

EFFECTIVENESS OF UTILIZATION OF HOME YARD LAND IN SUPPORTING FOOD AVAILABILITY IN RURAL AREAS

Abdul Rahman¹, Amiruddin Tawe², Muhammad Rakib³, Andi Annisa Sulolipu⁴

¹⁻⁴⁾ Universitas Negeri Makassar

Email: roysurahman@gmail.com

Submitted: 19 December 2024	Revised: 15 January 2025	Accepted: 15 March 2025
--------------------------------	-----------------------------	----------------------------

Abstract

The problem of national food security is something that needs to be addressed sustainably by society and the government, especially in rural areas. To support food availability for the community, land is needed that can be used for food development. One alternative is to use the yard of the house. Home gardens not only function as areas that provide beauty and coolness, but also as productive land that supports national food security by empowering local potential, both in rural and urban areas. Apart from that, the use of the yard also contributes to improving the family's economy. This research aims to examine the characteristics of residents regarding the use of homestead land in rural areas, analyze their utilization patterns, and assess the effectiveness of using homestead land in supporting food availability. The data in this research were analyzed using an experimental method, which involved initial measurements (pre-test), providing treatment in the form of guidance or direction regarding land use, and follow-up measurements (post-test). The research sample was selected using the snowball sampling method, namely a sampling technique based on individual networks. The research results show that the use of yard land is effective in supporting food availability. This is shown by the respondent's answer score on the program effectiveness variable, which is in the range of 50-100%, so it is included in the effective category.

Keywords: *Effectiveness of Utilization, Yard Land, Food Availability*

1. INTRODUCTION

Basic human needs include clothing, food, and shelter, with food as the most basic need for survival. As the population increases, the demand for food continues to increase, driving the acceleration of production to maintain price stability and food availability. Therefore, food security is highly dependent on the government's ability to ensure a stable food supply, supported by the agricultural sector (Nurwati et al., 2015).

National food security is an issue that needs to be addressed together to improve the economic welfare of the community. One step that can be taken is to utilize the home yard as a medium for food production. This concept is relevant in both rural and urban areas, because

it supports national food security through the utilization of local food potential. Efforts to overcome food security problems do not only depend on the government, but also require active community participation, starting from the family level as the smallest unit (Lilis et al., 2020).

The central and regional governments have launched various programs to support national food security, such as the PKK and Dasa Wisma programs, which were continued with the integrated food and nutrition security program by Plan International Indonesia. Home yards are considered potential land for planting various types of plants, including ornamental plants, fruits, vegetables, spices, and medicinal plants (Sukenti et al., 2019).

Currently, the government is encouraging the use of home gardens through the Sustainable Food Home Area (KRPL) program to support the availability of food and nutrition at the household level (Amiruddin & Iqbal, 2018). Optimizing gardens in the KRPL model also supports the application of organic vegetable cultivation technology (Sasongko & Salamah, 2019; Annisahaq et al., 2014). The objectives of this program include: (1) empowering households and communities in providing food and nutrition through the use of gardens; (2) increasing awareness and the role of the community in implementing diverse, nutritious, balanced, and safe food consumption patterns; and (3) developing a productive economy, preserving the environment, and improving farmer welfare (Isnian et al., 2019).

Family food security strengthening programs have great potential to address overall food security issues. One key effort is to utilize home gardens as a source of food. This concept can be applied in both rural and urban areas to maximize local food potential, while supporting national food security. Home gardens not only beautify and provide comfort, but also play an important role in improving the family economy (Dwiratna et al., 2016).

Gowa Regency has abundant natural resources. One of the main commodities in the food crop sector in this region is rice. In addition to rice which is the mainstay, Gowa Regency also produces various other food crops, such as corn, cassava, sweet potatoes, porang, taro, turmeric, and nuts. These plants are an important source of food for the community, especially in highland areas such as Lassa-Lassa Village, Bontolempangan District.

