

# Extension And Behaviour of Fisherwomen in Supporting Household Food Security in West Lombok District

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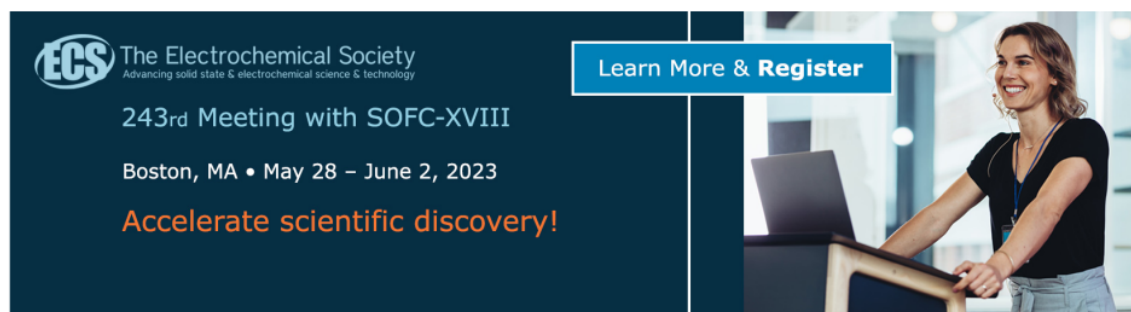
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## Extension And Behaviour of Fisherwomen in Supporting Household Food Security in West Lombok District

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**Abstract.** The behaviour of women in providing, obtaining, and utilizing food can determine the status of household food security. Consumption of diverse food including animal protein is very important to prevent stunting. The level of energy consumption which is still below the national standard and the low consumption of animal protein by the people of West Nusa Tenggara Province contribute to the high number of stunting cases in West Nusa Tenggara Province, especially West Lombok Regency. To reduce it, the Government of West Lombok has provided guidance to coastal communities through extension activities on optimizing the marketing and processing of fish caught to fisherwomen. This study aims to find out about the role of extension workers in supporting household food security, analyse the influence of the role of extension workers on the behaviour of women fishermen and analyse the effect of women's behaviour on the status of household food security. The research was conducted in Batu Layar District, in Meninting Village and Senteluk Village and Lembar District, Sheet Village and South Sheet Village. The research was conducted using an explanatory survey method with data collection through interviews with 60 respondents, observations, and in-depth interviews with several fisherwomen informants and key informant. Then the data was analysed by regression analysis. The results of the analysis indicate that the higher the role of the extension worker will be able to change the behaviour of fisherwomen, and changes in the behaviour of fisherwomen will improve the status of household food security. Thus, increasing the competence of extension workers must be comprehensive, not only focusing on the production aspect but also on the importance of food and nutrition aspects. Then, it is necessary to encourage an increase in the role of extension workers in conducting counselling and mentoring to change the behaviour of fisherwomen in processing, selecting, providing, and distributing diverse and nutritious food to each household member.

Keywords: *the role of extension workers, behaviour, fisherwomen, household food security*

### Introduction

Women in Indonesia are key figures in the implementation and realization of household food security. This condition is related to the implementation of the gender division of labor in which the activities carried out by women are in the domestic sphere, while men are in the public sphere. Domestic work carried out by women is closely related to the implementation of activities on aspects of food access and use of food, such as finding and obtaining food, preparing menu and providing food, and



distributing it to each member of the family. This domestic burden has also led women to carried out productive activities to earn income and meet the food needs of their families. Women help their husbands in marketing the fish they catch and carry out processing activities. In order to achieve household food security, the West Lombok Government has provided guidance to 23 groups with a total of 212 members who are fishermen's wives. Fisherwomen carry out activities to market their catch and carry out fish processing activities.

