

HOUSEHOLD SOCIOECONOMIC FACTORS AFFECTING FAMILY FOOD CONSUMPTION: A CASE STUDY OF HOUSEHOLDS IN GUNUNG JATI VILLAGE EAST JAVA PROVINCE INDONESIA

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Abstract. The Indonesian people's demands, particularly their food needs, are anticipated to be met by agriculture. To attain food security, there must always be enough safe food to eat, available in sufficient quantities and of high quality, and distributed at reasonable costs to enable every citizen to carry out their everyday activities. Food adequacy is often a measure of household welfare. Household food consumption is the need of household members for food which aims to strengthen food security at the household level. The quality and quantity of food consumed by each individual will influence the individual's nutritional status. This research aims to analyze how socioeconomic factors influence family food consumption. The research was conducted in Gunung Jati Village, Jabung District, Malang Regency using probability sampling techniques in the form of random sampling. The sample was selected by *accidental sampling* as many as 49 mothers with toddlers. The data analysis method used is logistic regression. Socioeconomic factors that have the potential to influence mothers' decisions in fulfilling family food consumption are the mother's education (X_2), household income (X_3), and mother's nutritional knowledge (X_4).

Keywords: *Socioeconomic Factors; Household; Food Consumption*

Abstrak. Kebutuhan masyarakat Indonesia, khususnya kebutuhan pangan, diperkirakan dapat dipenuhi melalui sektor pertanian. Untuk mencapai ketahanan pangan, harus selalu tersedia makanan yang cukup dan aman untuk dikonsumsi, tersedia dalam jumlah yang cukup dan berkualitas tinggi, serta didistribusikan dengan biaya yang wajar agar setiap warga negara dapat melakukan aktivitas sehari-hari. Kecukupan pangan seringkali menjadi ukuran kesejahteraan rumah tangga. Konsumsi pangan rumah tangga merupakan kebutuhan anggota rumah tangga akan pangan yang bertujuan untuk memperkuat ketahanan pangan di tingkat rumah tangga. Kualitas dan kuantitas makanan yang dikonsumsi oleh setiap individu akan mempengaruhi status gizi individu tersebut. Penelitian ini bertujuan untuk menganalisis bagaimana faktor sosial ekonomi mempengaruhi konsumsi pangan keluarga. Penelitian dilakukan di Desa Gunung Jati, Kecamatan Jabung, Kabupaten Malang dengan menggunakan teknik pengambilan sampel probabilitas berupa random sampling. Sampel dipilih secara Accidental Sampling sebanyak 49 ibu yang memiliki balita. Metode analisis data yang digunakan adalah regresi logistik. Faktor sosial ekonomi yang berpotensi mempengaruhi keputusan ibu dalam memenuhi konsumsi pangan keluarga adalah pendidikan ibu (X_2), pendapatan rumah tangga (X_3), dan pengetahuan gizi ibu (X_4).

Keywords: Faktor Sosial Ekonomi; Rumah tangga; Konsumsi makanan

INTRODUCTION

It is hoped that agriculture will be able to meet the needs of the Indonesian people, especially food needs (Maula & Anindita, 2019). Food is a basic human need that must be met before fulfilling other life needs such as clothing, shelter, and education. To achieve food security, it is necessary to have food available in sufficient quality and quantity, distributed at affordable prices, and safe for consumption for every citizen to support their daily activities all the time (Amaliyah & Handayani, 2011). Household food consumption is the need of household members for food which aims to

strengthen food security at the household level. Food security includes adequate food consumption related to the quality and quantity of food. The quality and quantity of food consumed by each individual will influence the individual's nutritional status. Food availability in the household is one indicator of the success of food security in the household itself. Food is a source of energy and protein useful for improving human quality. Several factors influence family food, including nutritional knowledge factors, lifestyle factors, food consumption preference factors, and socioeconomic factors. Preference refers to the ability to prioritize options to make decisions (Putra, VW, et. al, 2023).

Socio-economic factors and sociocultural background have a relationship with eating patterns and determine nutrition which influences the nutrition of children aged 0-5 years called toddlers (Grassi, T., et.al., 2020). Nutrition that is not fulfilled in the first five years of life results in an irreversible impairment of physical, mental, and brain growth and development (Nikmatul, K., et. al., 2020). The emergence of nutritional status problems in Indonesia is not only caused by food shortages but also due to actions and motives for food choices or food consumption preferences. Socioeconomic factors are related to food consumption and eating patterns. Food adequacy is often a measure of household welfare. A household that has food consumption preferences that tend to be lower is certainly dangerous for children's nutritional intake. This low preference for food consumption can be caused by a lack of availability and access to food so that food and nutritional intake are not met.

