

ABSTRAK

Latar belakang: rumah tangga merupakan salah satu penyumbang sampah makanan terbesar di DKI Jakarta. Hal ini diakibatkan oleh perilaku *food loss and waste* (FLW) rumah tangga dan dampak dari perilaku ini adalah kerugian ekonomi dan kerugian nutrisi secara sia-sia. Tujuan: Menganalisis hubungan perilaku FLW dengan *economic* dan *nutrition loss* rumah tangga saat pandemi Covid-19 di Jakarta Barat. Metode: penelitian ini merupakan penelitian kuantitatif dengan desain *cross-sectional* yang melibatkan 100 rumah tangga di wilayah Kebon Jeruk, Jakarta Barat. Analisis pada penelitian ini menggunakan korelasi *Spearman Rank*. Data dikumpulkan menggunakan kuesioner perilaku FLW dan formulir sisa makanan selama 4x24 jam. Nilai *economic loss* ini akan dianalisis menggunakan harga pasar yang tertera di hargapangan.id dan nilai *nutrition loss* dianalisis menggunakan nutrisurvey2007. Hasil penelitian: ada hubungan perilaku FLW terhadap *economic loss* ($p=0,02$; $p<0,05$) tetapi tidak ada hubungan perilaku FLW terhadap *nutrition loss* yaitu *energy loss* ($p=0,15$; $p>0,05$), *protein loss* ($p=0,20$; $p>0,05$), *fat loss* ($p=0,33$; $p>0,05$) dan *carbohydrate loss* ($p=0,12$; $p>0,05$). Saran: rumah tangga diharapkan dapat mengubah perilaku FLW mereka agar dapat lebih meminimalisir kerugian ekonomi dan nutrisi secara sia-sia.

Kata kunci: *food loss and waste*, *economic loss*, *nutrition loss*, rumah tangga

ABSTRACT

Background: households are one of the biggest contributors to food waste in DKI Jakarta. This is caused by household food loss and waste (FLW) behavior and the impact of this behavior is economic loss and nutritional loss in vain. Objective: To analyze the correlation between FLW behavior and household economic and nutrition loss during the Covid-19 pandemic in West Jakarta. Methods: This study is a quantitative study with a cross-sectional design involving 100 households in the Kebon Jeruk area, West Jakarta. The analysis in this study uses the Spearman Rank correlation. Data were collected using the FLW behavior questionnaire and food waste form for 4x24 hours. The value of this economic loss will be analyzed using the market price listed on Hargapangan.id and the value of nutrition loss will be analyzed using nutrisurvey2007. The results: there is a relationship between FLW behavior on economic loss ($p = 0.02$; $p < 0.05$) but there is no relationship between FLW behavior on nutrition loss, namely energy loss ($p = 0.15$; $p > 0.05$), protein loss ($p = 0.20$; $p > 0.05$), fat loss ($p = 0.33$; $p > 0.05$) and carbohydrate loss ($p = 0.12$; $p > 0.05$). Suggestion: households are expected to change their FLW behavior in order to minimize unnecessary economic and nutritional losses.

Keywords: *food loss and waste, economic loss, nutrition loss, household*