyo and Tanjung Russia are identified in Pardasuka Sub-District. While in Material and Method section, they are identified in the other sub-district, Pagelaran.
Slovins formular with 10% error was used for sample size calculation resulting in a small number of samples. It should be noted and cited that this value provided enough sample size for factor analysis study to validate reliability.

“Overall, from 92 respondent households, only two households (2.17 percent) carried out a food coping strategy on a scale of 1, 2, and 3 in the past year.” (Line 209-211). It’s interesting compared to the current results. The paper would be significantly improved with the addition of more discussion details about it.

Reviewer: 2

Comments to the Author
Abstract: In result, which one is the result of the interview? In method, how do you analyse the interviews?
Line 47 : that is agreed..
Line 51: mistake...suddenly there is mental development.
Line 54: put full stop at the end of sentence.
Line 62: reference: Ma, 2025????
Line 66-68: In the regulation of the Ministry of Agriculture No. 14 /Permentan/Ot.140/3/2012,the food security program is stated as a national development priority.
Check English throughout. Line 142, 148, 153, 159, 161: was, not is.
Line 150: (13, ...and 34 households).
Please explain in detail for line 150: how is simple random sampling done? As earlier you mentioned you used

proportional sampling.
Line 154: Was the questionnaire validated? If adapted, please cite the reference. Similar to Line 161 on food coping mechanism, what type of questionnaire was used? validated?reference?
Line 173: will be change to were
Line 179: received, became, line 182, 187, 190: was
208: took, instead of take.
236:was also carried out. From here onwards, I will not correct each of the grammatical mistakes, I suggest a proofreader is taken to proofread the manuscript before resubmission.
Line 372: Explain 'adapt' to what in this food security context?

Reviewer: 3

Comments to the Author
1. The author needs to explain the meaning of food coping in the preliminary research and how food coping can increase food security in cases in other regions.
2. Provide an explanation / reason for using a scale of 1-3 in the research method (Line 161-165).
3. Please more specifict on farm, off farm, dan non farm (Line 187-188)
4. Line 383-185: “Households tend to do food coping mechanisms on a scale of 1 and 2, but most households do food coping mechanisms on a scale of 1. The average food coping on a scale of 1 is 2-3 people and 2 as many as 1-2 people”. This sentence is difficult to understand and a little ambiguous. explain in simple sentence.
5. What are the implications of the findings of this study on household food security in the study area? What is the strategy to increase food security? Add the questions above to the discussion/conclusions/recommendations section.
6. Please improve the english

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Dominant factors on food coping mechanism of poor household in Pringsewu Regency, Indonesia

Journal:	*Malaysian Journal of Nutrition*
Manuscript ID	mjn.2020.0099
Manuscript Type:	Original Article
Keywords:	dominant factor, food coping, poor household

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Dominant factors on food coping mechanism of poor household in Pringsewu Regency, Indonesia

ABSTRACT

Introduction: Poor households do not have sufficient purchasing power to guarantee their food security. To overcome this inability, food coping efforts were made. This study addresses to identify the dominant factors that influence the food coping mechanism of poor households. **Methods:** There were 92 poor households of the targeted household of prosperous rice (RASTRA) beneficiaries in Pringsewu regency, which were selected by simple random sampling. The research used the survey method, and the data collection technique was the interview with the questionnaire. There were four villages as a research location, namely Fajar Baru and Kemilin of North Pagelaran Sub-District and Wargomulyo and Tanjung Russia of Pardasuka Sub-District. The research purposes are analyzed by descriptive and factor analysis. **Results:** The results showed that most households had food coping mechanisms on a scale of 1. Reducing the amount and type of food and buying cheaper food was food coping mechanism used by all households. Moreover, the result showed that based on 19 factors analyzed, formed six groups of factors. They were social conditions, coping activities, economic conditions, assets, head of household's job, and housewives' job. **Conclusion:** The dominant factor affecting the food coping mechanism in poor households was social conditions. One of the social conditions, education has the biggest influence on establishing a survival mechanism in overcoming food insecurity at the household level.

Keywords: dominant factor, food coping, poor household

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INTRODUCTION

Poverty and hunger are some of the most basic humanitarian problems (Iserson, 2014; Schrecker & Milne, 2018). In 2015, the Food and Agriculture Organization (FAO) reported that hunger affects 795 million people worldwide, and 780 million live in developing countries, including Indonesia (FAO, IFAD & WFP 2015; Glazebrook, Noll & Opoku, 2020). An effort globally to overcome hunger was formed to continue Millennium Development Goals (MDGs) called the Sustainable Development Goals (SDGs). SDGs is a sustainable development agenda that agreed by various countries in the United Nations (UN) based on human rights and equality to encourage social, economic, and environment (Singh 2016; Jones *et al.*, 2017; García-Feijoo, Eizaguirre & Rica-Aspiunza, 2020). In 2015, FAO reported that hunger affects 795 million people worldwide, and 780 million live in developing countries, including Indonesia. mental development (FAO, IFAD & WFP, 2015). Several indicators to achieve SDG's goals are ending poverty and hunger, achieving good food and nutrition security, and increasing sustainable agriculture (Alisjahbana & Murniningtyas, 2018; Gil *et al.*, 2018; Bilali *et al.*, 2018)

The purpose of the SDGs, to overcome poverty and hunger are the same with the national priority agenda of human development in the Medium-Term Development Plan 2015-2019 (RPJMN) and Nawacita Program (president program) in Indonesia (Ramadhani & Prihantoro, 2020). The state has the responsibility to complete the food needs of the population because it is mandated in the Law of Food Number 12, 2012 (Undang-Undang Pangan) as part of Human Rights (HAM). As a basic necessity and strategic commodity, food has an essential role in maintaining human survival to stay healthy and productive (Ma, 2025; Childs, Calder & Miles, 2019).

