



Perception of Women Farmers Group towards the Use of Home Yards Garden in Supporting Food Diversification in Semidang Aji District OKU Regency

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A B S T R A C T

Food diversification is one way to overcome food security problems in Indonesia. Food diversification aims to anticipate crises, provide alternative food, stimulate the economy and create healthy human resources. With the target of reducing dependence on rice consumption, Semidang Aji District is one of the districts in Ogan Komering Ulu Regency that participates in the Accelerated Food Consumption Diversification (P2KP) program. Through this P2KP program, the community is directly involved in efforts to improve family welfare, including through diversification of food consumption and home yard utilization. This study aims to find out the perception of women farmers groups on home yard functions in Semidang Aji District, Ogan Komering Ulu Regency, and to find out the perception of women farmers groups towards food diversification in Semidang Aji District, Ogan Komering Ulu Regency. The sampling method used in this study is simple randomness, where from 21 villages in Semidang Aji District, Ogan Komering Ulu Regency, there are 10 villages each with one group of peasant women so there are a total of 10 groups of women. Farmer. Of these 10 groups of female farmers, 10 members were taken as randomly taken respondents, so the total sample of this study was 100 people. The measured level of perception is the perception of female farmers about yard function and women's perception of food diversification. Perception level measurement uses the Likert Scale, which is a research scale commonly used to measure attitudes and opinions. The perception of female farmers in Semidang Aji District, Ogan Komering Ulu Regency towards the function of the home yard garden is in a high category, and food diversification is in a very high category. In addition, it was also found that female farmers in Semidang Aji District, Ogan Komering Ulu Regency, agreed with the statement that the function of the home yard garden can support family food consumption, food diversification can support family food consumption and home yard functions and food diversification together can support family food consumption.

1. INTRODUCTION

1.1. Research Background

The most important basic human need and is part of human rights and guaranteed in the 1945 Constitution is food. This effort to meet food needs is related to improving the quality of public health which boils down to the high quality of Indonesia's human resources that are competitive, resilient, and superior. This quality human resource is realized with healthy humans who are productive, independent, and intelligent so that they can participate in national development [1]. Food diversification is one way to overcome food security problems in Indonesia. Food diversification aims to anticipate crises, provide alternative food,

move the economy and realize healthy human resources. To reduce rice consumption dependence [2]. The utilization of the yard is very important and has the same value as the business of tree agriculture (rice fields, gardens, and livestock).

Semidang Aji District is one of the districts in Ogan Komering Ulu Regency that participates in the Accelerated of Food Consumption Diversification (P2KP) program. Through this P2KP program, the community is directly involved in efforts to improve family welfare, including through diversification of food consumption and home yard utilization.

The utilization of home yards in Semidang Aji District is carried out by utilizing the potential of women's farmer groups, which synergize with the P2KP program. From the description, researchers were interested to find out how the perception of women's farmer groups towards the use of yards in supporting

food diversification in Semidang Aji District, Ogan Komering Ulu Regency.

The formulation of the problem in this study is how the perception of the farmer's women group towards the use of yards in Semidang Aji District and how the perception of the peasant women's group towards food diversification in Semidang Aji District, Ogan Komering Ulu Regency.

1.2. Literature Review

1.2.1. Home Yard Farming

According to Ref. [3] the home yard has benefits and functions as 1) food sources, clothing, and boards, 2) germ plasma sources and bio-diversity, 3) habitats of various types of animals, 4) climate control (for convenience), 5) carbon sinks and water catchment areas, 6) conserving land, and 7) additional sources of family income. The functions of the yard according to Soetomo [4] are 1) preservation of natural resources, improving environmental welfare, maintaining soil fertility, preventing erosion, improving ecosystems and is the lungs of the environment; 2) aesthetic functions are for beauty, coolness, and comfort; 3) the function of the economy as a source of income; 4) social functions, to meet social, cultural and religious needs; and 5) protect the source of germ plasma, for the emergence of various plants.

The yard from an ecological point of view is a land with an integrated system and has a strong relationship between humans as the owner of its inhabitants with plants, plants, fish, wildlife, and the animals it raises [5]. According to the Agricultural R&D Agency (6), the use of home yard land is a form of food independence for household members of the farmer women's group. The household food independence of members of the peasant women's group is the ability of the head of the household to meet the daily consumption of vegetables and animal protein for his family.

