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Training of Making Corn Steak in Bonebolango District

The Pattern of Consumption of Healthy Food is known as Diverse, Nutritious, Balanced and Safe Food

Fory Armin Naway
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Abstract:- The objectives of this activity are: 1) to manage agricultural human resources, especially corn farmers in supporting community empowerment programs. 2) fostering a spirit of creativity and entrepreneurship for the community to establish an independent business, because this corn steak business is very easy to run, ingredients and ways to make it also easy. Savory flavors in corn steaks can produce benefits for those who run them. 3) adding knowledge to the public about how to process B2SA-based food products (Diverse, Nutritious, Balanced, and Safe) especially in making corn steaks. The method used for the achievement of goals in this Nationalism KKN program activities is to use the method of direct assistance in the field in the form of training practices for B2SA-based corn steak making for the community in the Village Dumbayabulan. The main targets that become partners in the National KKN program are people, especially housewives who are still productive and members of the Dasa Wisma group in Dumbayabulan Village by involving local village government officials, Government officials of East Suwawa Subdistrict, Food Security Office, Bone Bolango District, Dinas Bone Bolango Regency Agriculture, Field Supervisor, National Student KKN participants, as well as experts who have the quality of human resources/experts in the field of processing food products, especially corn products.

Keywords:- Corn Steak, B2SA.

I. INTRODUCTION

Indonesia is a very rich country regarding food sources from agricultural products. The vast territory of Indonesia does have fertile soil so that various plants can grow in Indonesia. With natural products that are very large, Indonesia can meet the food needs of every community. One of the most famous crops in Indonesia is corn. Corn plants are plants that can grow throughout the season. With this factor, the people who have large land can plant corn to increase their income. When viewed in terms of the time to process corn harvest, it is faster to harvest than rice or other crops. If the rice grower in one year will harvest 3 times, even in certain areas of rice plants in one year there will only grow 2 times. Opportunities in corn cultivation are also very promising opportunities to improve the welfare of the Indonesian people. Corn can also be used as the main raw material in running the industry. Besides that, corn can also be grown into various processed food industries. Most corn is made into processed snacks.

Snacks are foods that are much preferred by children. One of the many prepared snacks is corn processed steak.

The amount of corn harvest makes the community to think processed into what products in order to produce a higher selling value. If the corn is sold during the harvest season, then the price of corn will automatically decrease so that it should be better for the sale value of corn to be made into various quality products. Corn, if stored in a long period of time, will also reduce the quality of corn so that the method of processing into food products will be a very appropriate solution. Besides promising it can also be a job. Corn is also often used as a food substitute for rice because corn also contains carbohydrates which are very high. The types of processed made using corn raw materials are indeed unlimited. For processed snacks that are much loved by the public and even familiar are processed snacks like corn steak. Corn steak also has many flavors like balado, cheese, barbeque and various variants other flavors. By making corn a processed snack, it will be able to help improve the economy. Corn steak is easy to get because it has been widely marketed in various regional markets or at supermarkets and supermarkets. Prices of processed corn steak are also very affordable so that all people can enjoy processed corn steak. Not only used as a snack, corn steak is also often used as snacks when Eid. The taste of processed corn steak is very crunchy so many people are addicted to the taste of corn steak. How to make corn steak is also easy so it can make corn steak as a business opportunity.

Every individual definitely needs quality food to live a healthy, active and productive life. Consumption of quality food can be realized if the food consumed daily contains complete nutrition with a balanced amount between food groups, as well as paying attention to taste, digestibility, acceptability and purchasing power. The pattern of consumption of healthy food is known as Diverse, Nutritious, Balanced and Safe Food (B2SA). The implementation of food consumption that meets the B2SA principles in the family is carried out through food selection and menu preparation. Consumption quality is influenced by the variety of food consumed. Knowledge of the importance of B2SA food consumption needs to be socialized to the smallest level in community groups, namely families. In a family, mothers act as determinants and providers of family menus and play an important role in the quality of food consumption of each individual in his family.