One of the Indonesian government's efforts in tackling hunger and food insecurity conditions is through a food security program. In the regulation of the Minister of Agriculture No. 14 /Permentan/Ot.140/3/2012 stated that the food security program is a national development priority. One of the efforts to achieve food security, BULOG as a State-Owned Enterprise (BUMN), is tasked with supporting the food affordability sub-system through the supply and distribution of subsidized rice to poor groups called the prosperous rice program (RASTRA). RASTRA has opened economic and physical access to food, so it is expected to protect food insecure households from malnutrition, especially energy and protein. In addition to maintaining the food security of low-income families, RASTRA also supports improving the quality of human resources and indirectly also plays a role in maintaining economic stability (BULOG, 2014).

Food insufficiency can threaten household food security and the nutritional status of food insecure groups. One factor influencing food security is household income, which impacts

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the people's low purchasing power (Yousauf *et al.,* 2018a, 2018b; Ume *et al.,* 2018; Grobler & Dunga, 2017; Dunga, 2017; Mekonen & Birhanu, 2019). Therefore, food insecurity is related to the level of household poverty affected by income (Grobler & Dunga, 2017). Various efforts have been made by the community in their efforts to provide sufficient food for their members. Apart from the assistance of RASTRA, households will usually carry out a food coping mechanism to overcome food shortages and economic limitations (Anggrayni, Andrias & Adriani, 2015). The results of Kisi *et al.* (2018) show that food insecurity is a factor driving households to do food coping mechanisms. Coping mechanisms can reduce food insecurity that occurs in households (Wabwoba *et al.*, 2015). Food coping mechanisms are carried out when households experience difficulties in meeting food needs, or the availability of food is almost insufficient for all household members' consumption needs.

Food coping mechanism adopted by every household depends on the situation of food shortages and the ability of households to cope (Abdulla, 2015). Households that have unemployment and unstable income problems have higher coping scores (Usfar, 2002). The more food insecure, the food coping mechanism has taken by households is also getting closer to the extreme. Then, regions with better food security have adaptive food coping mechanisms (Ghimire, 2014). Grobler & Dunga (2017), shows that the more insecure food a household has, the more food coping mechanism is carried out. Indirectly, the characteristics of food-insecure households play a role in influencing household food coping mechanisms (household sociodemography) (Alam, 2018).

One of the Food Development Goals in Indonesia is the realization of food security at the household level. Lampung Province is an area in Indonesia Country, which classified as food security. However, food-insecure households are still found quite high. Indirectly, food insecurity at the household level can affect the nutritional status of children. Regionally, Pringsewu Regency is one of the regions in Lampung Province that still faces the malnutrition case of children under five years (Food Security Agency/BKP Pringsewu Regency, 2015). Malnutrition is closely related to poverty (Ministry of Agriculture's Food Security Agency, 2019). Pringsewu Regency still faces chronic food insecurity due to poverty caused by unequal distribution of income and expenditure per capita per month. The population is still dominated by food expenditure (BKP Pringsewu Regency, 2015; BPS Pringsewu Regency, 2015). Even though Pringsewu Regency has a surplus in the availability of staple food, the finding of malnutrition cases still indicates problems in food security. One crucial problem in food security is low access to food. The RASTRA program is intended to overcome this problem. The study of food coping conducted by RASTRA recipient households is important to find social capital owned by households that can help them from the food problems they face.

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This study addresses to determine the food coping mechanism and identify the dominant factors in food coping mechanism of poor households. This research is expected to provide recommendations in developing and formulating appropriate policies to solve food insecurity by understanding the strategies for overcoming food insecurity adopted by poor households.

MATERIAL AND METHODS

Location and Research Time

This research was conducted in Pringsewu Regency using the survey method. The research area is determined purposively considering that, according to Badan Ketahanan Pangan (BKP) or Food Security Agency (2015), Pringsewu Regency has a surplus in the aspect of food availability, but still faces food insecurity issues. Besides, there are still toddlers suffering from malnutrition, and the percentage of expenditure per capita per month is dominated by food expenditure. Pardasuka Sub-District and North Pagelaran were selected as research locations based on poverty and composite indicators on the Food Security and Vulnerability Atlas (FSVA), BKP Pringsewu Regency in 2015. Based on poverty indicators, Pardasuka Subdistrict and North Pagelaran are areas with a population below the poverty line at priority one, while based on a composite index, namely food insecurity of an area caused by various indicators based on aspects of food availability, food access, and food and nutrition utilization. Pardasuka and North Pagelaran Districts are categorized as areas with priority food insecurity status, one with a composite index value of 3 in December 2015. Based on the highest number of RASTRA beneficiary households, there were two villages as research locations, namely Fajar Baru and Kemilin in North Pagelaran Sub-District, while in Pagelaran Sub-District are Tanjung Rusia and Wargo Mulyo. The data is collected in July - August 2018.

Sampling Techniques

The sample of this study was poor households receiving RASTRA in 2015 with a population of 1,132 households. The number of samples is determined based on the Slovin's formula with an estimated error rate of 10 percent (Siregar, 2016) so that a sample of 92 households is obtained. The samples from each village were determined by proportional sampling, so samples were obtained consecutively at Baru Dajar, Kemilin, Tanjung Russia, Margo Mulyo, 13, 19, 26, and 34 households. Sampling was used by simple random sampling.

