

Education on the Potential of Fish Nutrients to Coastal Housewives in Leppe Village

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Abstract

Fish is one of the potential food sources of animal protein produced in coastal areas. The use of fish as a source of animal food by coastal communities has been carried out for generations because it is the easiest food source to be processed into daily side dishes for coastal households. Fish contains quality nutrients, both macronutrients and micronutrients. The condition of coastal housewives who lack information about the nutritional content of fish and its benefits is the background for implementing this community service activity. The aim of the activity is to increase the knowledge of coastal communities, especially housewives, so that they can utilize the nutritional potential of fish through the processing and consumption of fish to fulfill the family's nutritional intake. Coastal housewives were very enthusiastic during the activity which was marked by answering several questions in the question and answer process. The results of the evaluation showed that education can provide an understanding of fish nutrition and its benefits, where the percentage of correct answers reached 94.54%. Coastal housewives are expected to be able to utilize the nutritional potential of fish which is a source of quality animal food that is easily obtained in coastal areas.

Keywords: *Education, Housewife, Coastal, Fish Nutrients*

INTRODUCTION

Coastal areas have unique characteristics where the area is influenced by land and sea. One of the natural resources of coastal areas is fishery products. The most commonly caught and consumed fishery product is fish. According to (Dirkareshza et al., 2022) that geographically, villages located in coastal areas have distinctive differences from villages located in the interior. The differences between the two are not only in geographic-ecological conditions, but also include distinctive characteristics in the economic and socio-cultural fields. Then obey (Hafizah, 2022) that wCoastal areas have biological and non-biological resources that can be utilized by people who live in coastal areas and around coastal areas.

Marine fisheries are one of the potential resources in coastal areas. Fish can not only be sold to meet the needs of fishermen's households, but also used as a side dish by coastal communities. As a food source, fish is a source of quality protein nutrients because it is composed of essential amino acids. Apart from that, fish contains nutrients in the form of several types of minerals and vitamins, such as iron,

iodine, zinc, vitamin A and also omega-3 and omega-6 fatty acids.

The nutritional content of fish is beneficial for the body in supporting intelligence and health. Fish contains protein with a complete amino acid composition. The digestibility and biological value of fish is higher than other animal food sources. The nutritional content of fish is protein as much as 15-24%, carbohydrates in the form of glycogen around 1-3%, fat content around 1-22%, organic materials in other forms around 0.8-2% and also have high water content quite high around 66-84% (Subakir et al., 2020).

The use of fish as a nutritional intake is greatly influenced by the mother's knowledge in processing and serving fish to the family. According to (Badriyah et al., 2023) that knowledge and skills are related to the ability to create and innovate to prepare a family menu through the use of local food ingredients found around where you live. With good nutritional knowledge, housewives are able to implement healthy eating patterns and know how to process food to meet the family's nutritional intake.

Leppe Village is one of the villages located in Soropia District, Konawe Regency. As a coastal area, the residents of Leppe Village have the

potential for animal food in the form of fish. The head of the family generally works as a fisherman with his wife as a housewife.

The role of housewives in Leppe village, as in general, is to organize and process food ingredients that will be consumed by family members.

Mother's knowledge about nutrition plays an important role in household eating patterns. Implementing a healthy eating pattern starting with choosing the type of food can influence the family's nutritional intake. With good knowledge, housewives can know the benefits of consuming good food in order to obtain optimal nutritional status and health status (Nissa & Mustafidah, 2022).

Fish as a source of nutrients is often overlooked for its nutritional content, with people preferring beef and chicken. Based on this background, community service activities were carried out to provide education on the nutritional potential of fish in coastal areas.

IMPLEMENTATION METHOD

Service activities in the form of education consist of 3 stages, namely:

1. Preparation phase. Some of the things that are done at the preparation stage are making initial observations from the determined location. Next, prepare an activity plan and several related materials that will be presented to the target audience. At this stage, administrative preparations are also carried out, namely application for permits and socialization of activities.
2. Implementation stage. Implementation of Community Service activities is carried out using the lecture method according to the planned schedule that has been agreed between the Community Service team, the Leppe Village government and the Leppe village housewives. The activity will be held on September 2 2023 at the Leppe Village Hall with the target audience being coastal housewives in Leppe Village. There were 55 participants who took part in the activity.

