

The Sociology of People Food; a New Concept on The Root of People's Food Security (The Environmental Principles Approach)

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ABSTRACT: This study seeks to find other approaches to find solutions to people food problems. This study uses a qualitative approach through a process of observation and participatory research. The collection of data and information was carried out through a series of observations and extracting information from informants in the field using an open or unstructured interview sheet instrument. The study, hereinafter referred to as food sociology, in this paper confirms that people who have lost their food transformation pattern will find it difficult to achieve food security. Therefore, they are very close to food insecurity and crisis. A transformation process is needed, including diversifying food ingredients through a series of people's education processes to cultivate food diversification.

Keywords: Public food, food security, food resilience, food transformation, cultural dimension, environmental principles.

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INTRODUCTION

Food security is an important issue that is often misconstrued in Indonesia. So far, the issue of food security is often identified only with the availability of staple food made of rice. Perhaps this is based on the assumption that the staple food made from rice is already the most popular food in society. The government itself has made policies that seem to rely on rice. Among other things, it can be stated that the program for printing thousands of hectares of rice fields indicates that the concept of food security rests on rice.

Likewise, it turns out that the success of food self-sufficiency in the decades 1980-1990 was measured by rice production. This shows a picture of the focus of the issue of food security on rice or rice commodities. This means that speaking of self-sufficiency in food, what is meant is self-sufficiency in rice. Naturally, the logistics depot/*Depot Logistik (Dolog)* is dominated by rice or grain or unhulled rice (*gabah*), and only a little corn, soybeans, green beans, or other food ingredients. In fact, Indonesia's population is on a stretch that does not only have the potential for food from rice. There are various sources of people's food that have high levels of nutrition. It is spread over land and sea.

It is unfortunate that during the last 50-100 years in Indonesia there has been a mass transition that has displaced various indigenous foods of the people. Until now, the favorite food menus in various restaurants are made from rice, wheat and meat. Other sources of food were very diverse and very little used. This phenomenon has contributed to the people's appetite for business development in the food market. There has been a process of transforming the people's food so that it has definitely left rich foodstuffs on the land and seas of the archipelago.

When a rice crisis occurs, the people immediately feel that a food crisis has occurred. The government's how to anticipate food emergencies is to ensure sufficient rice in logistics warehouses. If not, the government will import rice. This picture is clearly not an ideal food security characteristic. Supposedly, food security is a condition of the availability of people's food throughout the year. Of course, the food question must be understood as food made of various ingredients.

What is the pattern of the people's food transformation so far? A research is needed to study the various patterns of transformation of people's food and the effects they cause. Can people who have lost their food transformation pattern or have a very low food sociological index generate food security, and vice versa?

This paper aims to determine the strength level of the people's food transformation or later it can be called the sociological index of food by tracing the facts of changes in food choices in several existing communities. It is hoped that from this tracing will also identify communities that have strong food security so that the sociological index of food and security can be compared.

METHOD

This study uses a qualitative approach through a process of observation and participatory research. Data and information were collected through a series of observations and extracting information from informants in the field using an open or unstructured interview sheet instrument. Information is processed by reducing data that is not related to the research topic. Thus, validation of the data or informations is obtained to explain phenomena related to the research topic. The results of the study were explained using a descriptive method.

DISCUSSION

Environmental Science Approach

Environmental science has important principles. There are five principles in environmental science, namely: diversity, interaction, interdependence, harmony, and sustainability. These principles can be applied in various fields of life so that they are also called interdisciplinary. (Cunningham, 2020).

In the context of interdisciplinary studies, the problem of food security has dimensions that are closely related to the principles mentioned above. (Lutzenhiser, 1994). Diversity is related to the fact that people's food is basically not a single ingredient. It would be a mistake to ignore this diversity principle.

Diversity does not only mean the variety of people's food sources but also the potential sources of nutrients that are very important for the human body that are available in the universe. This principle determines human wisdom to make use of all these food buckets as an option both for survival and to improve the quality of their health and intelligence.

Interdependence implies the relationship between one type of natural resource and another. This is a consequence of the diversity that exists on this earth. Interdependence is deeper, has meaning, the existence and survival of one ecosystem component is largely determined by the existence of other ecosystem components.

The principle of interdependence is very important, especially in relation to the sustainability of a food source. Threats to a foodstuff can occur due to the loss of insight into the interdependence of ecosystem components in society.

Alignment is defined as the suitability of the existence of a component with other components. If the existence of an ecosystem component interferes with life or the functions of other components, it can be stated that it is not compatible. Interference with alignment will usually result in damage. However, the damage caused by disharmony that occurs naturally can usually be recovered naturally as well due to the homeostatic nature of nature.