One of the sub-districts in Malang Regency that shows a fairly high prevalence of low nutritional status of children under five according to data in 2020-2021 is Jabung District with a percentage of 15.4% which is in 8th position out of a total of 33 sub-districts in Malang Regency (BPS Malang Regency, 2021). There are at least four villages in Jabung District that have historical data on residents who died at the age of five, one of which is Gunung Jati Village. Based on the background of the problem above, the author decided to conduct research using a case study regarding socioeconomics as a parameter for family food consumption in Gunung Jati Village, Jabung District, Malang Regency.

METHOD

This research was carried out in Gunung Jati Village, Jabung District, Malang Regency using probability sampling techniques in the form of random sampling. The sample was selected using *simple random sampling*, which means that the sample was determined randomly and was available in a place according to the research context. Drawing the number of samples in the study used the Slovin formula. The Slovin formula is a formula used to find a sample size that is considered capable of representing the entire population. The total population of mothers with toddlers in Gunung Jati Village is 96 people, so based on calculations, a sample of 49 mothers with toddlers was obtained. This research uses primary data obtained from direct interviews with sample households.

In this study, researchers used logistic model regression analysis to analyze socioeconomic factors that influence mothers in family food consumption. The logistic regression model is a non-linear regression that produces a variable equation where the dependent variable is categorical (Ghozali, 2006). Logistic regression is a regression model used when the response variable is qualitative (Hosmer, DW, and Lemeshow, 2000).

The equation in this research is the logit regression model used:

$$Y = \ln \left(\frac{P}{1-P} \right) = Z = \alpha + \beta_1 X_1 + \beta_2 X_2 + \beta_3 X_3 + \beta_4 X_4 + \beta_5 X_5 + \beta_6 X_6 + \beta_7 X_7 + \beta_8 X_8$$

Information:

Y = mother's decision to fulfill family food consumption (protein, fat, and carbohydrates)

Y_i = 1= mother fulfills family food consumption (protein, fat, and carbohydrates)

0 = mother does not meet family food consumption (protein, fat, and carbohydrates)

X₁ = Mother's age

1 = ≤ 31

0 = > 31

X₂ = Mother's education

1 = > high school

0 = ≤ SMA

X₃ = Household income (Rp/month)

1 = ≥ 3,000,000

0 = < 3,000,000

X₄ = Mother's Nutritional Knowledge

1 = Mother knows the nutritional composition of her toddler's food

0 = mother does not know the nutritional composition of her toddler's food

X₅ = Protein Consumption

1 = Protein consumption is fulfilled by consuming foods that contain protein, for example tofu, tempeh, broccoli, etc.

0 = protein consumption is not met

X₆ = Carbohydrate consumption

1 = Carbohydrate consumption is fulfilled by consuming foods that contain carbohydrates for example rice, corn, sweet potatoes, cassava, etc.

0 = carbohydrate consumption is not met

X₇ = Fat consumption

1 = Fat consumption is met by consuming foods that contain fat, for example, coconut oil, meat, chicken, nuts, avocado, etc.

0 = fat consumption is not met

X₈ = Food Variety

1 = Mother provides food other than protein intake, carbohydrate intake, and food intake fat

0 = mother does not provide food other than protein intake, carbohydrate intake, and food intake fat

Additionally, the model parameters' importance is examined at multiple phases, such as:

1. Test of validity

A questionnaire's validity is evaluated using validation tests. By contrasting the computed r_{value} with the r_{table} value, the validation test is determined. The assertions in the questionnaire are deemed legitimate if, at a significance level of 0.05, $r_{\text{count}} > r_{\text{table}}$ (Ghozali, 2006). A questionnaire was the instrument utilized in this study to collect data. It might be claimed that a component is inconsistent with other components to support a concept if an invalid component is discovered during the validation test.

2. Test of reliability

A tool for assessing the dependability of a questionnaire that serves as an indicator of a variable or concept is reliability testing. When a respondent's response to a questionnaire is constant or consistent throughout time, it's considered dependable. The Cronbach alpha (α) statistical test can be used to measure dependability with the use of SPSS (statistical product and service solutions). If a construct or variable has a Cronbach alpha value greater than 0.05, it is considered dependable (Yusup, 2018).

