

SANITATION OF FISH
MEATBALLS PROCESSING IN
INCREASING FAMILY
ECONOMY OF
FISHERWOMENIN BULUH
CINA VILLAGE KAMPAR
DISTRICT

by Merry Siska

Submission date: 20-Jan-2021 12:30AM (UTC+0700)

Submission ID: 1490173790

File name: ICONUCE_Proceeding_Vol._3_No._2,_2018_ok.pdf (1,016.16K)

Word count: 4161

Character count: 24627

Vol. 3 No. 2, 2018

PROCEEDING



ICON-UCE

INTERNATIONAL CONFERENCE ON University-Community Engagement



Held by:
Directorate of Islamic Higher Education
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Ministry of Religious Affairs, Republic of Indonesia



Hosted by:
Universitas Islam Negeri
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October 8-10, 2018

**INTERNATIONAL CONFERENCE ON
UNIVERSITY-COMMUNITY ENGGAGEMENT
October 8-10, 2018**

Ministry of Religious Affairs
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ISSN 2655-6987

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Telephone/Faximile 0341-573225
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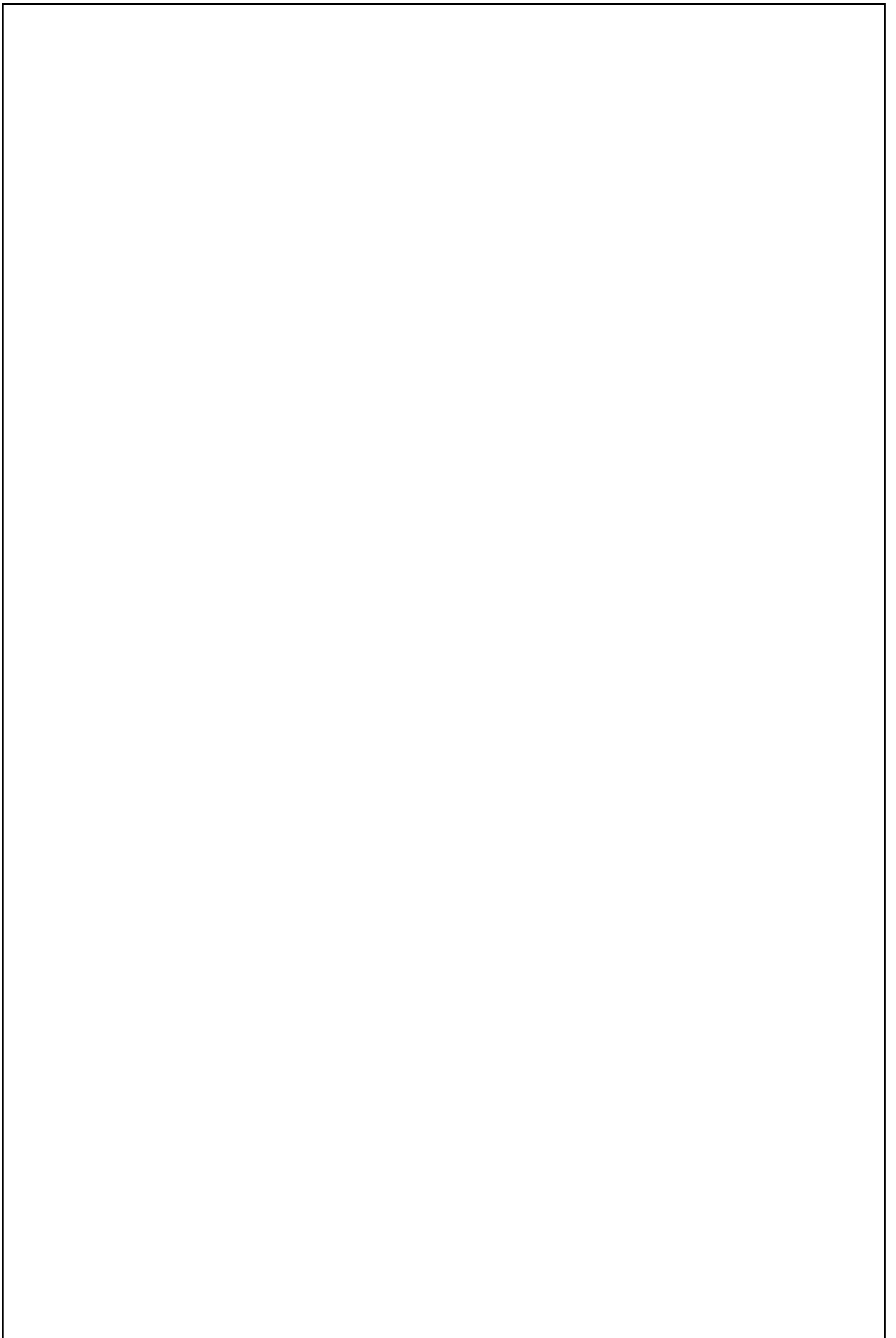
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SANITATION OF FISH MEATBALLS PROCESSING IN INCREASING FAMILY ECONOMY OF FISHERWOMENIN BULUH CINA VILLAGE KAMPAR DISTRICT

