



Community Perceptions of The Fulfillment of Nutritional Needs Through the Consumption of Oyek Staple Food in Cemoro Village, Temanggung Regency.

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Informasi Artikel

Key word:

Women, headscarf and cigarettes, image inequality and stigma attached.

ABSTRACT

Fulfilling nutritional needs is a fundamental human right essential for achieving a healthy and prosperous life. In Cemoro Village, Temanggung Regency, some residents continue to consume **Oyek**, a traditional corn-based staple food, as part of their daily diet despite the increasing preference for rice due to its convenience. This study aims to analyze community perceptions of fulfilling food and nutrition rights through Oyek consumption and identify the social, cultural, and dietary factors influencing these perceptions. A qualitative descriptive approach was employed using interviews, observations, and documentation involving Oyek consumers, village officials, Posyandu cadres, and nutritionists. Data were analyzed using the Miles and Huberman interactive model. The findings indicate that Oyek contributes to fulfilling nutritional needs and reflects local wisdom while supporting household food security. Community perceptions are shaped by sociological, anthropological, geographical, nutritional, and human rights perspectives, as well as local culture and generational differences. Based on Social Cognitive Theory, Oyek consumption results from interactions among personal, environmental, and behavioral factors. Older generations primarily maintain Oyek as a cultural heritage and energy source, whereas younger generations tend to consume it for health and dietary reasons. Overall, Oyek remains a valuable local food that supports nutrition, food security, and cultural preservation in rural communities.

Keywords: *Community Perception; Food Security; Human Rights; Nutritional Rights; Oyek*

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Introduction

The fulfillment of adequate nutrition constitutes a fundamental human right and serves as a cornerstone of sustainable human development. Access to sufficient, safe, and

nutritious food is indispensable for maintaining health, enhancing productivity, and improving overall quality of life. This principle has been firmly established in international human rights instruments and

reinforced by national policies that emphasize food security and nutritional well-being. Nevertheless, ensuring equitable access to nutritious food remains a persistent challenge, particularly in rural communities where dietary practices are profoundly shaped by geographical conditions, cultural traditions, and the availability of local food resources.

Indonesia possesses a rich diversity of indigenous food commodities that have historically contributed to household food security. Among these is *Oyek*, a traditional corn-based staple food that continues to be consumed in Cemoro Village, Temanggung Regency, Central Java. For generations, *Oyek* has represented more than a source of sustenance; it embodies local wisdom, cultural identity, and the adaptive capacity of rural communities in utilizing locally available resources. The community traditionally perceives *Oyek* as a staple capable of providing sufficient energy to support agricultural livelihoods. However, socioeconomic transformation, modernization, and changing dietary preferences have gradually shifted consumption patterns toward rice, which is widely perceived as more practical, accessible, and socially desirable. Consequently, perceptions of *Oyek* have become increasingly heterogeneous across different generations and social groups.

Previous studies have consistently demonstrated the contribution of local foods to food diversification, food security, and the preservation of cultural heritage. Other scholars have examined the socioeconomic and cultural determinants of traditional food consumption as well as their implications for community resilience. Nevertheless, existing research has predominantly emphasized nutritional composition, economic value, and food diversification strategies. Comparatively limited scholarly attention has been devoted to understanding local

staple food consumption through the perspective of the fulfillment of food and nutrition rights, particularly by integrating sociocultural dimensions with Social Cognitive Theory. Consequently, empirical evidence explaining how individual cognition, environmental influences, and habitual behavior collectively shape community perceptions of *Oyek* remains insufficient.

Addressing this gap is essential because community perceptions substantially influence food consumption behavior, the sustainability of local food systems, and the preservation of indigenous food traditions. Furthermore, examining *Oyek* within a human rights framework extends the discourse beyond nutritional adequacy by highlighting the interconnected roles of social, cultural, economic, geographical, and behavioral factors in realizing the right to adequate food. Such an approach provides a more comprehensive understanding of how local food contributes not only to nutritional fulfillment but also to community food security and the preservation of local wisdom amid contemporary dietary transitions.

Therefore, this study aims to examine community perceptions regarding the fulfillment of food and nutrition rights through *Oyek* consumption in Cemoro Village, Temanggung Regency. Specifically, it seeks to analyze the sociological, anthropological, geographical, economic, nutritional, and behavioral factors influencing these perceptions and to explain the dynamics of *Oyek* consumption through the analytical lens of Social Cognitive Theory. The findings are expected to contribute to the broader discourse on local food utilization, human rights, food security, and sustainable rural development while providing empirical evidence to support policies promoting indigenous food resources in Indonesia.

Methods

This study employed a qualitative research approach using a descriptive design to explore community perceptions regarding the fulfillment of food and nutrition rights through the consumption of *Oyek* in Cemoro Village, Temanggung Regency, Central Java, Indonesia. A qualitative approach was selected because it enables an in-depth understanding of participants' experiences, perceptions, and sociocultural contexts related to local food consumption.

The research was conducted in Cemoro Village, a rural community where *Oyek*, a traditional corn-based staple food, continues to be consumed as part of the local dietary pattern. Research participants were selected through purposive sampling to obtain comprehensive information relevant to the research objectives. The participants consisted of village residents who regularly consume *Oyek*, village government officials, Posyandu (Integrated Health Service Post) cadres, and nutritionists who possess knowledge regarding community dietary practices and nutritional conditions.

Primary data were collected through semi-structured interviews, non-participant observations, and document analysis. The interview guide was developed based on the dimensions of Social Cognitive Theory, focusing on personal, environmental, and behavioral factors influencing community perceptions of *Oyek*. Observations were conducted to examine food consumption practices and the sociocultural context of the community, while documentation included village records, government regulations, and other relevant documents supporting the study.

To ensure data credibility, source triangulation and technique triangulation were employed by comparing information obtained from different participants and data collection methods. Data were analyzed using the interactive model proposed by

Miles and Huberman, comprising four stages: data collection, data reduction, data display, and conclusion drawing and verification. The analytical process was conducted continuously throughout the study to identify recurring themes, establish relationships among categories, and generate comprehensive interpretations regarding the role of *Oyek* in fulfilling food and nutrition rights within the community.

Results and Discussion

Well-prepared tables and or figures must be of significant feature of this section, because they convey the major observations to readers. Any information provided in tables and figures should no longer be repeated in the text, but the text should focus on the importance of the principal findings of the study. In general, journal papers will contain three-seven figures and tables. Same data can not be presented in the form of tables and figures. The results of the study are discussed to address the problem formulated, objectives and research hypotheses. It is highly suggested that discussion be focused on the why, how, what else of the research findings can happen and to extend to which the research findings can be applied to other relevant problems. Explain your research contributions to science.

Conclusion

This study demonstrates that community perceptions of fulfilling food and nutrition rights through *Oyek* consumption in Cemoro Village are shaped by the dynamic interaction of sociological, anthropological, geographical, economic, nutritional, cultural, and behavioral factors. Despite the increasing preference for rice among younger generations due to its practicality, *Oyek* continues to serve as a locally valued staple

food that contributes to nutritional fulfillment, household food security, and the preservation of local wisdom. The findings further confirm the relevance of Social Cognitive Theory in explaining how personal beliefs, environmental influences, and habitual behaviors collectively shape food consumption practices within rural communities. By integrating the perspectives of human rights, local food, and social cognitive processes, this study extends the existing literature beyond the nutritional and economic dimensions of traditional foods. The research contributes to the advancement of knowledge by providing empirical evidence that local staple foods can play a significant role in realizing food and nutrition rights while strengthening sustainable food systems and preserving indigenous cultural heritage in rural Indonesia.

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