Utilization of home yards to be planted with various foodstuffs can help households meet the energy needs derived from food. Various vegetables grown in potted or polybag form include mustard, spinach, chili, caisin, kale, celery, tomatoes, eggplant, onions, and the like. Animal protein is used in home yardlands such as chickens, chicken eggs, fish, and rabbits. According to Ref. [5], there are four basic functions of socio-economic yards, namely 1) subsystem production, yards can produce products for commercial and provide additional family income, 2) yards have socio-cultural functions, 3) yards have ecological functions and 4) yards function as bio-physical environments. The value and function of the home yard land can be more widely found in various areas that vary according to the characteristics of the area.

Optimization of yard utilization is the use of yard or narrow land groups (especially urban areas) that are managed optimally through an integrated approach by carrying out the cultivation of various types of plants such as various tubers, vegetables, fruits, and livestock and fish cultivation, to support the availability of carbohydrate, vitamin, mineral and protein sources for families [7]. The approach is carried out by developing sustainable agriculture (sustainable agriculture) namely by prioritizing the use of local resources accompanied by the use of local knowledge (local wisdom) to maintain environmental sustainability.

1.2.2. Food Diversification

Diversification is simply trying between types of crops or between types of livestock, while broad diversification is to strive between types of crops, livestock, and fisheries. According to the resulting product, diversification can be divided into horizontal and vertical diversification [8]. Horizontal diversification is diversification carried out to increase production output by planting various types of plants. Vertical diversification is aimed at increasing added value through product processing and product quality improvement.

Food is the main, basic, and strategic need in human life, which is useful to maintain its survival healthily and productively. For several reasons, not everyone's food needs are adequately and adequately met. Some experience a shortage of food conditions but there are also excess food conditions [9].

Food diversification programs have been implemented simultaneously at both national, regional, and family levels. The government recommends starting to consume basic foodstuffs other than rice. A prominent program is a recommendation to combine rice with corn, which means the mixture of rice with corn and the replacement of rice consumption at certain times with corn [10].

Food diversification is very important because in the national scope the reduction of rice consumption will have a positive impact on the dependence on rice imports. Diversification of food consumption will change the allocation of resources in a stable direction is supported by the utilization of local potential. This food diversification is very important when viewed in terms of nutrition because it will be able to realize the Hope Food Pattern [11].

Law No. 11 of 2020 referred to as food is everything that comes from the biological resources of agricultural products, plantations, forestry, fisheries, livestock, waters, and water, both processed and untreated which is intended as food or drink for human consumption, including food additives, food raw materials and other materials used in human consumption. preparation, processing, and/or manufacture of food or beverages. Furthermore, this law also explains that food security is a condition of food fulfillment for the country up to individuals which are reflected in the availability of sufficient food, both in quantity and quality, safe, diverse, and nutritious, to be able to live healthy, active and productive in a sustainable manner.

Diversification/diversity of food consumption is often interpreted as a reduction in rice consumption that is compensated by the addition of consumption of non-rice foodstuffs. The more diverse the food consumption, the better the quality of food consumed. Therefore, the dimension of food diversification is not only limited to the diversification of the consumption of basic foods, but also complementary foods. Food diversification can also mean an effort to diversify the type of food consumed, including food sources of energy and nutrients, to meet the need for food and nutrients following their adequacy, both in terms of quantity and quality [12].

1.2.3. The Conception of Food Consumption

Food consumption is information about the type and amount of food consumed or drunk by a person or group of people at a given time. The type and amount of food are important information in calculating the amount of nutrients consumed [9].

Food consumption is the amount or amount of food, single or diverse consumed by a person or group of people who aim to meet physiological, psychological, and sociological needs [13].

Food consumption is the main factor to meet nutritional needs which further acts to provide energy for the body, regulate metabolic processes, repair tissues, and for growth. Adequate and balanced food and nutritional consumption are important factors that determine the level of human health and intelligence because the level of nutritional adequacy of a person greatly affects the balance of physical and spiritual development. The pattern of food consumption and household nutrition is influenced by the economic, social, and cultural conditions of the community [14].

Household food consumption patterns are strongly influenced by the socio-economic factors of the household itself, such as income, food prices, tastes, and eating habits. Household food consumption patterns are also influenced by household characteristics, namely the number of household members, age structure, gender, education, and employment. The more the number of household family members, the more varied the food needs are consumed because household members have not necessarily had the same tastes [11].