Extension is an effort to improve the quality of behavior of a person or individual, which includes improving cognitive, affective and psychomotor/conative aspects so that they have the provision/capital (human capital) that is ready to realize the welfare of their families and communities [1]. Therefore, extension workers have a very important role in changing women's behavior, namely increasing the knowledge, attitudes and skills of fisherwomen to realize food security for fishermen's households. Extension workers should have competencies that match the needs of extension targets related to the realization of food security which is still low ([2]; [3]; [4]; [5]; [6], [7]). Extension workers have a very large role in conveying information, distributing production facilities, as well as in processing and marketing ([8]; [9]). This is in line with [10] who stated that the importance of behavior change is very essential in development, and Leagans' opinion in [11] which states that the role of extension workers is important to change people's views and encourage their initiatives to improve their lives. Thus, the role of the extension worker in realizing food security for fishermen's households is as a communicator, facilitator and motivator, which is closely related to efforts to improve the knowledge, skills and attitudes of the community. This study aims to find out about the role of extension workers in supporting household food security, analyse the influence of the role of extension workers on the behaviour of fisherwomen and analyse the effect of women's behaviour on the status of household food security.

## Method

The research was conducted using an explanatory survey method with structured interview techniques for fisherwomen using questionnaires, in-depth interviews with several respondents and informants using unstructured interview guidelines, conducting direct observations and focused group discussions (FGD) with fisherwomen, extension workers, and the Dinas of West Lombok Marine and Fisheries. The data were analyzed by regression analysis and the number of samples in this study were 60 respondents. The variables in this study are the personal and socio-economic characteristics of fisherwomen, the role of extension workers as communicators, motivators and facilitators; the behavior of fisherwomen seen from the aspects: knowledge, attitudes and skills. Then the variable aspects of household food security status and factors that influence the behavior of fisherwomen and household food security status.

## Result

### Personal Characteristics and Socioeconomic Characteristics of Fisherwomen

The personal characteristics of fisherwomen who were observed consisted of age, formal education, non-formal education, number of family dependents, and motivation. The results of the analysis found that the personal characteristics of fisherwomen were characterized by a productive age group, a low level of formal education, moderate non-formal education, a medium number of family members, and very high motivation. Age will affect a person's ability because age is one of the factors that determine a person's maturity in learning, thinking, and acting. Maturity in one's thinking can affect both knowledge, attitudes, and skills. The above conditions are almost in line with the research conducted by [12] said that fishermen who are young and healthy generally have better physical abilities and ways of thinking than older fishermen. Older people tend to reject new ideas and things. Indonesia at present is more dominated by productive age (early adulthood). Such conditions must be put to good use to change people's food consumption patterns [2].

The productive age and great responsibility of fisherwomen must be supported by an adequate level of education. On average, fisherwomen attending formal education are 0-6 years (61.7%). However, when compared by sub-district, fisherwomen in Lembar District have higher formal education with an average length of schooling of 7.5 years, while those in Batu Layar District have an average of 7 years of schooling. Overall, the formal education of fisherwomen is in the low category of 37 or 61.7 percent. This is in line with [13] found that fishermen's formal education level was low. The low education of fisherwomen is caused by a lack of interest at school age, lack of awareness of parents about the importance of education for girls, the community still believes that women do not need to go to higher education because women's work is in the kitchen and taking care of the family ([5]; [9]).

In addition, fisherwomen also said that they did not need higher education because later they would definitely continue their parents' work as fishermen, selling and processing their catch. Working as a fisherman is considered a job that has been passed down from generation to generation to their children and grandchildren. In Batu Layar District, the highest education level for fisherwomen is junior high school level are nine people. Meanwhile, in the Lembar District, the highest education for fisherwomen is Bachelor (S1) is one person and 13 junior high school education.

[14] states that high levels of education tend to have broader insights and knowledge, because they are considered capable of absorbing and processing various available information, more quickly responding to changes that occur in their environment. Conversely, a person's low level of education tends to be less sensitive to various changes that occur and less able to absorb various available information. Education influences one's perception, thinking capacity and analysis. The research results are in line with the findings of [9] who found that education is also related to mastery of knowledge, attitudes and skills in determining nutritious food consumption for their families so that they can support household food security.

[15] said that the higher a woman's education, the more rational they are in making decisions regarding household consumption patterns to maintain household food security. Conversely, the lower the education of women, the lower their ability to make decisions regarding food consumption patterns in their household. [16] said that women with low education tend to be more accepting of conditions as they are. The diet that is applied is only based on the ability to buy food without thinking about the quality of the food.