3. Model Fit Test

The tool used to test model suitability in logistic regression is the Hosmer-Lemeshow test. The Hosmer-Lemeshow statistic follows the Chi-square distribution with $df = g - 2$ where g is the number of groups, with the following formula:

$$X_{HL}^2 = \sum_{i=1}^g \left(\frac{O_i - N_i}{\bar{\pi}} \right)$$

Where:

N_i : Total frequency of observations of the group i

O_i : Observation frequency of the group i

$\bar{\pi}$: Average estimated probability of group i

To test the suitability of the model, the Chi-square value obtained is compared with the Chi-square value in the Chi-square table with $df = g - 2$. If $\chi^2_{HL} \geq \chi^2 (g - 2)$ then H_0 is rejected and H_1 is accepted.

4. Wald test

According to Ghazali (2006), the Wald test (t) basically shows how far the independent variable partially influences the dependent variable. To determine the value of the Wald test (t test), the significance level is 5%. The decision-making criteria:

- If $t_{count} < t_{table}$ and $p\text{-value} > 0.05$ then H_0 is accepted, meaning that one of the independent variables does not affect the dependent variable.
- If $t_{count} \geq t_{table}$ and $p\text{-value} \leq 0.05$ then H_0 is rejected, meaning that one of the independent variables influences the dependent variable.

RESULTS AND DISCUSSION

3.1 Socioeconomic Factors That Influence Family Food Consumption

Several test stages were carried out to find out the socio-economic factors that influence family food consumption. The test stages are as follows:

1. Validity test

The validity of an instrument concerns the extent to which the measurement is accurate in measuring what it wants to measure. An instrument is said to be valid when it can reveal data from variables accurately without deviating from the actual situation. In this study, the validity test used $DF = n - 2$ with a significance level of 0.05 (5%), namely 1.966. The validity test is presented as follows:

Table. 1 Validity Test

Variable		Correlation coefficient	r table	Information
Mother's age	(X ₁)	0.002	1,966	Valid
Mother's education	(X ₂)	0.499	1,966	Valid
Household income	(X ₃)	0.069	1,966	Valid
Maternal nutritional knowledge	(X ₄)	0.469	1,966	Valid
Consume protein	(X ₅)	-0.092	1,966	Valid
Carbohydrate consumption	(X ₆)	0.482	1,966	Valid
Fat consumption	(X ₇)	-0.069	1,966	Valid
Food variety	(X ₈)	-0.349	1,966	Valid

Source: Primary data processed, 2023

Based on the table above, it can be seen that the correlation coefficient for each variable has a value less than r. This shows that all the variables in this research can be used to explain the factors that influence family food consumption.

2. Reliability Test

Instrument reliability concerns the extent to which measurements can be used to reliably collect data. The results of the reliability test can be seen in the following table.

Table. 2 Reliability Test

Cronbach's Alpha	N of Items
0.409	9

Source: Primary data processed, 2023

It can be seen that the Cronbach's alpha value has a value of $0.409 > 0.05$. Thus, the overall value of the variable instrument can be used to explain the factors that influence family food consumption.

3. Model Fit Test

In testing model suitability in logistic regression, the *Hosmer – Lemeshow test* is used as a tool to test model suitability. If the *Hosmer - Lemeshow test* shows a probability value (*P-value*) ≤ 0.05 (significant value) it means that there is a significant difference between the model and the observed values so that the model cannot be used to predict the observed values. If the Hosmer and Lemeshow test shows a probability value (*P-value*) ≥ 0.05 (significant value) it means that there is no significant difference between the model and the data or it could be said that the model can be used to predict the observed value. The results of the model suitability test are presented in the following table.

Table. 3 Model Fit Test

<i>Chi'Square</i>	<i>Df</i>	<i>Sig.</i>
12,143	7	0.096

Source: Primary data processed, 2023

Based on the table above obtained from the results of the logit regression analysis, shows that the *Hosmer Lemeshow Test results* obtained a chi-square value of 12.143 and a significance level of 0.96. The test results show that the probability value (*P-value*) ≥ 0.05 (significant value), namely $0.96 \geq 0.05$, and the *chi-square value* $<$ *chi-square table*, namely $12.143 < 14.067$, then H_0 is accepted. This indicates that there is no significant difference between the model and the data so the regression model in this study is feasible and able to predict the observed values.