2. MATERIAL AND METHOD

This research was carried out in Semidang Aji District of Ogan Komering Ulu Regency. The location of the study was determined deliberately in villages in Semidang Aji Subdistrict where there were groups of peasant women. This study was conducted from January to February 2022.

The data collection method used in this study is observation and interview with questionnaires as a data collection tool. The data obtained in this study includes primary data and secondary data. Primary data is obtained from in-person interviews at the research site of respondents using questionnaires that have been compiled for research. Secondary data was obtained from agencies related to this research such as the Agriculture Office, the Central Statistics Agency of Ogan Komering Ulu Regency as well as from literature and other supporting sources.

The method of drawing examples used in this study is a simple random, where from 21 villages in Semidang Aji District, Ogan Komering Ulu Regency, 10 villages have one group of peasant women each so that there are a total of 10 groups of peasant women. Of the 10 groups of peasant women, each of the 10 members was taken as respondents who were taken at random, so the total sample of this study was 100 people.

The operational definition of research variables is as follows: **Perception** is a person's ability to organize an observation; **Women's farmer groups** are a group of women farmers who are bound non-formally and formed based on common interests, similar environmental conditions, and have the leadership to achieve common goals; **Household members** of the women's farmer group are households that have housewives and become members of the farmer group in Semidang Aji Subdistrict and act as farmers; **Food** is everything that comes from biological resources and water, both processed and untreated which is intended as food additives, food raw materials, and other raw materials used in the process of preparing the processing, and or making of food and beverages.

The food studied is the daily food of households that includes groups of grains, tubers, animal foods, oils and fats, oil/seeds, nuts, sugar, vegetables and fruits, and others. The source of food availability is where the food consumed daily by households and members of the peasant women's group

Diversification of food consumption is the diversity of the types of food consumed, including food sources of energy and nutrients, to meet the need for food and nutrition by adequacy both in terms of quality and quantity.

Utilization of the home yard is a concept of a residential environment of residents or an environment of community activities where people live together so that it can be used as a sustainable food source in meeting the nutritional needs of families.

The data obtained will be tabulated and explained descriptively and qualitatively. Normative perception can follow the characteristic size, accessibility of information, environment, group role, and counseling.

The measured level of perception is (1) Perception of peasant women to the function of the yard; and (2) Perception of peasant women towards food diversification.

Perception of the function of the home yard garden is the opinion or assessment of women farmers based on statements about the use of yards to support food diversification. While the perception of food diversification is the opinion or assessment of peasant women based on statements on the concept of food diversification.

Measurement of perception levels using the Likert scale (Likert Scale), which is a research scale commonly used to measure attitudes and opinions. Using this scale, respondents will be asked to complete a questionnaire so that they are required to convey their level of approval to some questions.

The questions or statements used in this study are referred to as research variables. The level of perception measured is to give an opinion on the question asked. The choice of answers given is as follows Scale 1: very low; 2: Low; 3: medium; 4: high; 5: very high

The Likert scale calculation formula is $T \times P_n$, where: T = the total number of respondents who voted, and P_n = choice of Likert score numbers

3. RESULTS AND DISCUSSIONS

3.1. General State of the Region

Semidang Aji District, Ogan Komering Ulu Regency has an area of 49,719 ha consisting of 21 villages. The topographical state in Semidang Aji District generally includes 75% flat land, 23% hilly land, and the rest swampland..

The boundaries of Semidang Aji Subdistrict are as follows:

- Northside is bordered by Lubuk Batang Sub-district
- Southside is bordered by Sosoh Buay Termite District
- East side bordered by Pengandonan Subdistrict
- Westside is bordered by West Baturaja Subdistrict

The distance of Semidang Aji District to the district capital (Baturaja City) is about 37 km.

3.2. Population

According to BPS data in 2021, Semidang Aji District has a population of 30,275 people, with a composition of 15,369 males and 14,906 females. Based on the number of residents and area, it can be known that the average population density in Semidang Aji District is 52.97 people loyal to Km². The statements of the above indicator items submitted to respondents will be answered with a choice of answers Strongly Agree, Agree, Neither agree nor disagree, Disagree and Strongly Disagree as measured by the Likert scale. The choice of answers of these respondents will subsequently be classified into Very High, High, Medium, Low, and Very Low.