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Abstract

Food is one of the basic human needs to be able to carry on life in addition to clothing and housing needs. Women in Siak Hulu Subdistrict are groups of women who support family income by helping husbands who act as fishermen. If the fish catch exceeds the market supply, the fish will only be consumed and dried in the form of smoked fish (sale fish). There is no other alternative to using fish. this study employs action research with a gender approach by placing women as objects as well as subjects. It was important to investigate the ability of women's creative economy in Buluh Cina Village, Siak Hulu District by providing hygienic training in processing fish meatball by using fish as the main economic sector to improve the family's economic ability. The strategy is used to get the desired conditions using the ABCD (Asset Based Community Development) method. Women of Buluh China Village has received training in the form of knowledge and skills in making fish meatballs, obtained from meat meatball counseling about hygiene and sanitation.

Keywords: fish meatballs, gender, hygienic, sanitation.

Introduction

Issues and Focus of Engagement

Improvement and improvement of the quality of human resources are multi-dimensional, both education, skills, employment, and business opportunities, as well as nutrition and health. These factors must also be developed to strengthen the gender mainstreaming movement in agricultural development policies. All of these are closely related to the roles, duties and functions and position of women in the agricultural development strategy through efforts to empower rural women in rural areas. The level of adoption of technological innovation for women is relatively low. For this reason, the Indonesian Agency for Agricultural Research and Development has formed a core team to enhance the capacity of researchers and extension workers in its scope through the Socialization and Institutionalization of Socio-economics and Gender Analysis (SAGA) program (Elizabeth, 2016).

However, in reality condition, limited access often makes women drown in marginalization, backwardness and economic poverty. Such phenomena occur in rural

women in general who are influenced by the level of education, training in the development of self-potential is very low. The same applies to river fishermen who make economic resources in general based on rivers.

The low level of education has an impact on the lack of awareness and creativity of self-potential to improve family skills and income. On the other hand, women are directly confronted with family consumption needs, so that they can receive and process diverse, nutritious and balanced intake.

Such conditions generally occur in women in the Siak Hulu sub-district on the banks of the river which rely on the family's economy for the search and sale of river fish. For river fisherwomen, fish is an inseparable part of daily life. Eating fish becomes something that is routinely found among the community. However, sometimes the fish caught exceed normal targets, or in certain conditions, river fishermen do not succeed in selling all catches so they must be taken home. Fish in such conditions by the community will be salted or smoked into smoked fish or called *salai fish*.

Statistical data of Kampar Regency in 2017, residents in Siak Hulu District who work as river fishermen who rely on the family economy are 577 households, plus pond fish farmers and cages totaling 1,064 households. This is the second largest after Kecamatan 13 Koto Kampar, Kabupaten Kampar. The data shows that the freshwater fisheries sub-sector in the Siak Hulu Subdistrict is spread in several villages, including in Siak Hulu Village as a village directly adjacent to the river which is directly adjacent to Pekanbaru City and can be accessed with approximately 50 minutes.

In reality, the geographical proximity potential has not gone hand in hand with the potential for improving the economy of river fishing communities and fish pond and cage farmers. Fish products produced by the community have not been able to become *ions* other economic commonly found in Siak Hulu District. This is allegedly due to the diversification of existing products that have not been able to defeat salted fish or smoked fish products from other areas that are widely sold in the city of Pekanbaru as souvenirs.

The reality of the lives of river fishermen in Siak Hulu is basically not much different from other river fishermen women. River fisherwomen in Siak Hulu will be different if they can bring innovation and development of fish-based products such as fish meatballs which can be used as "*economic support*" for river fishermen women as well as efforts to increase the nutritional value of the community.