4. Wald test

The Wald test (t) shows how far the independent variable partially influences the dependent variable. To determine the value of the Wald test (t-test), the significance level is 5%. The decision-making criteria:

- If $t_{\text{count}} < t_{\text{table}}$ and *p-value* > 0.05 then H_0 is accepted, meaning that one of the independent variables does not affect the dependent variable.
- If $t_{\text{count}} \geq t_{\text{table}}$ and *p-value* ≤ 0.05 then H_0 is rejected, meaning that one of the independent variables influences the dependent variable.

The Wald test results are described in Table 4.

Table. 4 Wald Test

<i>Variable</i>		<i>B</i>	<i>S.E</i>	<i>Wald</i>	<i>df</i>	<i>Sig.</i>	<i>Exp(B)</i>
Mother's age	(X ₁)	-1,980	1,663	1,417	1	0.234	0.138
Mother's education	(X ₂)	3,219	1,599	4,056	1	0.044*	25,011
Household income	(X ₃)	3,016	1,814	2,765	1	0.046*	20,406
Maternal nutritional knowledge	(X ₄)	3,228	1,495	4,661	1	0.031*	25,224
Consume protein	(X ₅)	22,691	11862,169	0,000	1	0.998	7157135650,378
Carbohydrate consumption	(X ₆)	1,068	1,544	0.479	1	0.489	2,910
Fat consumption	(X ₇)	1,203	1,805	0.444	1	0.505	3,329
food variety	(X ₈)	-23,442	11862,169	0,000	1	0.998	0,000
<i>Constant</i>		-5,160	3,217	2,574	1	0.109	0.006

Source: Primary data processed, 2023

Based on the Wald test, the following regression equation is obtained:

$$Y = -5,160 - 1,980 (X_1) + 3,219 (X_2) + 3,016 (X_3) + 3,228 (X_4) + 22,691 (X_5) + 1,068 (X_6) + 1,203 (X_7) - 23,442 (X_8)$$

Based on the results above, it is known that only 3 factors influence the mother's decision to fulfill family food consumption, namely the mother's education (X₂), household income (X₃), and maternal nutritional knowledge (X₄). Based on the results of the logistic regression test analysis in Table 4, it can be explained that the factors that influence and do not influence the mother's decision to fulfill toddler nutrition are described in detail as follows.

1. Mother's age (X_1)

The factors that influence a mother's decision to fulfill family food consumption can be seen based on logistic regression analysis, age can indicate whether a mother is productive or not in fulfilling family food consumption. Maternal age (X_1) has a *Wald test value* of 1.417 and *Sig* 0.234 above the value of 0.05. This shows that H_0 is accepted, meaning that the mother's age variable (X_1) is not a determining factor in the mother's decision to fulfill the family's food consumption. Mothers under 31 and over 31 years old have the same opportunity to provide food for the family. According to Setiadi, NJ, & SE, (2019) stated that age can be an indicator of a person's maturity, in general, the older you get, the more education you get. Both formal and non-formal. However, it is possible for mothers under 31 years of age to receive information either through print media, electronic media, counseling about toddler nutrition, etc., and has the potential to be equivalent to mothers over 31 years of age.

2. Mother's education (X_2)

Education is the basis for developing innovation and a person's mindset. Maternal education (X_2) has a *Wald test value* of 4.056 and *Sig* 0.044 below the value of 0.05. This shows that H_0 is rejected, meaning that the mother's education (X_2) is one of the determining factors in the mother's decision to fulfill the family's food consumption. Mothers with more than a high school education have a 25 times higher chance of meeting family food consumption compared to mothers with less than a high school education. Because someone who has a high level of education, such as having completed a degree level such as strata-1 (S1), will have critical thinking and be innovative in solving problems. This is by research conducted by Utami, NH, & Mubasyiroh (2020) which states that the higher a mother's education, the more diverse the food served.

3. Household income (X_3)

Household income (X_3) has a *Wald test value* of 2.765 and *Sig* 0.046 below the value of 0.05. This shows that H_0 is rejected, meaning that household income (X_3) is one of the determining factors in the mother's decision to fulfill the family's food consumption. In general, household income influences a person's purchasing power. This shows that mothers who have toddlers in Gunung Jati Village, Jabung District choose to consume food (protein, carbohydrates, and fat) in various price ranges to fulfill their toddler's nutrition by considering household income. By Team's statement (2010), the family's socio-economic status will influence the quality of food consumption, because this is related to the family's purchasing power. Families with low socio-economic status have limited ability to meet food needs, which will affect food consumption (Alfiati, 2018). This is also supported by the statement of Utami, NH, & Mubasyiroh (2020) which states that the higher the economic level, the more diverse the food consumption will be.

