

PERAN PEREMPUAN SEBAGAI UPAYA MENGEMBALIKAN KEJAYAAN PANGAN TRADISIONAL SAGU DI KELURAHAN DAIK SEPINCAN KABUPATEN LINGGA

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ABSTRAK

Salah satu pangan tradisional khas Kabupaten Lingga adalah sagu, yang tidak hanya berfungsi sebagai sumber pangan alternatif, tetapi juga memiliki nilai ekonomi dan budaya. Terdapat 69 perempuan pengolah sagu yang tersebar di beberapa desa, dengan jumlah terbanyak berada di Kelurahan Daik Sepincan, Nerekeh, dan Panggak Laut. Hal ini menunjukkan bahwa perempuan masih menjadi aktor utama dalam mempertahankan industri pengolahan sagu sekaligus berkontribusi terhadap perekonomian keluarga. Meskipun demikian, minat masyarakat terhadap pengolahan sagu cenderung menurun, tetapi pengembangan usaha dan inovasinya belum maksimal. Generasi muda juga mulai kurang tertarik mengolah sagu karena prosesnya dianggap berat dan kurang menguntungkan. Dalam penelitian ini penulis menggunakan jenis penelitian deskriptif kualitatif dimana dalam penelitian ini menggunakan 5 orang informan dan dalam penelitian ini menggunakan teori Teori Struktural Fungsional. Berdasarkan hasil penelitian maka dapat disimpulkan Perempuan di Kelurahan Daik Sepincan memiliki peran utama dalam pengolahan sagu sebagai upaya menjaga ketahanan pangan tradisional. Pengetahuan mengolah sagu diwariskan secara turun-temurun sejak usia muda, sehingga perempuan menjadi pelestari budaya sekaligus pengelola pangan lokal. Hampir seluruh proses pengolahan sagu, mulai dari pencucian hingga menjadi produk siap konsumsi seperti mie dan keripik sagu, dilakukan oleh perempuan. Selain memenuhi kebutuhan pangan keluarga, kegiatan ini juga memberikan tambahan pendapatan melalui penjualan produk olahan. Namun, peran tersebut masih menghadapi berbagai kendala, seperti keterbatasan tenaga, waktu, modal, serta rendahnya minat generasi muda untuk meneruskan usaha pengolahan sagu. Oleh karena itu, diperlukan dukungan dari pemerintah dan berbagai pihak agar peran perempuan dalam melestarikan pangan tradisional sagu dapat terus berkembang dan berkelanjutan.

Kata Kunci : Peran Perempuan, Pangan Tradisional

**THE ROLE OF WOMEN IN AN EFFORTS TO RESTORE THE GLORY OF
TRADITIONAL SAGO FOOD IN THE VILLAGE OF DAIK SEPINCAN,
LINGGA REGENCY**

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ABSTRACT

One of the traditional foods typical of Lingga Regency is sago, which not only serves as an alternative food source but also has economic and cultural value. There are 69 female sago processors spread across several villages, with the largest numbers in the villages of Daik Sepincan, Nerekeh, and Panggak Laut. This indicates that women remain key actors in maintaining the sago processing industry while contributing to the family economy. However, public interest in sago processing has tended to decline, but business development and innovation have not been maximized. The younger generation is also becoming less interested in sago processing because the process is considered difficult and less profitable. In this study, the author used descriptive qualitative research, employing five informants and Structural Functional Theory. Based on the research results, it can be concluded that women in Daik Sepincan Village play a key role in sago processing as an effort to maintain traditional food security. Knowledge of sago processing is passed down from a young age, enabling women to preserve the culture and manage local food. Almost the entire sago processing process, from washing to producing ready-to-eat products such as noodles and sago chips, is carried out by women. In addition to meeting family food needs, this activity also provides additional income through the sale of processed products. However, this role still faces various obstacles, such as limited manpower, time, and capital, as well as low interest from the younger generation in continuing the sago processing business. Therefore, support from the government and various parties is needed to ensure the continued development and sustainability of women's role in preserving traditional sago foods.

Keywords: Role of Women, Traditional Food