3.3. Characteristics of Respondents

The characteristics of the women farmer group of respondents are an overview of the respondent's background that can affect perception. The women farmers who were selected as respondents were as many as 100 members of the women's farmer group in Semidang Aji District of Ogan Komering Ulu Regency. The identities of the respondents studied included members of the women's farmer group, age, and education level.

3.4. Perception of Women's Farmer Groups Towards Home Yard Garden Function

Indicators of women's perception of the function of the yard studied in this study there are 14 statement items, namely the function of the yard in producing foodstuffs, the potential of the yard in meeting family food needs, the function of the yard as one of the sources of daily kitchen spice needs, the results of the yard can meet the nutritional needs of the family, the results of the yard can reduce household expenses, yard results can increase family income, Home Yard products can change food consumption patterns, home yards farming can be used as family farming businesses, yards can empower family resources, yard products can improve family food security, yards can serve as climate controllers around the house, plants in the yard can make the house comfortable, plants in the yard can serve as carbon dioxide absorbers, and plants in the yard can function as oxygen producers.

The statements of the above indicator items submitted to respondents will be answered with a choice of answers Strongly Agree, Agree, Neither agree nor disagree, Disagree and Strongly Disagree as measured by the Likert scale. The choice of answers of these respondents will subsequently be classified into Very High, High, Medium, Low, and Very Low.

The results of the data analysis obtained the level of perception of farm women to the function of the home yard garden in Semidang Aji District, Ogan Komering Ulu Regency is in the Category of High (59) and Very High (41).

Table 1. Perception of Farm Women to the Home Yard Garden Function

No	Category	Frequency (n=100)	Total
1	Very high	60-70	41
2	High	48-59	59
3	Medium	37-47	0
4	Low	26-36	0
5	Very Low	14-25	0

The results of the analysis showed that the perception of the farmer's female group of yard function amounted to 59 samples or a frequency range of 48-59 percent. This showed that the dominant farmer group agreed while followed by 41 samples of Strongly Agreed or a frequency of about 60 – 70 percent.

This illustrates that the understanding of the farmer women's group in Semidang Aji Subdistrict in the use of yards has been very good. The results of this study are following the results of Ref. [15], which shows that the perception of the New Taeno women's farmer group towards the utilization of the yard is a high category.

The results of the question asked to respondents, namely "whether the function of the yard can produce foodstuffs", are presented in the following table.

Table 2. The results of the answer to the question of whether the function of the yard in producing foodstuffs

No	Category	Frequency
1	Strongly Agree	71
2	Agree	29
	Total	100

Based on Tabel 2, it is known that as many as 71 respondents answered Strongly Agreed and 29 respondents answered Agreeing that the yard can serve as a producer of food. Yard land use can help farm women in accessing food quickly.

The results of the question of whether the yard can change food consumption patterns in Semidang Aji District can be seen in Table 3.

Table 3. The answer to the question of home yard garden can change food consumption patterns

No	Category	Frequency
1	Strongly Agree	45
2	Agree	41
3	Neither agree nor disagree	9
4	Disagree	5
	Total	100

Table 3 shows that 45 people answered 'Strongly Agree, 41 people answered Agree, 9 people Neither agree nor disagree and 5 people answered Disagree. This means that there are 86 respondents who agree with the statement. The varied answer to this statement shows that farmers' perceptions of this are also diverse. The statement that plants in the home yard garden can serve as oxygen producers can be seen in Table 4.

Table 4. The results of the answer to plant statements in the yard can serve as oxygen producers

No	Category	Frequency
1	Very agree	53
2	Agree	27
3	Neither agree nor disagree	20
	Total	100

From Table 4 it is known that 53 respondents answered Strongly Agreed, 27 respondents answered Agree and 20 respondents neither agree nor disagree. This suggests that most respondents agree that yards can serve as oxygen producers.

3.5. Women's Perception of Food Diversification

Indicators of women's perception of food diversification there are 7 items of the statement, including food diversification is important for health, family members must consume diverse foods, food diversification can reduce rice consumption, food diversification is consuming food from various food groups, the nutritional quality of a person can be improved from food consumption, family appetite affects mothers to compile in the food menu and food consumption that is Variety is very good for health.

