

## Adolescent girls food security: A qualitative study on individual understanding of daughters and mothers in Timor Tengah Selatan district, East Nusa Tenggara Province

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### Abstrak

Kerawanan pangan pada remaja putri mempunyai konsekuensi yang besar pada status kesehatan lintas generasi. Pendekatan kualitatif digunakan untuk menggali pemahaman tentang keamanan pangan. Sebagian besar remaja putri mengungkapkan pemahaman terhadap komponen keamanan pangan. Mereka mempunyai pemahaman serupa terhadap ibu mereka mengenai distribusi pangan dalam rumah tangga dan kestabilan pangan. Sementara, ibu tidak dapat mengungkapkan upaya dan kekhawatiran anak perempuan mereka terhadap makanan. Karena mereka mengalami keterbatasan dalam keragaman makanan, peningkatan jenis tanaman yang ditanam sangat direkomendasikan. Selain itu, pendidikan gizi dan pertanian diperlukan untuk memerangi musim kelaparan.

.....Food insecure adolescent girls had great consequences on health status across generations. Qualitative approach was used to explore the understanding of food security. Majority of the girls revealed their understanding on components of food security. The girls had similar understanding with their mothers in intrahousehold food distribution and food stability. Meanwhile, mothers did not reveal their daughters' efforts on accessing foods and could not reveal their daughters' anxiety. As they faced limited food crop diversity, increasing the variety of food crop in their field is recommended. Besides, nutritional and agricultural education to combat the lean season during drought was needed.