Food crops such as rice often face various challenges, especially related to pests and weather conditions. One of the main problems experienced by farmers is pest attacks, such as

rat pests, which can damage rice fields and result in total crop failure. In addition, weather constraints, especially during the dry season, are also a significant problem. During this period, farmers often cannot plant rice because their rice fields depend entirely on rainwater (rain-fed rice fields), without an adequate irrigation system. As a result, some farmers choose to divert the function of their land to plant other crops that are more resistant to drought, such as corn, sweet potatoes, or various types of vegetables.

In the highlands of Gowa Regency, many people cultivate various food crops, such as corn, cassava, sweet potatoes, porang, taro, turmeric, and various types of nuts. In addition, some of them also plant chilies. To increase food security and improve family nutrition, one effort that can be made is to utilize the resources available in the surrounding environment. One of them is by optimizing the use of home yard land managed by each household.

Utilizing home garden land with various types of plants planted can help meet daily food needs, as well as produce products that can be sold to improve the community's economy. In this way, the availability of sufficient food at all times becomes something that cannot be denied. Every household is expected to be able to optimize the resources they have, including utilizing the home garden to provide food for the family. Therefore, it is important to understand the characteristics of the people of Lassa-Lassa Village, Bontolempangan District, Gowa Regency in utilizing garden land to support the family's food supply. This is what prompted us to conduct this research.

RESEARCH METHOD

This research uses the snowball sampling method to collect samples, because there is no data regarding the area of house yards or information about residents who use yards in Gowa Regency. Snowball sampling is a method used to find key informants with broad insight. Initial contacts play a role in recommending recommendations to other respondents. In this research, Lassa-Lassa Village Head, Bontolempangan District, Gowa Regency, was the starting point in looking for respondents. The research involved 20 respondents, namely residents of Lassa-Lassa Village who used their home gardens to grow food crops. Research was carried out in Lassa-Lassa Village, Bontolempangan District, Gowa Regency, South Sulawesi from April to September 2024.

RESULT AND DISCUSSION

RESULTS

The yard has a significant role in household life. With good planning and management, gardens can be used to meet daily needs while increasing family income. The use of home gardens also plays a role in providing various types of food at the household level, thereby supporting the creation of diverse, nutritionally balanced and safe consumption patterns. In addition, yard management can reduce daily expenses and provide additional income for the family.

The results of observations of 20 respondents through cakes show that 50% of households in Lassa-Lassa Village have narrow yards (less than 120 m²), with 75% of yards located in the front of the house. In Lassa-Lassa Village, gardening is an important production factor in developing sustainable food houses.

According to et al. (2020), the area of the yard or cultivated land greatly influences the amount of production, productivity, income and household well-being.

Table 1. Characteristics of Community House Yards in Lassa-Lassa Village,
Bontolempangan District, Gowa Regency

	Observation Parameters	Response (%)
Area of yard	Very narrow yard (<120 m ²)	10
	Narrow yard (120 m ²)	50
	Medium yard (120-400 m ²)	35
	Large yard (>400 m ²)	5
Position of the yard	Depan	75
	Side	20
	Bebek	5
Observations on utilizing yard land	Yes	90
	No	10
Making use of your yard by planting	Yes	90
	No	10
Time to utilize the yard for farming	Dry season	10
	Rainy season	90
Types of plants planted	Decorative plants	10
	Food	90

Source: Data processed, 2025

Based on the data in table 1 above, it is known that the area of garden plots from the research results shows that of the 20 to 1 respondent households there are as many as 10%

who have very narrow land (<120 m²), as many as 50% with narrow yards (120 m²), medium yards. (120-400 m²) as much as 35%, and large yards (>400 m²) as much as 5%. Furthermore, the position of house yard land from 20 to 20% is known for those who have a house yard with a front yard position of 75%, a side yard position of 20%, and a rear yard position of 5%.