Data Collection and Data Analysis Techniques

The type of data used is primary data and secondary data. Primary data collection techniques are direct observation and interviews using a structured questionnaire. Secondary data was obtained through recording methods from agencies/institutions related to the study, such as data on the number of poor households receiving RASTRA, Food

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Security Vulnerability Atlas (FSVA), malnutrition sufferers, food availability, and food expenditure of the population in Pringsewu Regency. To find out household food coping mechanisms, the analytical method used is descriptive analysis. Food coping mechanism is identified based on the type of activity, frequency, and perpetrators of food coping mechanism in a household. The food coping mechanism is divided into three scales. Scale 1 includes actions to increase income, change eating habits, and increase immediate access to food. Scale 2 includes measures to increase immediate access to food, change distribution and frequency of food, and go through days without food. In contrast, scale 3 is a drastic step, such as migration, giving children to relatives, and divorcing. The larger the scale, the more severe the food problems faced so that the behavior of the food coping mechanism is also drastically approaching. The data analysis method used is quantitative descriptive and factor analysis using the Principal Component Analysis (PCA) extraction model.

RESULTS AND DISCUSSION

Characteristics of Poor Households

Food coping mechanism behavior performed by each household will be different and depends on the food problem. Besides, household socio-economic factors can also influence various food coping alternatives that households choose as a survival mechanism. Household characteristics significantly affect household access to food needs, so household characteristics can also affect food coping mechanisms. The majority of the age of household heads are 52-60 years old, while wives are in the 45-51 year age group. Thirteen widows receive RASTRA assistance and become household heads in the household. The RASTRA recipients in each village were generally prioritized by old widows based on the results of the village head's meetings with the village officials. The last level of formal education undertaken by the majority of household heads and wives is an elementary school (SD) with the nutrition knowledge of homemakers in the low category.

The majority of household income ranges from Rp. 1,000,000.00 to Rp. 1,500,000.00 per month, with several 3-4 home members. The average income is Rp1,321,576.00 per month. The type of work of the head of the household is divided into the fields on-farm, off-farm, and non-farm. As many as 44.57 percent of household heads work on farms, namely farmers and 29.35 percent work off-farm as farm laborers. The farming work carried out by most of the household heads in Pardasuka District is farmers and farm laborers. In contrast, the farmers and farm laborers in Pagelaran Utara District mostly work in oil palm and cocoa plantations. 34.78 percent of household heads have side jobs, and the majority work as artisans. Besides, 30 percent of homemakers have side jobs. Households can spend an average of Rp. 561,639.00/month for food consumption, which is in a row primarily spent on buying grains, animal food, vegetables, and beans.

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Poor Household Coping Mechanism

Every food coping mechanism behavior indicates a problem of household food insecurity, but it does not necessarily determine the same severity. Therefore, each behavior is grouped and given scale value. The results showed that all households/respondents did food coping mechanisms on a scale of 1 and 2. However, scale 1 of food coping was done more by households. According to Martianto (2006), actions on scales 1 and 2 are the stage of household adaptation in doing food coping mechanisms. The adaptation phase is carried out when household food insecurity conditions are at low and moderate levels. This adaptation stage is related to changing habits in how to obtain and consume food.

In the past year, the average household took 7 - 8 food coping mechanism actions on a scale of 1 and 4 food coping actions on a scale 2 with different frequencies and periods this case, only two households take food coping measures on a scale of 3, namely, migration to the city for work. Overall, from 92 respondent households, only two households (2.17 percent) carried out a food coping strategy on a scale of 1, 2, and 3 in the past year. Food coping mechanism on scale 1 includes activities related to increasing income, changing eating habits, adding immediate access to food. The percentage of various food coping mechanism actions carried out by households on a scale of 1 displayed in Figure 1.

Based on Figure 1, a scale one food coping action taken by all households is to buy cheaper food reducing the amount of food consumed. For example, they are changing the purchase of fish or chicken side dishes into tempeh or tofu whose price is much lower. Reducing the amount and type of food, households usually consume rice with side dishes and vegetables, but change their consumption to only rice and side dishes or rice and vegetables. Household food coping mechanism efforts by buying food at lower prices and reducing the amount of food consumed is done on average two times a week. This fact is following Maxwell and Caldwell's (2008) opinion, the first step in the strategy to overcome food consumption used by food-insecure households is to change their diet. For example, households might divert food consumption from preferred foods to cheaper and less preferred substitutes.

Other food coping mechanisms undertaken by the majority of households are collecting wild food/leaves that can be taken at the edge of rice fields/gardens and can be eaten. Besides, 70.65 percent of households use garden or yard yards for gardening, such as growing vegetables and tubers. This action is in line with the Sustainable Food Home Area Program (In Indonesia: Kawasan Rumah Pangan Lestari/KRPL), which is promoted by the Food Security Agency. Utilization of the yard as a source of fulfillment of household food availability can reduce food expenditure, improve Desirable Dietary Pattern (DDP), and

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support the achievement of household food security, especially in food-insecure areas. KRPL activities are also carried out to support government programs for handling stunting areas, poverty alleviation, handling vulnerable food insecure areas, and developing border areas.

Scale 2 food coping is the next mechanism chosen by households when efforts to address the lack of household food are entirely unresolved. The next addition of access to purchase food, changes in the distribution and frequency of meals, to go through days without eating is a scale two food coping activity group. The percentage of food coping mechanism actions carried out by households can be seen in Figure 2.

On scale 2, housewives' most common action in the effort of food coping is to buy food by way of debt at the stall. These activities are usually carried out 2-3 times/month. Other actions taken are taking savings to buy food and change food distribution. Changes in food distribution are actions to reduce the portion of food that is usually consumed by one household member for other members. Mothers usually do this for their children. For example, a mother used to eat one rice plate with a size of 2 rice ladles, then change the distribution of food to just one rice ladle. A mother usually eats the latest after all the family members have eaten or she ate from the food left at the dinner table.