Fisherwomen in the Lembar District attended more training activities compared to fisherwomen in the Batu Layar District. This is evident from the total number of training activities. There are 73.3% of female fishermen in the Lembar District attended training activities while in Batu Layar District only 46.7% of fisherwomen participated in the training activities. The training he attended was organized by the West Lombok Maritime Affairs and Fisheries Service. [17] and [18] said that non-formal education for fisherwomen can be carried out by providing counseling and training.

While the socio-economic characteristics of fisherwomen are characterized by high household income, low access to information and moderate family support. The role of the instructor as a communicator and motivator is high, while the role of the instructor as a facilitator is low. There is a difference between the role of the extension worker as a facilitator in Batu Layar District and Lembar District. The behavior of fisherwomen in the knowledge aspect is very high, the attitude aspect is high and the skill aspect is moderate. There is no significant difference between the behavior of women fishermen in Batu Layar District and Lembar District. Behavior on the aspect of knowledge and attitude has a higher value than the aspect of skills.

The status of household food security is characterized by an index of household food security which is classified as less food secure (85 percent) and food security (15 percent); Household Energy Consumption Level (ECL) is classified as food insecure (60 percent), very food insecure (26.7 percent) and food insecure (13.3 percent). The average of Energy Consumption Level (ECL) is 1843 Kcal/capita/day and is still below the national standard. There is no difference between the status of food security in Batu Layar District and Lembar District. Partially, in Batu Layar Subdistrict, the personal characteristics of fisherwomen that affect behavior are motivation in terms of attitudes and skills. Meanwhile, in Lembar District, the personal characteristics of fisherwomen that influence

behavior are the number of family members in the skills aspect and motivation in the attitude and skills aspect. The role of the extension worker as a communicator and motivator affects the behavior of fisherwomen in terms of knowledge, attitudes and skills. Meanwhile, the role as a facilitator affects the behavior of fisherwomen in terms of knowledge and skills.

Overall, the personal characteristics of women fishermen do not affect the household food security index and the Energy Consumption Level (ECL). Socio-economic characteristics that affect the level of Energy Consumption Level (ECL) is access to information. The behavior of fisherwomen in the aspects of knowledge, attitudes and skills affects the status of household food security. Food security counseling strategies with a gender perspective to improve household food security status, are increasing formal education for women and men, increasing income, access to information, family support, motivation, increasing the work competence of extension workers and equalizing rights and obligations between men, with girls.

Efforts to realize household food security in West Lombok Regency are absolutely necessary because it involves the quality of life of human resources in the future. Therefore, a strong commitment from the local government is needed. Efforts to be made must be focused on the skills aspect in the components of access and use of food, as well as increasing the consumption of diverse foods by the wider community. The implementation is carried out through the implementation of counseling activities for women and men as well as community components.

### **The Role of Extension Workers in Supporting Household Food Security**

The basic concept of counseling is a conscious form of social influence. Deliberate communication through information to help people form healthy opinions and make right decisions and change people's behavior for the better [19]. The role of the extension agent is to help the target form sound opinions and make good decisions by communicating and providing the information the target needs in order to improve his or her business. Counseling is expected to improve the knowledge, attitudes, and skills of the target [20].

The role of extension workers is very important to strengthen and realize food security in fishermen's households. This is related to the role of extension workers as communicators, motivators and facilitators. Because of the limited access of women to information, especially mass media and print media, the existence of extension workers as agents of change is very important for fisherwomen. Extension workers are a source of information that is felt to be very suitable for women's needs because they are relatively well known to fisherwomen

This study examines the role of extension workers in changing the behavior of fisherwomen to support household food security. The role of the instructor is seen based on 3 (three) roles, namely the role of communicator, motivator and facilitator. This role has 4 (four) score categories, namely low (0-25), medium (26-50), high (51-75) and very high (76-100). A description of the role of extension workers can be seen in Figure 1.