4. Maternal nutritional knowledge (X_4)

Maternal nutritional knowledge is an important factor that must be tested. This is because nutritional knowledge is closely related to the basis for fulfilling family food consumption. Then the mother's nutritional knowledge (X_4) has a *Wald test value* of 4.661 and *Sig* 0.031 below the value of 0.05. This shows that H_0 is rejected, meaning that the mother's nutritional knowledge (X_4) is one of the determining factors in the mother's decision to fulfill the family's food consumption. Mothers who know nutritional composition have a higher chance of meeting the family's food needs than mothers who do not have nutritional knowledge. The more a mother understands nutritional knowledge such as protein intake, carbohydrate intake, and fat intake, the more motivated she will be to fulfill these three intakes. The results of this research are in line with Team (2010) who stated that parents' knowledge, especially mothers, about nutrition greatly influences the level of nutritional adequacy. Nutrition knowledge that is important for mothers to know is related to food content, food processing methods, food hygiene, and so on.

5. Protein consumption (X_5)

Furthermore, protein consumption (X_5) has a *Wald test value* of 0.000 and *Sig* 0.998 above the value of 0.05. This shows that H_0 is accepted, meaning that protein consumption (X_5) is not a determining factor in the mother's decision to fulfill her toddler's nutrition. This means that mothers who provide protein intake or do not have the same opportunity value in determining the mother's decision to fulfill

the family's food consumption. By the opinion of Utami, NH, & Mubasyiroh (2020) stated that protein food consumption can be obtained from animal sources such as meat and vegetables such as soybeans.

6. Carbohydrate consumption (X_6)

Furthermore, carbohydrate consumption (X_6) has a *Wald test value* of 0.479 and *Sig* 0.489 above the value of 0.05. This shows that H_0 is accepted, meaning that carbohydrate consumption (X_6) is not a determining factor in the mother's decision to fulfill family food consumption. This means that mothers who provide carbohydrate intake or do not have the same opportunity value in determining the mother's decision to fulfill the family's food consumption. Mayandri, F., et al. (2021) stated that the stigma in Indonesian society is that rice is a staple food that produces energy for work.

7. Fat consumption (X_7)

Fat consumption (X_7) has a *Wald test value* of 0.444 and *Sig* 0.505 above the value of 0.05. This shows that H_0 is accepted, meaning that fat consumption (X_7) is not a determining factor in the mother's decision to fulfill family food consumption. This means that mothers who provide fat intake or do not have the same opportunity value in determining the mother's decision to fulfill the family's food consumption. By the opinion of Utami, NH, & Mubasyiroh (2020) who stated that fat consumption can be obtained from the use of oil in serving food. This is what makes fat consumption not a factor in mothers' decisions to fulfill food consumption because fat itself is present in food preparation.

8. Food variety (X_8)

Furthermore, food variety (X_8) has a *Wald test value* of 2.574 and *Sig* 0.109 above the value of 0.05. This shows that H_0 is accepted, meaning that food variety (X_8) is not a determining factor in the mother's decision to fulfill the family's food consumption. This is because a variety of foods are generally only used as a distraction and not as a staple food. This shows that mothers in Gunung Jati Village, Jabung District, do not use a variety of foods such as snacks, fruit, etc. to fulfill their family's food consumption. In this case, it is the opinion of Hermina, H., & Prihatini (2011) who stated that food variety is not a determining factor in a mother's decision to fulfill nutritional requirements.

CONCLUSION

Based on the research, results, and discussions that have been carried out, it can be concluded that the socioeconomic factors that have the potential to influence mothers' decisions in fulfilling family food consumption are the mother's education, the mother's knowledge of nutrition, and household income. Meanwhile, age, protein consumption, carbohydrate consumption, fat consumption, and food variety have no chance of influencing the mother's decision to fulfill the family's food consumption. The recommendation is that households will be more mindful of the variety of foods they eat. It is hoped that policy makers, particularly those in the health sector, will inform parents about food intake appropriate for a balanced diet using a variety of media. To be more technical in the practice of feeding families, more in-depth research on the ingredients of each type of food is required.

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