The last action taken by the food coping mechanism on scale 2 is to pawn the assets to buy food needs and be done by the head of the household. The types of assets owned by households are nonproductive assets and productive assets. Nonproductive assets in the form of electronic equipment, vehicles, savings, jewelry, household appliances. Productive assets in the form of houses, land, livestock, and rice fields/fields. In this case, households in the study area tend to sell productive assets, such as livestock, rather than selling nonproductive assets. That is because the money from the sale of nonproductive assets is far less so that the money can only be used to meet a few needs and a short time. Also, the lack of parties or traders who will buy nonproductive assets in the study area is why the households prefer to sell their productive assets.

Beside selling assets, households in the study area also do asset pledging. In this case, households in Pringsewu Regency often pawned assets to relatives or neighbors compared to the pawnshop. Administrative conditions and far enough distance are why they prefer to pawn the assets to relatives or neighbors than to the pawnshop. Adepoju and Oyegoke (2018) show that households with one form of asset or another have a higher likelihood of food security, especially if they are liquid. Asset sales serve as a means of generating income in reducing food-related shocks. Jabo *et al.* (2017) research results show that farm households that have access to credit are more likely to expand and diversify farming

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activities, adopt new agricultural technologies, and buy agricultural inputs. Borrowing money for productive purposes is very important for farm households to increase productivity.

The executor of the food coping action includes the head of the household, wife/housewife, child, head of household and wife, head of household and child, wife, and child. However, the study results showed that most of the food coping actions were carried out by housewives/wives. Homemakers play a role in almost all types of food coping behavior. Homemakers become the dominant actor in food coping mechanisms, especially in the actions of food coping mechanisms related to financial control for food. According to Maxwell and Caldwell (2008), usually, household decision-makers are women. Women arrange resources to limit the short-term effects of not having enough food in the household.

Dominant Factors in Poor Household Food Coping Mechanism

Food coping mechanism is carried out by households when there is a lack of food availability or access to food decreases. Household characteristics influence household access in meeting needs, including food needs, so it can be said that household characteristics can reflect the ability of households to access food. The factor analysis results show that there are two variables with an anti-image correlation value below 0.5, namely the variable age of housewives and the status of rice staple food availability (sufficient or less). An according to Santosa (2012), if there is a Measure of Sampling Adequacy (MSA) variable value less than 0.5, then the variable cannot be predicted and cannot be analyzed further, so it is excluded from the analysis model. A variable will group into a factor if the variable is correlated with several other variables that fall into one particular factor. The correlation between variables in a factor must be strong enough, which is above 0.5. Because the variables of the age of homemakers and the status of food availability do not meet statistical requirements, the two variables are reduced and retested.

The results showed that almost all food coping actions were carried out by housewives at various age ranges, so basically, the age of homemakers did not affect the food coping mechanism performed by poor households in Pringsewu Regency. Besides, the availability of staple food in poor households is also a reduced variable. Most of the poor households are in the staple food category. In general, the majority of RASTRA recipient households in the Pringsewu Regency do not rely solely on the availability and consumption of households from government-subsidized rice (RASTRA). Rice in the household comes from the purchase of RASTRA and non-RASTRA, gifts from other people/relatives, and the results of the production of rice fields themselves / arable. Households cannot depend on RASTRA as their only source of rice supply, because the RASTRA distribution schedule is irregular.

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Some households classified as less are caused by some of these households selling rice obtained from government assistance to meet non-food needs. Such as paying for electricity, paying off debt, and buying kitchen needs, such as buying vegetables and side dishes.

In the secondary analysis, there are 19 variables with anti-image correlation values above 0.5, so that further analysis can be done. The results of the KMO-MSA value of 0.672. Bartlett's Test of Sphericity with a significance of 0.000. This value indicates that there is a correlation between variables, and data can be further factor analysis. The results of the analysis can be seen in Table 1.

Based on the factor analysis test results, six factors were formed with an eigenvalue of each factor greater than 1, so the total variance of the six factors was 65.584. This value indicates that 65.584 percent of poor households' food coping mechanism can be explained by the factors formed. Factor 1 contributed 21.034 percent in forming household food coping strategies. Eigenvalue and variance on each factor can be seen in Table 2.

Based on 19 factors analyzed, six groups of factors were formed: social conditions, coping activities, economic conditions, assets, occupation of the head of the household, and the housewife's work. The dominant factor affecting the mechanism of food coping in poor households is social conditions. These social conditions include the age of the head of the household, the length of formal education of the head and housewife, the nutritional knowledge of housewives, and the number of actors involved in the action of food coping mechanisms on a scale 1. The variables in the formed factor correlate[redacted]ctors that shape the mechanism of food coping in poor households can be seen in Table 3.

The length of the formal education variable of household heads has the highest loading factor value on the dominant factor formed, which is 0.836. This value indicates that the head of the household's length of formal education has a high correlation with the social condition factor in establishing the mechanism of coping with mediocre household food. The higher level of education of a head of household can play a role in determining the type of work and income earned so that household purchasing power increases. According to FAO (2012), the education of heads of households can understand new information more quickly, can utilize available resources effectively and efficiently, and are more likely to adopt innovations to improve food security. Therefore, the level of education can increase the chances of households becoming more food resistant, so that food coping mechanism is less. This result is in line with the research results by Onunka, Ihemezie, and Olumba (2018), which shows that the higher the education level of farmers, the less likely farmers are to adopt several strategies in overcoming food insecurity.

In the dominant factor that was formed (factor 1), housewives' formal education period also formed the food coping mechanism. Housewife education influences work to increase household income and nutritional knowledge level. According to Damanik, Ekayanti & Hariyadi (2010), wife education can improve household welfare. Besides, the level of education of a wife positively can also influence homemakers' behavior in managing the household, especially in the selection of daily food that plays an essential role in determining the nutritional status of toddlers and families. A mother with higher nutrition education and knowledge will play a role in improving household food security and choosing appropriate food coping actions. Homemakers become the dominant actor of food coping mechanisms, especially in the actions of food coping mechanisms related to financial control for food. Food coping mechanism actions, such as the use of yards for gardening and gathering edible wild plants, can reduce food expenditure and increase household food consumption diversity.