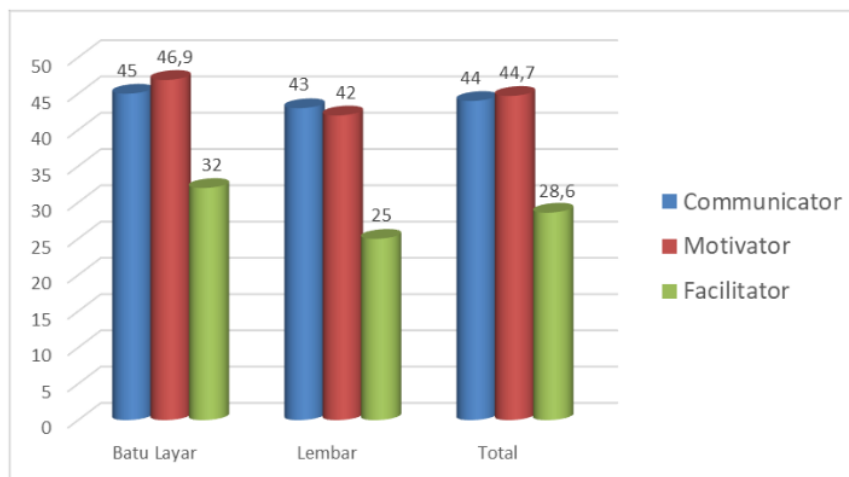


Figure 1. Average score of fisherwomen opinions on the role of extension workers in conducting household food security counseling in West Lombok Regency in 2021

Based on the results of the research, it was found that the average total score for the role of the extension worker was 39 and was in the medium category. This is in line with research conducted by [21] which found that the role of extension workers was in the moderate category. If broken down according to the type of role of the extension worker, the three roles of the extension worker also have an average score that is classified as moderate, namely the average score as a communicator 44, motivator 44.7, and facilitator 28.6. However, when compared by sub-district, it is known that the average score for the role of the extension worker as a communicator, motivator and facilitator is higher in Batu Layar District than in Lembar District.

This condition indicates that extension workers play a significant role in carrying out their duties, both in conveying information, motivating and facilitating fisherwomen in supporting the improvement of household food security. Extension workers provide counseling even though fisherwomen feel that the counseling provided is not evenly distributed. Each extension officer holds one area to be guided and fostered. This is possible if the extension worker has his or her own way of carrying out their duties, starting from the way the extension is delivered, the language style used, and the demonstration given. However, in carrying out their duties, extension workers must adhere to existing guidelines and rules.

Extension workers need to balance their roles as communicators, motivators, and facilitators because these three functions support each other and are interrelated with one another in order to achieve the desired goals. If we look at the role of extension workers by sub-district, it is known that in Batu Layar District, the role of the instructor as a motivator is higher than the role of the extension worker as a communicator and facilitator. Meanwhile, in Lembar District, the role of the extension worker as a communicator is higher than that of a motivator and facilitator.

The extension workers provide various materials to fisherwomen regarding catch targets, catch processing activities, marketing, sources of assistance, use of yard land, meeting the needs of nutritious and diverse food and other materials. As communicators, extension workers are quite capable in conveying information about the above activities in order to support the realization of food security.

Related to the division of labor based on gender where fisherwomen are the people in charge of preparing food for their families, the extension materials received by these fisherwomen have had a positive impact on increasing household food security. Women carry out fish processing activities, always set aside in advance for household food consumption. Likewise, the income received from the sale is used to buy other food needs, namely vegetable food, vegetables and fruit.

## The Effect of the Role of Extension Workers on the Behavior of Fisherwomen

Overall, the role of extension workers as communicators and motivators influences changes in the behavior of fisherwomen in the aspects of knowledge, attitudes and skills. Partially in Batu Layar District, the role of extension workers as communicators, motivators, and facilitators influences changes in the behavior of fisherwomen in the skills aspect. This means that the higher the role of extension workers as communicators, motivators and facilitators, the higher the skills of fisherwomen in supporting household food security. Meanwhile, in the Lembar District, the role of extension workers as communicators influences changes in the behavior of fisherwomen in the skills aspect and the role of extension workers as motivators influences changes in the behavior of fisherwomen in the aspects of knowledge, attitudes and skills. This means that the higher the role of extension workers as communicators and motivators, the higher the knowledge, attitudes and skills of fisherwomen in supporting household food security.