Meatballs are one of the products that are quite popular and consumers like children, adults, and seniors. Meatballs that are easy to find are meatballs made from beef or chicken with a chewy texture. The main ingredients of meatballs can be varied based on river fish to increase the value and economic potential of community fish in the village of Siak Hulu.

Fulfillment of quality food with sufficient quantity is one of the efforts that must be taken to achieve public welfare in the current era of globalization. However, the reality in the field, especially in rural communities, has not been fully fulfilled, given the current economic conditions and limited knowledge and skills of the community (Primary, A., 2017).

Buluh China Village, as one of the fish producers in Kampar district. Fish processed businesses produced by the general public such as fried fish, grilled fish, and pepes fish and their by-products, namely dried fish, crackers and enveloping with poor

quality assessment results, this is because the products produced are not good based on texture assessment color, taste and aroma and less attractive packaging. Based on this, the target audience expects a form of fishery product processing skills (Purnomo and Suhanda, 2014).

Food is one of the basic human needs to be able to carry on life in addition to clothing and housing needs. Food besides containing nutritional value is also a medium for breeding microbes or germs, especially food that is easily decomposed, namely foods that contain lots of moisture and high protein values. Another possibility is the entry or presence of hazardous materials such as chemicals, pesticide residues and other materials, including dust, soil, human hair can adversely affect human health (MOH (2010) in Yunus (2015).

Referring to the above thoughts, this study employs action research with a gender approach by placing women as objects as well as subjects. It was important to investigate the ability of women's creative economy in Buluh Cina Village, Siak Hulu District by providing hygienic training in processing fish meatball by using fish as the main economic sector to improve the family's economic ability.

Reasons for Choosing Mentoring subject

Buluh Village Location China is unique because it is flanked by eleven lakes of the north and south, the average width of 100 meters and breadth ranges from 200-3000 meters. On the north side of the village there are three lakes, namely Lake Rengas, Lake Rawang and Lake Lagun, while on the side of the strait There are eight villages, namely Lake Tuok Tonga, New Lake, Tanjung Putus Lake, Pinang Dalam Lake, Pinang Luar Lake, Rayo Lake, Tanjung Baling Lake, and Bunte Lake. In this village, visitors can see the typical Kampar Malay stilt house, the Adat Hall and the two-tribe museum which contains equipment passed down from generation to generation.

Along the banks of the river, visitors can watch children bathe and women wash on rafts. The canoes of the people passing by looking for fish or going to the fields add to the beauty of the village atmosphere. Visitors who do not like to be silent can do fishing activities in the river Kampar or in the eleven natural lakes in the vicinity. For those who like adventure, can walk through the wilderness that contains hundreds of tall wooden trees. In this location, visitors can find various types of elephant ferns, areca nut, orchids forest, as well as various types of wild animals, such as deer, deer, monkeys, gibbons, ferrets, anteaters, porcupines and squirrels. Visitors can play volleyball on the soft sandy beach. Nature lovers who want to spend the night can camp on tanjung-tanjung Sungai (<https://wisatasumatera.wordpress.com/wisata-riau/desa-wisata-buluhcina/>).

Women's empowerment comes from the concepts of gender mainstreaming, gender equality and gender justice. Gender mainstreaming is as follows. "*Making integral women's concerns and experiences to the design, implementation, monitoring, and evaluation of policies and programs in all political, economic and social spheres*" (Mayoux, 2001) In Sen's opinion (1999) revealed that women as *agents of change* have an important role in an effort to reduce poverty. Mayoux further revealed that gender equality is a condition for women to obtain equal justice and opportunity and gender is no longer the basis of discrimination and injustice among the community.

In humans, learned helplessness can be interpreted as a psychological condition that includes motivational barriers or disruptions, and it should be the target of social work intervention. With the intervention carried out, empowerment can be achieved. Empowerment itself can be seen as a process and also as a result of the intervention (Fahrudin, 2011)

This assistance is carried out for the following reasons:

1. River fishermen only use fish for sale in the form of fresh or consumed fish.
2. Fish-based economic potential has not been well developed
3. Fish meatballs as a preferred general culinary have not been used as an alternative economic sector.
4. Fish meatballs are healthy foods that are consumed by children to the elderly.