The head of the household is also one of the variables that form the food coping mechanism of impoverished households—the majority of respondents in the age of 52-60 and more than 60 years. Age affects one's physical endurance in doing work and decision making. According to the Indonesian Ministry of Health (20[redacted] the age range includes the elderly, meaning that at this stage, there will be a decrease in endurance/health and various psychological pressures so that the ability to adapt is decreased due to decreased organ function in the body. According to Grobler & Dunga's (2017), older and less educated heads of households are more likely to be food insecure.

Besides, the number of food coping actors on a scale of 1 is one of the variables in factor 1 that forms the food coping mechanism in poor households. Scale 1 food coping is the first group of food coping activities carried out by households when food shortages occur. The food coping activity group on a scale of 1 includes activities to increase income, change in eating habits, and immediate access to food. Activities that generate income and food are negatively related to food insecurity (Gazuma, 2018).

Households tend to do food coping mechanisms on a scale of 1 and 2, but most households do food coping mechanisms on a scale of 1. The average food coping on a scale of 1 is 2-3 people and 2 as many as 1-2 people. This shows that the more actors involved in food coping actions, the more opportunities for household food availability. Maxwell and Caldwell's (2008) state that the more people participate in overcoming food problems, the less food insecurity.

Based on these findings, it is known that education is a determinant that affects food coping strategy in poor households. Not only for the husband but also a wife. Education can affect nutrition knowledge and types of work so that it has an impact on the level of income earned by households. Besides food aid (RASTRA), poverty alleviation programs through increasing access to education in poor rural households can be a viable solution to reduce food insecurity at the household level.

CONCLUSION

Based on research that has been done, most households take food coping measures on a scale of 1. All households buy cheaper food and reduce the amount of food consumed as the first action taken by households when food shortages occur. Factors that make up the food coping mechanism of poor households are social conditions, coping activities, economic conditions, assets, the head of the household, and the housewife's work. The dominant factor affecting the mechanism of food coping in poor households is social conditions. These social conditions include the age of the head of the household, the length of formal education of the head and housewife, knowledge of housewife nutrition, and the number of actors involved in the action of food coping mechanisms on a scale 1. Formal education has the most significant influence on establishing a survival mechanism in overcoming food insecurity at the household level.

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Conflict of interest

All co-authors have seen and agree with the contents of the manuscript and there is no financial interest to report. We certify that the submission is original work and is not under review at any other publication.

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Table 1. Value of KMO dan *Bartlett's Test of Sphericity*

Information	*Value*
Kaiser-Meyer-Olkin Measure of Sampling (KMO)	0.672
Bartlett's Test of Sphericity	658.417
Sig.	*0.000*

Table 2. Eigenvalue and variance of six factors formed

Factor	*Eigen Value*	*Percentage of Variance (%)*	*Cumulative Variance (%)*
1	3.996	21.034	21.034
2	2.727	14.351	35.385
3	1.912	10.061	45.446
4	1.395	7.344	52.790
5	1.334	7.023	59.814
6	1.096	5.771	65.584

Table 3. Rotation value of the factors

No.	*Variable*	*Factor Loading*	*Factor group*
1	Age of head households	-0.647	1
2	Formal education of head households	0.836	Social
3	Formal education of housewives	0.729	condition
4	Nutrition knowledge of housewives	0.584	
5	The number of actors involved in food coping mechanism scale 1	-0.636	
6	The number of food coping mechanism on scale 1	0.650	2
7	The number of food coping mechanism on scale 2	0.855	Food coping
8	Frequency of food coping mechanism on scale 1	0.628	activities
9	Frequency of food coping mechanism on scale 2	0.929	
10	Household food security status	-0.675	3
11	The number of household members	0.707	Economic
12	Income	0.554	condition
13	Food expenditure	0,645	
14	The number of actors involved in food coping mechanism scale2	0.538	
15	Assets	0.843	4
16	Quantity of rice in a week	0.785	Asset
17	Job of households job	0.719	5
18	Side job of households job	0.635	Job of households
19	Job of housewives	0.836	6 Job of housewives