**Table 1.** The influence of the role of extension workers on the behavior of fisherwomen in West Lombok Regency In 2021

The Role of Extension Worker	Coefficient Regresi			Total
	Knowledge	Attitude	Skill	
<b>West Lombok Regency</b>				
1. Communicator	.012*	.005*	.000*	.000*
2. Motivator	.019*	.002*	.000*	.000*
3. Facilitator	.032*	.673	.000*	.302
<b>Batu Layar District</b>				
1. Communicator	.504	.415	.000*	.342
2. Motivator	.899	.356	.000*	.284
3. Facilitator	.789	.365	.000*	.435
<b>Lembar District</b>				
1. Communicator	.066	.069	.043*	.062
2. Motivator	.015*	.020*	.010*	.016*
3. Facilitator	.108	.104	.082	.095

\*\* ) Significantly different at  $\alpha = 0.05$ .

Therefore, changes in the behavior of fisherwomen are very important, fisherwomen take the catch to be cooked and consumed together, want to carry out catch processing activities and serve it to family members, fisherwomen also want to allocate the income they receive and spend it to buy or supplement food diversity. for household members in markets, stalls and itinerant traders. Fisherwomen want to diversify food and nutrition according to their needs, provide food and nutrition consumed by household members and ensure that it is distributed to all household members even though it is not optimal. Until finally, the behavior of fisherwomen can support the realization of household food security.



### The Influence of Fisherwomen Behavior on Household Food Security Index

Table 2 illustrates that overall, the behavior of fisherwomen in the aspects of knowledge, attitudes and skills influences the household food security index. This means, the higher the knowledge, attitudes and skills of fisherwomen, the higher the index of household food security. In addition, aspects of the attitudes and skills of fisherwomen also affect the energy consumption level (ECL) of the household. That is, the higher the positive attitude and skills of fisherwomen regarding the importance of consuming diverse and nutritious food for household members, the higher the energy adequacy level (ECL) of the household. Consuming a variety of foods means consuming more than 2 (two) types of food that have different contents. These efforts are made so that the body gets adequate and complete nutrition. [2] stated that the government must pay serious attention to seeking intensive socialization activities through campaigns and advertisements regarding nutritious and balanced food patterns (massive socialization of four healthy and five perfect foods). The details can be seen in Table 2.

**Table 2.** The influence of the behavior of fisherwomen on the index of household food security and the level of household energy adequacy in West Lombok Regency In 2021

The Behaviour of Fisherwomen	Coefficient Regression				The Energy Consumption Level (ECL).
	The Index of Household Food Security			Total	
	Food Availability	Food Access	Food Utilization		
<b>West Lombok Regency</b>					
1. Knowledge	.000*	.308	.015*	.000*	.191
2. Attitude	.000*	.000*	.000*	.000*	.012*
3. Skill	.027*	.000*	.000*	.000*	.004*
<b>Batu Layar District</b>					
1. Knowledge	.002*	.859	.074	.000*	.258
2. Attitude	.001*	.047*	.000*	.000*	.562
3. Skill	.023*	.000*	.000*	.000*	.481
<b>Lembar District</b>					
1. Knowledge	.004*	.522	.062	.000*	.041*
2. Attitude	.000*	.000*	.000*	.000*	.001*
3. Skill	.597	.000*	.382	.000*	.000*

\*\*\*) Significantly different at  $\alpha = 0.05$ .

Partially, it can be seen the difference in the energy consumption level (ECL) between Batu Layar District and Lembar District. In Batu Layar District, the behavior of fisherwomen in terms of knowledge, attitudes and skills does not affect the energy consumption level (ECL). Meanwhile, in the Lembar District, the behavior of fisherwomen has an influence on the energy consumption level (ECL). Thus, changes in the behavior of fisherwomen in the aspects of knowledge, attitudes and skills are very important in efforts to support the realization of household food security.

### Conclusion

Based on the results and discussion of this research, several things that can be concluded are the personal characteristics of fisherwomen are characterized by a productive age group, a low level of formal education, moderate non-formal education, a medium number of family members, and a very high motivation. The socio-economic characteristics of fisherwomen are characterized by high household income, low access to information and moderate family support; the role of the instructor as a communicator and motivator is high, while the role of the instructor as a facilitator is low. There is a difference between the role of the extension worker as a facilitator in Batu Layar District and Lembar District. The behavior of fisherwomen in the knowledge aspect is very high, the attitude aspect is high

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# Extension And Behaviour of Fisherwomen in Supporting Household Food Security in West Lombok District

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