Sustainability implies the assurance of the existence of an ecosystem component in the future. It is the threat to the life of certain food plants as stated above which is the root of the reduction in important nutritional sources in the future.

It is precisely this sustainability that is a big concern about the loss of food commodities in the community. The loss can be in the form of a reduction in the variety of food plants so that it is not feasible to be calculated to meet people's needs. In addition, the phenomenon of land use change from the place where various varieties of food crops are grown and replaced by certain monocultures will gradually cause the extinction of other varieties.

The principles of environmental science above can be an approach to see the pattern of transforming people's food. This means that sociologically these principles can help identify the position of food security of the people specifically. In addition, the potential for a community's attitude towards food and its future is also determined by this environmental science approach.

The overall principles of environmental science can be optimized by developing knowledge and awareness of humans and their behavior. The human aspect as the most important component in the definition of the environment cannot be ignored, especially regarding human behavior. Therefore, the sociological aspect is needed to see that this environmental science approach can be used to strengthen food security.

Environmental science includes sociological aspects, namely humans and their communities, including their behavior as the most important part of natural resource management. Of course, food security really needs a touch of sociological concepts in the environmental science approach, namely sociological studies in the perspective of environmental science mentioned above.

Food Transformation

The process of changing people's food choices starts from perceptions. Perceptions in the process of change in a society are very influential. Through a person's perception, a group of people and even the wider community will have a kind of perspective on social predicates that will determine their social position or status. At first, the community absorbed a tradition that was transmitted through goods, behavior, or types of work from outside the group. After comparing the level of economic excellence, welfare, and progress of the users of goods, the applicant of the behavior, or the owner of the work, a comparison will emerge that places the goods, behavior, and work of the members of society themselves. If the property of the community is lower or inferior to the progress of the outsiders, then social inferiority will automatically emerge which results in the replacement of the original products of the community, along with all its habits.

These perceptions have formed assumptions about progress and levels of welfare based on symbolic measures. That is, the definition of progress has fallen on the assumption that something from outside is better. This was put forward as a modernization theory by Wilbert E. Moore. According to this theory, modernization is essentially a of progress by using technological devices to replace new living systems. He said that the use of technological tools had transformed traditional or pre-modern societies into a way of life with social units and organizations by taking Western culture as a model. (Moore, 1965).

In general, people in developing countries will form an assumption that progress will be visible if the community has used external methods. Distrust of culture itself arises in public feelings. Suwarsono argues that due to the flow of modernization, society's assumptions have changed and have led to more dependency. (Suwarsono, 1991). Dependency causes low independence in making choices, including in cultural affairs. According to him, dependency occurs between suppliers of something that is assumed to be modern and advanced.

Furthermore, the world system was born as a concept which later showed the domination of developed economies over developing countries. If only these perceptions and assumptions can change in society, it will rise as a new social capital to create social resilience. Changes also occur in to replace them with new behaviors and cultures.

William F. Ogburn explained that immaterial social elements occur more in a social transformation. (Ogburn, 1966). Social transformation always starts from criticism of everything that has been established in society. Both the establishment that has been entrenched in society with new values depend on perceptions and assumptions. Selo Sumardjan emphasized that the transformation process can occur in a social institution when a new social system appears which includes the values, attitudes and behavior of community members. (Soemardjan, 1964).

Indonesian people have long had the perception of staple foods made from rice and wheat as advanced or high-class food. Communities along the lowlands of Polewali Mandar, Majene and Mamuju experienced this change in perception, as an example. According to some parents who are more than 60 years old, in the past, people in this area were very familiar with the staple food made from sago. Then came people who worked as civil servants or entrepreneurs who could buy rice or consume rice. It was then that people slowly did not completely switch to rice and wheat, but began to regard food made from sago, cassava, banana, sweet potato and so on as second class food.

The feeling of being left behind which is referred to as cultural lag by William F. happened in the case of food in Indonesia. The displacement of non-rice food stems from a perception of backwardness experienced by traditional communities in various regions. This situation is not only experienced by residents in the Sulawesi area. Entering the year 2000, many Sorong residents have cut down sago forests to convert them to rice farming. Printing paddy fields on ex-sago land is a very significant food transformation process.

The Javanese have experienced the same thing for a long time. If there is a failed rice harvest in Java or a weak purchasing power of rice, they will feel that their social class has decreased if they have to eat *tiwul*. This illustrates that the pattern of food transformation in almost all regions in Indonesia shows similarities; starting from the perception of backwardness, the assumption that the advanced and modern are the consumers of rice or bread, cheese and so on.