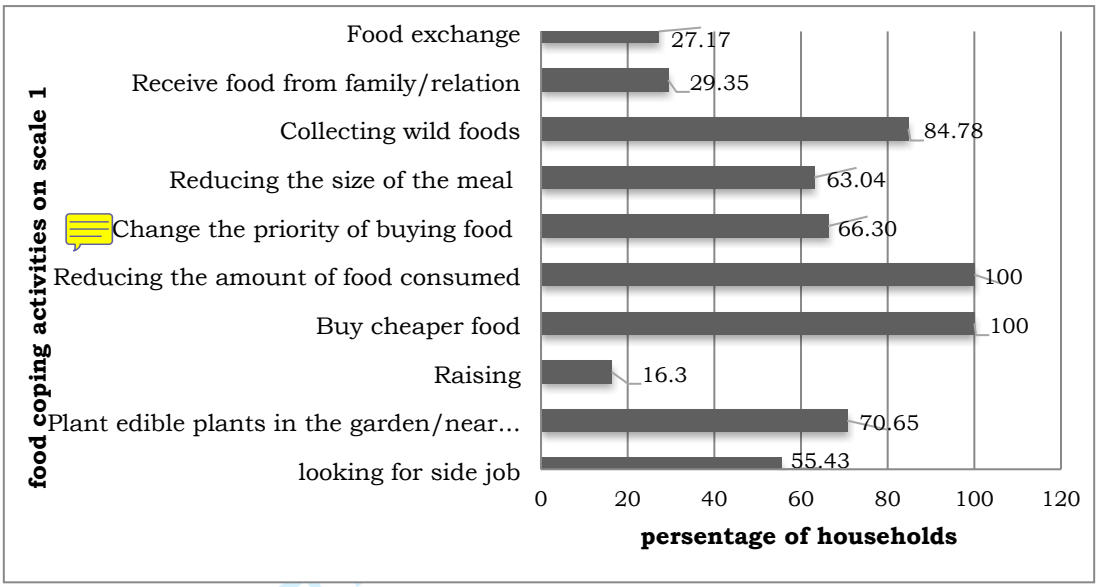

Figure 1. Percentage of household food coping mechanism on scale

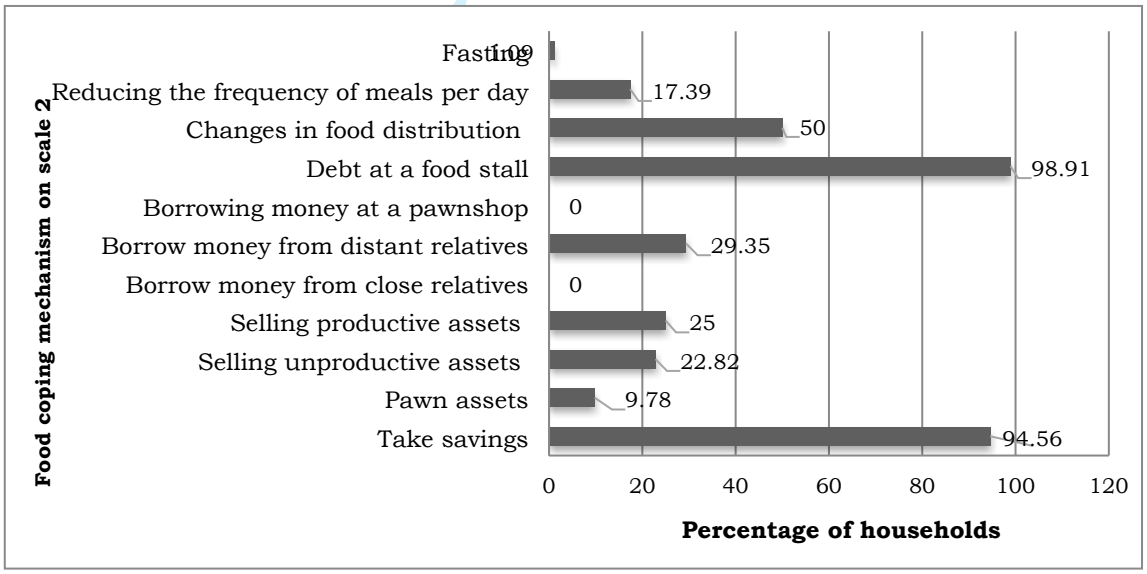

Figure 2. Percentage of household food coping mechanism on scale 2

Malaysian Journal of Nutrition - Manuscript ID mjn.2020.0099.R1

Dari: Malaysian Journal of Nutrition (onbehalfof@manuscriptcentral.com)

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Cc: sayekti_wur@yahoo.co.id; wan_abbas@yahoo.com; sekartiarasyafani@gmail.com; amutolib24@yahoo.com

Tanggal: Selasa, 30 Maret 2021 pukul 15.48 WIB

30-Mar-2021

Dear Dr. Sayekti:

Your manuscript entitled "Dominant factors on food coping mechanism of poor household in Pringsewu Regency, Indonesia" has been successfully submitted online and is presently being given full consideration for publication in the Malaysian Journal of Nutrition.

Your manuscript ID is mjn.2020.0099.R1.

Please mention the above manuscript ID in all future correspondence. If there are any changes in your personal particulars or e-mail address, please log in to ScholarOne Manuscripts at https://mc04.manuscriptcentral.com/nutriweb and edit your user information as appropriate.

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Thank you for submitting your manuscript to the Malaysian Journal of Nutrition, an official publication of the Nutrition Society of Malaysia (http://www.nutriweb.org.my).

Sincerely,
Malaysian Journal of Nutrition Editorial Office

Malaysian Journal of Nutrition - Manuscript ID mjn.2020.0099.R1

Dari: Malaysian Journal of Nutrition (onbehalfof@manuscriptcentral.com)

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Cc: sayekti_wur@yahoo.co.id; wan_abbas@yahoo.com; sekartiarasyafani@gmail.com; amutolib24@yahoo.com

Tanggal: Senin, 28 Juni 2021 pukul 17.56 WIB

28-Jun-2021

Dear Dr. Sayekti:

Your manuscript entitled "Dominant factors on food coping mechanism of poor household in Pringsewu Regency, Indonesia" has been successfully submitted online and is presently being given full consideration for publication in the Malaysian Journal of Nutrition.

Your manuscript ID is mjn.2020.0099.R1.

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Thank you for submitting your manuscript to the Malaysian Journal of Nutrition, an official publication of the Nutrition Society of Malaysia (http://www.nutriweb.org.my).

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Malaysian Journal of Nutrition Editorial Office

Malaysian Journal of Nutrition - Decision on Manuscript ID mjn.2020.0099.R1

Dari: Malaysian Journal of Nutrition (onbehalfof@manuscriptcentral.com)

Kepada: sayekti_wur@yahoo.co.id

Tanggal: Minggu, 15 Agustus 2021 pukul 23.41 WIB

16-Aug-2021

Dear Dr. Sayekti:

Manuscript ID mjn.2020.0099.R1 entitled "Dominant factors on food coping mechanism of poor household in Pringsewu Regency, Indonesia" which you submitted to the Malaysian Journal of Nutrition, has been reviewed. The comments of the reviewer(s) are included at the bottom of this letter.

The reviewer(s) have suggested some minor revisions to your manuscript. Therefore, we invite you to respond to the reviewer(s)' comments and revise your manuscript.