Based on observations from the results of research on the use of home garden land, it is known that of the 20 to \$1 households that have understood its use, 90% of respondents have used their home garden land and as many as 10% of respondents have not understood and have not yet utilizing their home yard. Of the respondents who have understood and utilized their home gardens by planting food plants, 90% of the respondents have understood and utilized their home gardens by planting food plants, but have not yet planted plants. The knowledge referred to in this research includes the respondent's understanding of how to utilize garden land to support food supply. In addition, people's understanding of the benefits of home gardens as a source of food plays an important role in increasing their ability to manage their home gardens optimally (Irwan et al., 2018).

Residents or residents of the highlands of Gowa Regency, especially in Lassa-Lassa Village, Bontole Subdistrict, which is the object of this research, also know that as many as 20 respondents spend their time using their home gardens to grow crops in their home gardens during the rainy season, as much as 90% responden and the remaining 10% of responden grow crops in their home gardens during the dry season.

The residents of Lassa-Lassa Village have long utilized their yards to grow plants. Of the 20 respondents who grow plants, 10% of households use their yards to grow ornamental plants, while the other 90% grow food crops, consisting of 20% vegetables, 5% fruit plants, and 65% mixed plants (a combination of ornamental plants, vegetables, and fruits). Farming activities in the yard are carried out both in the rainy and dry seasons. As many as 90% of respondents plant in the rainy season, while only 10% plant in the dry season. This is because plants in the rainy season require less water to be watered compared to the dry season.

Utilizing home gardens has great potential in increasing income, especially for households with large gardens. Apart from meeting the family's food needs, garden produce can also improve the community's economy in an efficient manner because it is easily accessible. Commodities such as vegetables and medicinal plants are highly recommended

because they have selling value in traditional and modern markets. If cultivated together, this plant can be produced in large quantities according to market needs.

Observation indicators include four main aspects that reflect research objectives, namely: (1) knowledge about homeland land use; (2) the practice of utilizing the garden through planting; (3) time spent cultivating crops in the yard; and (4) types of plants planted. Most of the response statements are in the 90% interval, which indicates that this program is included in the effective category. According to Y. Susanti (2013), effectiveness is defined as the level of achievement of the goals of an organization, program, or activity through the utilization of available resources.

Table 2. Peutilization of harvests from people's home gardens in Lassa-Lassa Village, Bontolempangan District, Gowa Regency

Utilization of Crop Results	% Response
Self-consumption	75
For own consumption and sale	25

Source: Data processed, 2025

Based on the data in Table 2, regarding the utilization of harvests from home yards in Lassa-Lassa Village, Bontolempangan District, Gowa Regency, it is known that out of 20 respondents, 75% use the harvest of vegetables or medicinal plants for personal consumption. Meanwhile, 25% of respondents utilize the harvest not only for consumption, but also for sale in the market. This percentage of 75% shows that the utilization of home yards in Lassa-Lassa Village is classified as effective. This finding is in line with Faqih's (2020) research, which states that the results of selling yards can contribute as much as 22% to increasing household and regional food security.

According to Alhudhori (2017), home gardens have the potential to be used more productively, for example for growing ornamental plants, fruit, vegetables, herbs and medicinal plants. In this way, gardening can function as one of the main pillars in realizing food security as well as increasing family welfare.

Table 3. Peutilization of home gardens to meet food and income of residents before and after using home gardens

Description	Amount (Rp)	
	Sebelum (pre-test)	Sesudah (post-test)
Vegetable expenditure needs (month)	600,000 – 1,000,000	200,000
Expenditures for vegetable needs that can be saved from vegetable production in the yard (months)	0	400,000 – 800,000
Additional income obtained from sales activities of vegetable production in the yard (month)	0	100,000 – 200,000

Source: Data processed, 2025

Data in Table 3 regarding the use of home gardens for the food and income needs of residents previously and previously using home gardens shows that 75% of respondents who used home garden harvests for personal consumption were successful in increasing vegetable expenditures. with a range of around Rp. 400,000 to Rp. 800,000 per month. This shows that household expenditure on vegetable needs can be reduced by up to 80%. Research by Harianti and Tanberika (2015) confirms that garden land has prospects as a source of food supply. Apart from that, garden land also provides wider benefits, such as reducing household expenses and increasing family income from additional income earned from sales activities of vegetable production in the garden, with a monthly income of around Rp. 100,000 – 200,000.