3. Evaluation Stage. This stage is a stage to determine the level of understanding of the target audience who have listened to the material presented. The evaluation stage is carried out in 2 forms, namely question and answer and filling out a questionnaire.

RESULTS AND DISCUSSION

Activity Location

Community service activities are carried out in coastal areas, precisely in Leppe Village, Soropia District, Konawe Regency. Activities were carried out at the Leppe Village Hall. The following is a map of the location of the coastal area of Leppe Village.



Figure 1. Location of Leppe Village (Pratama et al., 2022)

Leppe Village is one of 14 villages in the Soropia District, Konawe Regency. Located in a coastal area, Leppe Village has potential natural resources for marine fishery products (Fristiohady et al., 2023).

The implementation of educational activities is carried out using the lecture method and uses simple language that is easy for participants to understand so that housewives understand and will have an impact on increasing knowledge.

The material is delivered directly by the community service team. Some of the material presented was about how it is used as animal food, about facts and myths about fish, food safety of fresh fish, the nutritional content of fish and its benefits. The delivery of the material is

aimed at housewives who play an important role in processing and serving family food.

The distinctive taste of fish means that fish is used as a side dish. As an animal food ingredient, fish is a source of protein with the second largest content after water content. Other ingredients are fat, protein, carbohydrates, vitamins and minerals (Rasmi & Sedijani, 2023). The nutritional content of fish is influenced by the place where the fish lives, so there are fish nutritional contents that are not found in food that comes from land. The nutritional content of fish is very high, where fish fat is a long chain fat known as omega-3 or DHA. Protein is composed of various types of amino acids in sufficient quantities and in a complete composition. If used optimally, the nutritional potential of fish can provide quality nutritional intake for the human body (Nurapipah & Lestari, 2023).



Figure 2. Delivery of Material

Increasing knowledge can be done through education, so that the knowledge gained will have an impact on attitudes and behavior in selecting, serving and consuming food (Muchtar et al., 2021). Nutritional knowledge is the knowledge a person has about the presentation and nutritional content of the food consumed. Nutrition knowledge is obtained through a series of appropriate and planned activities in a group of people with the aim of increasing knowledge, positive changes in nutritional behavior. There are 2 methods that can be done, namely face to face or online (Nadhiroh & Permatasari, 2022).

The level of understanding of participants as an indicator of the success of the program being implemented is carrying out the evaluation stage.

In this activity, evaluation is carried out in 2 ways, namely filling out a questionnaire and asking questions to participants. Participants who are able to answer correctly will be given a reward. By carrying out the evaluation, participants became more enthusiastic about participating in the activity until it was finished.



Figure 3. Handing over of rewards by the Leppe Village Secretary to participants who answered questions correctly

Apart from that, a test of the level of understanding of the material was also carried out after the counseling was completed. Testing is carried out by filling out a questionnaire consisting of 10 questions. The evaluation results were very satisfactory with a percentage of participants' understanding level of 94.54%. Table 1 shows the results of the evaluation carried out.

Table 1. Results of Evaluation of the Level of Understanding of Coastal Housewives through Education on the Nutrient Potential of Fish

Question	Answer Correct	Comprehension Level (%)
1	53	96.36
2	53	96.36
3	51	92.73
4	51	92.73
5	50	90.90
6	52	94.54
7	53	96.36
8	53	96.36
9	52	94.54
10	52	94.54

Average Level of Understanding of Participants	94.54
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Evaluation is carried out to determine participants' understanding of the material that has been presented. Increasing knowledge can be done through education. This stage is the final stage carried out after the counseling is complete (Wahida & Moedjiono, 2022). Increasing knowledge can be done with education and counseling which can be accompanied by using information media. Education regarding the hobby of consuming fish is a form of effort to increase the knowledge of a person or group of people (Septianingsih et al., 2022).

CONCLUSION

Education on the nutritional potential of fish among housewives in the Coastal Village of Leppe through lecture method counseling resulted in achieving good understanding with evaluation results reaching 94.54%. Support from the Leppe Village government as well as the participation and enthusiasm of housewives shows the success of the community service activities carried out. It is hoped that housewives will be able to be creative in creating daily food menus by using fish as a food source that contains quality nutrients.

THANK-YOU NOTE

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