Food diversification is an effort to increase the consumption of various food uniforms with balanced principles. Table 5 shows the level of perception of the farmer women's group in Semidang Aji Subdistrict towards food diversification.

Table 5. Women's Farmer Perception towards Food Diversification

No	Category	Category (n=100)	Frequency
1	Very high	30 – 35	71
2	High	24 – 29	28
3	Medium	18 – 23	1
4	Low	13 – 17	0
5	Very Low	7 - 12	0

Based on the results of the study, it was found that the perception of women farmers towards food diversification in Semidang Aji District of Ogan Komering Ulu Regency was in the very high category with a total score of 71. This very high category means that almost all statement items that are indicators of women's perception of food diversification were answered strongly in agreement by respondents. This illustrates that the assessment based on women's understanding of food diversification is already very good. This condition is in accordance with the results of Ref. [16], which shows the importance of home yard utilization in supporting food diversification.

The perception of women's farming groups about food diversification is important for health is displayed in the following Table 6.

Table 6. The answer to the statement of food diversification is important for health'

No	Category	Frequency
1	Very agree	44
2	Agree	37
3	Neither agree nor disagree	19
	Total	100

Table 6 shows that under 44 respondents strongly agree, 37 respondents agree and 19 respondents are undecided. Respondents replied that because of this food diversification, the nutritional needs of families can be fulfilled. For questions family members should consume a variety of foods presented in Table 7.

According to respondents, family members should consume a variety of foods, this is in line with the results of the perception asked. Respondents who answered Strongly Agreed amounted to 60 people and respondents who answered Agreed

with a total of 40 people. The above answer shows that a diversity of foodstuffs has been available in the region

Table 7. The answer to the question family members should consume a variety of foods

No	Category	Frequency
1	Very agree	60
2	Agree	40
3	Neither agree nor disagree	0
	Total	100

A statement of food diversification can reduce rice consumption, can be seen in Table 8. Respondents who answered 'Strongly Agree' as many as 38 respondents, Agreed as many as 36 respondents, and 'Neither agree nor disagree as many as 26 respondents. The distribution of these 3 answers is because food diversification has not been able to reduce rice consumption. This is because family members of respondents, especially children, prefer rice as a source of carbohydrates in addition to non-rice foods.

Table 8. The answer to a statement of food diversification can reduce rice consumption

No	Category	Frequency
1	Strongly agree	38
2	Agree	36
3	Neither agree nor disagree	26
	Total	100

Based on the results of observations at the location of the respondent's home yard, it is known that there are cassava, banana, and sweet potato plants. This condition is used by women farmers respondents to be processed into alternative family food sources. The diversification of food in the research location still affects the family's appetite. Respondent's answers to the statements of family appetite affecting mothers in compiling a food menu were as many as 56 respondents answered Strongly Agreed, 32 respondents Agreed, 5 respondents Neither agree nor disagree, 4 respondents Disagreed, and 3 respondents answered Strongly Disagreed. This condition indicates that the majority of respondents answered Strongly Agree and Agree, although there is a small percentage who answered Disagree and Strongly Disagree (Table 9),

Table 9. The answer to the statements of family appetite affecting mothers in compiling a food menu

No	Category	Frequency
1	Strongly agree	56
2	Agree	32
3	Neither agree nor disagree	5
4	Disagree	4
5	Strongly disagree	3
	Total	100

Respondents' perceptions of food diversification management showed that the implementation of family food diversification was difficult to implement, especially in the fulfillment of protein sources sourced from fish, so respondents tended to

replace it with vegetable protein sources (tofu, tempeh). The results of respondents' responses to the statement of food diversity are consuming food from various food groups showed that 47 respondents strongly agreed and 53 respondents agreed.

4. CONCLUSION

It can be concluded that the perception of peasant women in Semidang Aji District of Ogan Komering Ulu Regency towards the function of the high category of the home yard farming, and the diversification of food blessings is very high. In addition, it was also found that women farmers in Semidang Aji District of Ogan Komering Ulu Regency agreed to the statement that the function of the home yard garden can support family food consumption, food diversification can support family food consumption, and home yard functions and food diversification together can support family food consumption. In order to conduct further research that specifically discusses the function of the yard and food diversification in the group of peasant women in Semidang Aji District, Ogan Komering Ulu Regency.

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