Please take note, however, that you have not responded to my earlier request for Ethics approval and participant's consent statement. Do note that MJN does not accept for publication any studies that involve human participants if the study has not obtained prior Ethics approval.

To revise your manuscript, log into https://mc04.manuscriptcentral.com/nutriweb and enter your Author Center, where you will find your manuscript title listed under "Manuscripts with Decisions." Under "Actions," click on "Create a Revision." Your manuscript number has been appended to denote a revision.

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You will be unable to make your revisions on the originally submitted version of the manuscript. Instead, revise your manuscript using a word processing program and save it on your computer. Please also highlight the changes to your manuscript within the document by using the track changes mode in MS Word or by using bold or colored text.

Once the revised manuscript is prepared, you can upload it and submit it through your Author Center.

When submitting your revised manuscript, you will be able to respond to the comments made by the reviewer(s) in the space provided. You can use this space to document any changes you make to the original manuscript. In order to expedite the processing of the revised manuscript, please be as specific as possible in your response to the reviewer(s).

IMPORTANT: Your original files are available to you when you upload your revised manuscript. Please delete any redundant files before completing the submission.

Because we are trying to facilitate timely publication of manuscripts submitted to the Malaysian Journal of Nutrition, your revised manuscript should be submitted by 15-Sep-2021. If it is not possible for you to submit your revision by this date, we may have to consider your paper as a new submission.

Once again, thank you for submitting your manuscript to the Malaysian Journal of Nutrition and we look forward to receiving your revision.

Sincerely,
Prof. Bee Koon Poh
Editor-in-Chief, Malaysian Journal of Nutrition
mjneditor@nutriweb.org.my

Associate Editor Comments to Author:

Associate Editor
Comments to the Author:
The clarity of the manuscript is much improved in the revised version. Please see the minor suggestions from the two reviewers. It is recommended that the manuscript be sent to a better English proofreading service before resubmission.

Reviewer(s)' Comments to Author:

Reviewer: 1

Comments to the Author
The manusript is better compared to before, but please send the manuscript to a better proofreader.

Line 17 Please rewrite the sentence.
Line 51 check the sentence
Line 150 Each households were selected using simple random sampling.
Line 167 Incorrect usage of approaching-change.
Line 173-whole paragraph: Please check and revised the tenses used. Should be in past tense.
Line 207 Rephrase the sentence, or does it need a comma somewhere as I dont understand.
Line 252 eats last
Line 268 delete far enough
Line 293 Was factor analysis mentioned in data analysis in method section, as I only see it here.
Line 325-327 Put the percentage into 1-2 decimal point?
I'd like to suggest for the author to improve the flow of her overall discussion.

Reviewer: 2

Comments to the Author
The authors have addressed all the comments and suggestions I made in the first review. The quality of the article has significantly improved. I believe the paper is acceptable for publication in the MJN.

Minor revision
P5 line 175, it should be 45-51 YEARS old.
P9 line 325, it may be better to report "FOOD COPING ACTIVITIES" rather than "coping activities"
P14, line 3-8, please correct the Eigen Value and Percentage of Varience in the table 2. It should be "." rather than",". The authors may consider to report the name of factors in the table 2 to make it clearer.
P14 line 25, it should be 0.645 rather than 0,645.
P14 line 57, the title of figure should be "Percentage of household food coping mechanism on scale 1".
P15 line 4, the number should be in the figure.

Malaysian Journal of Nutrition - Manuscript ID mjn.2020.0099.R2

Dari: Malaysian Journal of Nutrition (onbehalfof@manuscriptcentral.com)

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Tanggal: Rabu, 13 Oktober 2021 pukul 13.20 WIB

13-Oct-2021

Dear Dr. Sayekti:

Your manuscript entitled "Dominant factors on food coping mechanism of poor household in Pringsewu Regency, Indonesia" has been successfully submitted online and is presently being given full consideration for publication in the Malaysian Journal of Nutrition.

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Sincerely,
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Malaysian Journal of Nutrition - Manuscript ID mjn.2020.0099.R3

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Cc: sayekti_wur@yahoo.co.id; wan_abbas@yahoo.com; sekartiarasyafani@gmail.com; amutolib24@yahoo.com

Tanggal: Minggu, 10 April 2022 pukul 22.00 WIB

10-Apr-2022

Dear Dr. Sayekti:

Your manuscript entitled "Dominant factors on food coping mechanism of poor household in Pringsewu Regency, Indonesia" has been successfully submitted online and is presently being given full consideration for publication in the Malaysian Journal of Nutrition.

Your manuscript ID is mjn.2020.0099.R3.

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Sincerely,
Malaysian Journal of Nutrition Editorial Office

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Dari: Malaysian Journal of Nutrition (onbehalfof@manuscriptcentral.com)

Kepada: sayekti_wur@yahoo.co.id

Tanggal: Senin, 16 Mei 2022 pukul 19.17 WIB

16-May-2022

Dear Dr. Sayekti:

Manuscript ID mjn.2020.0099.R3 entitled "Dominant factors on food coping mechanism of poor household in Pringsewu Regency, Indonesia" which you submitted to the Malaysian Journal of Nutrition, has been reviewed. The comments of the reviewer(s) are included at the bottom of this letter.

The reviewer(s) have recommended publication, but also suggest some minor revisions to your manuscript. Therefore, we invite you to respond to the reviewer(s)' comments and revise your manuscript.

To revise your manuscript, log into https://mc04.manuscriptcentral.com/nutriweb and enter your Author Center, where you will find your manuscript title listed under "Manuscripts with Decisions." Under "Actions," click on "Create a Revision." Your manuscript number has been appended to denote a revision.

You may also click the below link to start the revision process (or continue the process if you have already started your revision) for your manuscript. If you use the below link you will not be required to login to ScholarOne Manuscripts.