Condition of Subjects Assistance

Women's empowerment is an effort to overcome obstacles to achieve equity or equality for men and women at every level of the development process. According to Novian (2010) in Widiastuti and Kartika (2018), women's empowerment is an effort to enable women to gain access and control over resources, economic, political, social, cultural, so that women can organize themselves and increase self-confidence to be able to play a role and actively participate in solving problems, so as to be able to build abilities and self-concepts.

Women in Siak Hulu Subdistrict are groups of women who support family income by helping husbands who act as fishermen. If the fish catch exceeds the market supply, the fish will only be consumed and dried in the form of smoked fish (sale fish). There is no other alternative to using fish. While on the other hand, women only engage in odd jobs in agriculture and other light labor. Some conditions that need assistance are as follows:

1. Fisherwomen in the district of Siak Hulu does not have the skills to process fish into meatballs.
2. Fisherwomen are still low in the ability of entrepreneurial management.
3. Fisherwomen do not have access to the marketing of processed products with raw fish.
4. Fisherwomen do not have a business group based on home industries
5. The level of welfare of fishermen's families is still low so that it needs local potential based economic assistance.

Expected Conditions

Through the assistance that will be carried out, it is expected that river fishermen in Siak Hulu Subdistrict can make fish catches into alternative processing in the form of economically valuable fish meatballs. In addition, women fishermen are expected to be able to:

1. *Welfare*

This aspect is said to be one important aspect in the effort to increase women's empowerment. It cannot be denied that in access to welfare, women occupy an unfavorable position. Women's economic participation is important not only to reduce the level of poverty in women, but as an important step to increase household income and encourage economic development of the country as a whole.

While educational attainment is the most fundamental aspect of women's empowerment activities, without getting an adequate education, women are unable to access formal sector jobs, get better wages, participate in government and achieve political influence. Welfare is a concept that is related to substantial differences between women and men in accessing adequate nutrition, health, reproductive facilities, and to express a person's fundamental safety and integrity. Amartya Sen (1999, in Claros and Zahidi, 2005: 2) states that education, employment, and ownership of women's rights provide a strong influence to improve the ability to control the environment and contribute to economic development.

2. *Access*

Access is the ability of women to be able to obtain rights/access to productive resources such as land, credit, training, marketing facilities, labor, public engagements, access to technology and information. Without access, understanding, and the ability to use information technology, poor women are far more marginalized from the community, country, and even the world.

3. *Concessionation*

Involvement of riverin the innovation of meatball processing products can make it the main driver of the program, so that if processed fish in mass production and marketing through community activity units, supermarkets or online will increase its selling value, thereby increasing the family economy without must leave home and not neglect domestic work.

4. *Participation*

The involvement of women fishing stream directly in the processing innovation meatball fish-based start of the process: 1) the selection of fish, 2) weeding, 3) filleting, 4) preparation of materials meatballs, 5) milling fish into batter, 6) producing meatball spheres and boiling, 7) organoleptic, 8) packaging, 9) labeling, 10) storage, 11) quality control, 12) cleanliness, 13) halalness, 14) product development, 15) business analysis and 16) marketing. So that the participation of riverwomen in innovations fish-based meatballs

processing can maintain themselves and be able to develop skills and actualize their potential.

5. *Equality of Control*

Equality in power over the process of innovation of fish-based meatball products up to marketing is carried out collaboration between women and men. The following is a cycle that represents the elements of empowering women river fishermen need to be assisted as follows:

1. Fisherwomen in the district of Siak Hulu have the skills to process fish into meatballs with the right, correct, halal and hygienic techniques.
2. Fisherwomen have low ability in entrepreneurial management, so they need mentoring by providing basic business and financial management training.
3. Fisherwomen do not have access to the marketing of processed products with fish raw materials, so it needs assistance by providing training in the manufacture and packaging of fish meatballs.
4. Fisherwomen do not have a home industry based business group.
5. The level of welfare of river fishermen families is still low, so it needs local potential-based economic assistance.

Method

The strategy used to obtain the desired conditions is the ABCD (*Asses Based Community Development*) method. Based Community Empowerment Assets (*Assets-Based-Community-Development*, ABCD) begins with the transfer of focus of attention to a community from what was originally focused on needs, problems to be given solutions and offers of completion programs to participatory approaches and appreciation that focuses on local assets, the best experience of the community and what has worked well in the community to be more empowered.

As an approach, ABCD is a tool for mapping, managing, and empowering communities based on assets (not data collection and at the same time the scapegoating mechanism) which is appreciative, participatory, and sustainable.