Indonesians are particularly vulnerable to shortages of rice and wheat as a result of this process of change. It is proven that if there is a failure in the rice harvest, the people will feel that they are experiencing a big shock in the food issue.

Changes can only be made again if the perception of progress is not linked to the type of foodstuff, but to its nutritional composition. The presence of nutrition experts in the public space is very urgent. In this way, it is likely that the assumptions about the social class of consumers will no longer be related to the source of their foodstuffs.

Food transformation can be carried out through a process of public education. Changes in perceptions and assumptions about food and social class should be changed. Although the rice plant has been an important supplier of people's staple food for hundreds of years, other types of food can be aligned with industrial patterns based on various nutritional sources.

Sociology of Food

The pattern above will show a sociology of people's food. The sociology of food can be defined as the sociological aspect inherent in the food choices of the people and their changes. The first aspect that must be ensured is the perception of food.

Food should be seen as something that contains dimensions other than nutrition itself. This means that in addition to its nutritional dimensions, food can also be seen in ecological, social and economic dimensions.

Food in an ecological dimension must be seen as a biological source that is closely related to other material components in which it lives. Thus, food is not something separate from life and other materials around it. This perspective will place all food source materials in an equal position as ecosystem components that have their respective functions in an ecological context.

In this approach, public attention to harmony and sustainability will largely be determined by the depth of knowledge and the breadth of insight regarding the position of all foodstuffs in the ecosystem. Knowledge of diversity and interdependence will give birth to a way to treat food proportionally. If all foodstuffs can be used optimally, the public health aspect will be preserved, and more importantly there will be no dysfunction of food resources.

In its social dimension, food does show a certain social class. However, in the process of food transformation, the perception of food class can be changed. As previously explained, all food can be introduced not in the context of the type of material but its nutritional content. The social class of food will experience mobility in society. It possible for a food item to be underestimated at present but in the coming years it will see executives consumed in a variety of fine restaurants.

The food industry can make various forms of culinary creations with more attractive packaging so that in its economic dimension, people's food can experience transformation and mobility in existing social classes. Thus the sociology of food will become a depiction of human creation that places all food ingredients and resources as potential commodities, of high economic value with nutritional content that can be known by the public.

Food Security

Yunastiti Purwaningsih states that the problem of food security revolves around three aspects, namely: availability, distribution, consumption. (Purwaningsih, 2008) In line with this opinion, it can also be said that food security is a condition in which society has the ability to overcome a situation of certain food shortages.

Thus, in principle the ability to survive will be the most important indicator of a society that has food security. Food security is closely correlated with the level of survival of community members and even the community itself. In addition, food security can of course be seen also from its added value. Food that only fulfills the nutritional dimension for personal and household purposes will not make it an excellence factor. Superior food will make the owner public have the ability to increase their welfare so that the survival expectation is far above the standard.

According to Yunastiti Purwaningsih, the problem in the aspect of availability is scarcity and increased production. Problems in the distribution aspect include the availability of infrastructure, institutions, security of distribution channels, and differences in production capacity in different regions and climates. The problem of consumption is the bias of rice and unhulled rice.

These three aspects certainly determine the food security status of a society, especially if the issue of food security is focused on the assurance of a healthy and productive life as defined by Saliem. According to him, the definition of food security is a guarantee for humans to live healthily and work productively. (Saliem & Ariani, 2016). Both the survival aspect and the improvement of people's welfare through food availability are an economic approach when photographing food security.

Likewise, food security is defined as a guarantee for humans to be able to live healthy and productive lives, only placing food as an economic factor in society. Food in the environmental science approach is placed in the perspective of sustainability and interrelation and interdependence. In the context of sustainable food security, it is the guarantee of the availability of sufficient various types of food sources in the future.

CONCLUSION AND RECOMMENDATION

Food security does not always have to be seen in the aspect of food availability to ensure the survival, health and productivity of the community, but rather the sustainability of food resources in the future. Therefore, the environmental science approach through the principle of sustainability of various types of foodstuffs and their use in various sectors of life is time to become an important consideration in the national food security policy.

The sociology of food, is defined as the sociological aspect inherent in the food choices of the people along with all its dynamics and changes, needs to be examined more deeply. This sociological aspect plays a very important role in the process of food sustainability in the future, including the ability of the community to continue to improve their welfare, health and productivity.

Human factors, namely society and their behavior are very important to be considered in the pattern of food transformation. The better the food transformation process, sociologically the degree potential food security will improve. This can only happen if food security policies are developed with an environmental science approach that takes into account diversity, interconnectedness or harmony, interdependency, and sustainability.

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