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You will be unable to make your revisions on the originally submitted version of the manuscript. Instead, revise your manuscript using a word processing program and save it on your computer. Please also highlight the changes to your manuscript within the document by using the track changes mode in MS Word or by using bold or colored text.

Once the revised manuscript is prepared, you can upload it and submit it through your Author Center.

When submitting your revised manuscript, you will be able to respond to the comments made by the reviewer(s) in the space provided. You can use this space to document any changes you make to the original manuscript. In order to expedite the processing of the revised manuscript, please be as specific as possible in your response to the reviewer(s).

IMPORTANT: Your original files are available to you when you upload your revised manuscript. Please delete any redundant files before completing the submission.

Because we are trying to facilitate timely publication of manuscripts submitted to the Malaysian Journal of Nutrition, your revised manuscript should be submitted by 16-Jun-2022. If it is not possible for you to submit your revision by this date, we may have to consider your paper as a new submission.

Once again, thank you for submitting your manuscript to the Malaysian Journal of Nutrition and we look forward to receiving your revision.

Sincerely,
Prof. Bee Koon Poh
Editor-in-Chief, Malaysian Journal of Nutrition
mjneditor@nutriweb.org.my

Editor Comments to Author:

- Please revise and provide point-by-point response to the Reviewers' suggestions.

- Please send for professional English editing prior to re-submission, and attach proof when re-submitting.

Associate Editor Comments to Author:

Associate Editor
Comments to the Author:
Some language edits have been suggested by the Reviewer. Please send the manuscript for English editing to improves its readability and technical accuracy. Do choose qualified native English-speaking editors.

Reviewer(s)' Comments to Author:

Reviewer: 1

Comments to the Author
Comments for the article: Dominant factors on food coping mechanisms of poor household in Pringsewu Regency, Indonesia.

- Thank you for inserting additional information to the paper.
- The authors should send the paper for English proofreading. This would improve the paper and the ability of the reader to understand the message. For example:
  - Line 11 abstract. …. through survey methods, interviews, and questionnaire. Do you mean … through the following survey methods: interviews, and questionnaire?
  - line 53, 'human growth' – should it be 'quality of human resources' instead?
  - Lines 122-125 can be improved.
  - Lines 137-141 – the sentences are not complete.
  - Line 174 – recording methods? – do you mean using records/documents?
  - Line 191 – do you mean - socio-demographic characteristics ??
  - Etc.
- Recheck for spelling errors. For example:
  - Line 192 analyze
  - Line 257
- Recheck for consistencies, for example:
  - line 116 – food security problems, not security.
  - Line 151 – The sample was a total of 1,132 poor households …. This number turns out to be the population of the study, not the sample size. The sample was 92 households.
  - Etc.
- Line 176. The terminology 'malnutrition sufferers' is not commonly used. Maybe the authors should use the term 'undernutrition'- undernourished/undernourishment - instead of 'malnutrition' – because essentially the paper addresses undernutrition, not overnutrition.
- Suggestion to add Lampung province in the title of the paper.
- Suggestion to add Indonesia in the keywords
- Suggestion to move the explanation about RASTRA written in lines 75-81 to line 69 after introducing the program.
- Lines 425-429 is a bit confusing. The authors mentioned 3 households and the 1-2 people. What happen to the rest of the 92 sample?
- Line 439 – do you mean consumption frequency?

Malaysian Journal of Nutrition - Manuscript ID mjn.2020.0099.R4

Dari: Malaysian Journal of Nutrition (onbehalfof@manuscriptcentral.com)

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Cc: sayekti_wur@yahoo.co.id; wan_abbas@yahoo.com; sekartiarasyafani@gmail.com; amutolib24@yahoo.com

Tanggal: Selasa, 28 Juni 2022 pukul 14.58 WIB

28-Jun-2022

Dear Dr. Sayekti:

Your manuscript entitled "Dominant factors on food coping mechanism of poor household in Pringsewu Regency, Indonesia" has been successfully submitted online and is presently being given full consideration for publication in the Malaysian Journal of Nutrition.

Your manuscript ID is mjn.2020.0099.R4.

Please mention the above manuscript ID in all future correspondence. If there are any changes in your personal particulars or e-mail address, please log in to ScholarOne Manuscripts at https://mc04.manuscriptcentral.com/nutriweb and edit your user information as appropriate.

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Thank you for submitting your manuscript to the Malaysian Journal of Nutrition, an official publication of the Nutrition Society of Malaysia (http://www.nutriweb.org.my).

Sincerely,
Malaysian Journal of Nutrition Editorial Office

Malaysian Journal of Nutrition - Decision on Manuscript ID mjn.2020.0099.R4

Dari: Malaysian Journal of Nutrition (onbehalfof@manuscriptcentral.com)

Kepada: sayekti_wur@yahoo.co.id

Tanggal: Minggu, 28 Agustus 2022 pukul 16.10 WIB

28-Aug-2022

Dear Dr. Sayekti:

We are pleased to accept your manuscript entitled "Dominant factors on food coping mechanism of poor household in Pringsewu Regency, Indonesia" for publication in the Malaysian Journal of Nutrition, subject to complete payment of the Article Processing Charge, as stipulated in the Manuscript Submission Guidelines.

Kindly refer to the attached form for the payment details. Email the payment to the Malaysian Journal of Nutrition Editorial Office within seven (7) days from this email (mjnadmin@nutriweb.org.my).

Failure to comply with payment may result in the withdrawal of your manuscript.

Thank you for your contribution.

We look forward to your continued contributions to the Journal.

Sincerely,
Prof. Bee Koon Poh
Editor-in-Chief, Malaysian Journal of Nutrition
mjneditor@nutriweb.org.my

* MJN-Payment-Form--updated-Feb-2021--Final.pdf
163.5kB