The economic value of a home garden depends on the fertility of the soil as well as its proximity to supporting facilities. The economic benefits of gardening can be optimized through good management. Khairunnisa (2018) and Azra et al. (2017) stated that economic dependence on garden land is clearly visible in meeting household needs. According to Yulida (2012), a well-managed homestead farming business can provide significant economic benefits.

This research also reveals that the use of garden land in Lassa-Lassa Village, Bontolempangan District, Gowa Regency is effective in supporting food supply. The program effectiveness variable score from the cake shows a percentage percentage between 50–100%, which is included in the eeffective category. According to Ningsih et al. (2019), effectiveness refers to the ability of a program to produce impacts or results in accordance with the stated objectives. Although it is often associated with efficiency, the two are

different; effectiveness focuses on achieving results, while efficiency focuses on comparing input and output in achieving those results.

CONCLUSION

The use of garden land in rural areas has proven to be quite effective in supporting food supply for households. This can be seen from its ability to reduce vegetable consumption expenditure by up to 80%. Apart from that, the use of gardens also plays a role in increasing family income, especially for people who manage them for economic or business purposes. The results of the research show that the objective indicators for the agricultural land use program in Lassa-Lassa Village, Bontolempangan District, Gowa Regency, are mostly in the 75–90% range, which is categorized as effective.

To further encourage the optimization of yard use, the community needs to be given motivation to be confident in the potential of their yard land. Apart from that, government commitment is also very important, especially in involving households to realize food independence and sustainability. One concrete step is through the development of village seed gardens, which can re-strengthen the culture of planting in home gardens.

REFERENCES

- Alhudhori, M. (2017) membahas bagaimana optimalisasi penggunaan pekarangan dapat dilakukan dalam upaya memaksimalkan fungsinya. Penelitian ini diterbitkan dalam “Jurnal Ilmiah Universitas Batanghari Jambi”, volume 17, nomor 1, halaman 237–249.
- Amiruddin dan Iqbal, M. (2018) mengeksplorasi pemanfaatan lahan pekarangan sebagai strategi untuk memenuhi kebutuhan keluarga, dengan fokus penelitian di Desa Kanjilo Barombong, Kabupaten Gowa. Hasilnya dipublikasikan di “Jurnal Ziraa’ah”, volume 43, nomor 1, halaman 70–76.
- Annisahq, A., Hanani, N., dan Syafrial (2014) menganalisis pengaruh Program Kawasan Rumah Pangan Lestari (KRPL) dalam mendukung kemandirian pangan dan kesejahteraan rumah tangga, khususnya di Kelurahan Rejomulyo, Kediri. Artikel ini diterbitkan dalam “Habitat”, volume 25, nomor 1, halaman 8–17.
- Arifin, H. S., Munandar, A., Schultink, G., dan Kaswanto, R. L. (2012) menyoroti peran dan dampak sistem agroforestri pekarangan skala kecil terhadap kesejahteraan rumah