Assets consist of:

- a. People (personally each person has talents, skills, talents, personality, reasoning power, imagination, dreams, skills, happiness, tendencies, energy, opportunities / time, friends including types of friendship, relationships family, ethnicity, party, group / group, community, church, RT, RW, social gathering, hobby, etc.).
- b. Organizations: associations (voluntary associations) and institutions (institutions - professional), family, religion, economics, politics etc.
- c. Nature and infrastructure: including buildings, roads, public facilities.

Objectives of the ABCD method:

- a. Increase trainee knowledge about appreciative approaches in order to map, empower and mobilize assets.
- b. Improve the skills of trainees to map, manage and empower community assets.
- c. Convincing participants to become trainers for practitioners of asset-based community empowerment
- d. Activities and programs of communities are oriented towards efforts to mobilize assets of local communities.

Results and Discussion

This community engagement activity was carried out on the banks of the Buluh China river, Siak Hulu sub-district, Kampar district on September 15, 2018. The objectives of this activity were 11 housewives in Buluh Cina, Siak Hulu subdistrict as shown 1.



Figure 1. Preparation of materials making meatballs

Materials and tools used in this activity are catfish, tapioca flour, onion, garlic, pepper. The tools used are knives, meat crusher, bowls, stoves, pots, priring, and spoons. The process of making the first meatball catfish meat dough is given a spice consisting of white sugar, fried shallots, garlic, and pepper is put into the mixture and then diadon. Tapioca flour is added to the mixture and then kneaded again, enough water and ice are added then adon back until the water is evenly distributed in the mixture and can be printed as in Figure 2.a. Meatball dough printed in a round shape with a setting temperature of 40 ° -50 ° C and then boiling it in a pan filled with water with a cooking temperature of 90 ° -95 ° C. boiling is done until the meatballs float and then removed from the pan and drain. Meatballs are ready to serve as shown in Figure 2.b.



Figure 2.a. Mold fish meatballs



Figure 2.b. Fish meatball already reserved

The Method used is a meatball making training method and hygiene method for meatball processing sanitation. All community engagement teams act as facilitators.

The output of this engagement is as follows:

- a. Participants recognize the tools and materials used for making fish meatballs
- b. Participants know the nutritional content of fish
- c. Participants know the time and process of making fish meatballs
- d. Participants understand the diversification of fish into fish meatballs
- e. Participants know the business capital of making fish meatballs
- f. Participants obtain knowledge of personal sanitation hygiene
- g. Participants know about the hygiene of the equipment and ingredients for making fish meatballs
- h. Participants know the hygiene of sanitation from the processing of fish meatballs

Based on the engagement activities to women in Buluh China Village, Siak Hulu Subdistrict, Kampar District in the form of training in the manufacture of fish meatballs and hygiene hygiene training fish meatballs (Figure 3), it can be seen the high enthusiasm of women to be able to be skilled in making fish meatballs, especially the fish meatball business in the Buluh China Village does not yet exist.



Figure 3. Counseling of meatball hygiene processing

The evaluation conducted by the community engagement team was in the form of an assessment of the number of fish meatballs made with good taste and a change in mind set from women regarding the importance of hygiene sanitation making meatballs as shown in Table 1.

Table 1. Criteria and indicators for the achievement of objectives and benchmarks used in the community engagement of the Chinese Buluh Village

No.	Types of Data	Success criteria for	Instrument
1.	Training in the form of community knowledge and skills for making fish meatballs	Positive changes have occurred to and skills of the community towards making fish meatballs.	The practice of making fish meatballs
2.	Counseling about the hygiene of fish meatball processing sanitation	There was a positive change in the form of an understanding of the hygiene of fish	meatball processing sanitation Hygienic practices of fish meatball processing
3.	Motivation to open a fish meatball business The	emergence of motivation to add to open a fish meatball business	

Conclusion

Based on the description of The results and discussion can be summarized as follows:

1. The women of Buluh China Village have received training in the form of knowledge and skills in making fish meatballs.
2. The women of the Buluh Chinese Village have received counseling about the hygiene of fish meatball processing sanitation.
3. The women of the Buluh Chinese Village have obtained the motivation to open a fish meatball business.

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SANITATION OF FISH MEATBALLS PROCESSING IN INCREASING FAMILY ECONOMY OF FISHERWOMEN IN BULUH CINA VILLAGE KAMPAR DISTRICT

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