- tangga, seperti yang dijelaskan dalam “International Journal of Agricultural Science”, volume 2, nomor 10, halaman 896–914.
- Azra, A. L., dkk. (2017) melakukan analisis karakteristik pekarangan dalam mendukung diversifikasi pangan keluarga di Kabupaten Bogor, yang diterbitkan dalam “Jurnal Lanskap Indonesia”, volume 6, nomor 2, halaman 1–12.
- Dwiratna, S., Widyasanti, A., dan Rahmah, D. M. (2016) menguraikan pemanfaatan lahan pekarangan berbasis konsep Kawasan Rumah Pangan Lestari dalam “Dharmakarya: Jurnal Aplikasi Ipteks untuk Masyarakat”, volume 5, nomor 1, halaman 19–22.
- Faqih, A. (2020) mengangkat isu pemberdayaan perempuan melalui pengelolaan pekarangan dalam “Abdimas Galuh”, volume 2, nomor 1, halaman 1–11.
- Harianti, R., dan Tanberika, F. S. (2015) meninjau sikap dan pengetahuan ibu melalui program kebun rumah dan penyuluhan gizi di De\$sa Tenayan Raya Pekanbaru, dalam “Jurnal Kesehatan Komunitas”, volume 3, nomor 1, halaman 9–16.
- Irwan, S. N. R., Rogomulyo, R., dan Trisnowati, S. (2018) mengeksplorasi pengembangan lanskap produktif melalui pekarangan di Desa Mangunan, Bantul, Yogyakarta, diterbitkan dalam “Jurnal Ilmu Pe\$rtanian Indonesia”, volume 23, nomor 2, halaman 148–157.
- Isnian, S. N., dkk. (2019) mempelajari persepsi wanita tani terhadap program KRPL di Kecamatan Kulisusu, Buton Utara, dalam “Buletin Penelitian Sosial Ekonomi Pertanian”, volume 21, nomor 1, halaman 9–16.
- Khairunnisa (2018) menyoroti potensi ekonomi pekarangan di Kelurahan Sidodadi, Polewali Mandar, dalam skripsi yang diterbitkan oleh Universitas Islam Negeri Alauddin Makassar.
- Lilis, Maddatuang, dan Suprpta (2020) mendiskusikan peningkatan pendapatan rumah tangga melalui optimalisasi lahan di Desa Purwosari, Luwu Timur, dalam “Jurnal Environmental Science”, volume 3, nomor 1, halaman 62–72.
- Ningsih, N., dkk. (2019) meneliti efektivitas metode kelompok dalam meningkatkan pengetahuan wanita tani di Wakatobi, diterbitkan dalam “Jurnal Ilmiah Membangun Desa dan Pertanian”, volume 4, nomor 2, halaman 52–57.
- Nurdiani, N. (2014) menjelaskan teknik snowball sampling dalam penelitian lapangan, seperti yang dijabarkan dalam “ComTech: Computer, Mathematics and Engineering Applications”, volume\$ 5, nomor 2, halaman 1110–1118.

- Nurwati, N., dkk. (2015) membahas analisis pemanfaatan pekarangan dalam mendukung ketahanan pangan di Rumbai Pesisir, Pekanbaru, dalam “Jurnal Ilmiah Pertanian”, volume 11, nomor 2, halaman 1–8.
- Permana, R., dkk. (2020) meninjau efektivitas komunikasi program optimalisasi pekarangan, khususnya program KRPL di Karawang, dalam laporan studi Pascasarjana Institut Pertanian Bogor.
- Sasongko, H., dan Salamah, Z. (2019) menganalisis budidaya sayuran organik di pekarangan rumah untuk meningkatkan kesejahteraan masyarakat di Purwokerto.
- Sukenti, K., dkk. (2019) membahas optimalisasi lahan pekarangan untuk mendukung ketersediaan pangan di Lombok Timur, dalam “Jurnal Pengabdian Magister Pendidikan IPA”, volume 2, nomor 1, halaman 97–101.
- Susanti, M., dkk. (2020) menguraikan pemanfaatan pekarangan sempit di Sirnagalih, dalam “Jurnal Pusat Inovasi Masyarakat”, halaman 637–641.
- Yulida, R. (2012) menjelaskan kontribusi usaha tani pekarangan terhadap ekonomi rumah tangga di Kerinci, diterbitkan dalam “Indonesian Journal of Agricultural Economics”, volume 3, nomor 2, halaman 135–154.
- Zadah, S. T. (2019) menganalisis manfaat pekarangan untuk ekonomi keluarga di Desa Bumi Mulyo, dalam skripsi dari Institut Agama Islam Negeri Metro.