In fact, to date, the pattern of community food consumption still shows a tendency to be less diverse than the type of food and nutritional balance. B2SA's food consumption pattern serves to direct the food utilization pattern to meet the principles of quality, diversity, nutrient content, safety and halal, as well as for efficiency to prevent waste in daily household expenses. B2SA's food consumption pattern also leads to optimal utilization of food

in the body (food utility), with increased awareness of the importance of consumption patterns variety with balanced nutrition including energy, protein, vitamins and minerals and safe. The pattern of food consumption in households is influenced by various factors, including economic, social and cultural conditions local. For that reason, planting awareness of healthy consumption patterns needs to be done since early through formal and non-formal education. Good awareness will guarantee the fulfilment of the nutritional needs of each family member according to their age and needs. A B2SA diet is a diet that uses food arrangements for a single meal or for a day according to meal time (morning, afternoon and evening / night), which contains nutrients to meet the body's needs with a number that meets the principles of balanced nutrition in accordance with the receptivity (tastes, culture) and the ability of the purchasing power of the people and safe for consumption. Generally, if you do not regulate your food intake, what happens is poor nutrition or obesity. If someone experiences malnutrition, it will be easy to get sick, less intelligent, often sick, and if it is very severe it can cause death. If someone is obese, because of excessive food intake, it will be susceptible to diseases such as diabetes, heart disease, hypertension and others.

Today the quality of Indonesian agricultural human resources still has real limitations. According to Nuhung (2006), the percentage of the half-unemployed population is 70.2% in the agricultural sector and 29.8% in the non-agricultural sector. The portrait of HR is 70.2% when viewed from the level of formal education, 35.5% have elementary school education down, 23.5% have junior high school education, 35.5% have high school education and 5.7% have tertiary education. Based on the working hours calculated based on the length of work per week, it turns out that agricultural labor is both commutative and in each sub-sector, as many as 59 % work less than 35 hours per week (disguised unemployment category). Furthermore, Intan (1997) revealed that the quality of Indonesian agribusiness human resources in this era of regional autonomy still had deep obstacles in terms of inhibiting mental attitudes, especially in terms of attitude. lazy/reluctant/slow, ignorant and uncaring, procrastinating, working origin, jealousy, and envy.

Development of the industry is an important element in achieving the development targets and also in order to create balanced economic structure. The success of industrial development is determined by the development of agricultural commodities because agriculture and industry are an inseparable unity because there are currently many industries that use raw materials from agricultural products. Development in the industrial sector as part of long-term economic development efforts that are expected to create an economic structure which is more robust and balanced, namely the economic structure with advanced industrial emphasis supported by strong agriculture.

Dumbayabulan Village is a Village located in the District of East Suwawa, Gorontalo district. This village consists of three hamlets namely I Buwoto, Dusun II Dilipogo, and Hamlet III Tapalu. The population of Dumbayabulan Village is 1,037 people consisting of 545

men and 492 women. Most of the basic livelihoods of the people are as farmers. The most important commodities in the food sector they produce are corn.

The solutions offered to overcome the problems above through the National CCN is to provide training character make corn-based stea B2SA the village community Dumbayabulan systematically. In the training on the practice of making B2SA-based corn steaks, the community is provided with knowledge starting from the stage of market analysis, production analysis, process production, product capacity, business risk analysis, business strategy, financial projections and funding sources, SWOT analysis, and development plans.

To get maximum results, the main target of this B2SA-based corn steak training is the community housewives who are still productive and members of the DasaWisma group in Dumbayabulan Village by involving local Village government officials, Suwawa Timur District Government officials, Field Supervisors (DPL), National Student KKN participants, and experts who have quality HR / experts in the field of processing food products, especially corn products.

II. TECHNOLOGY AND METHODS USED

The process of delivering learning material during the B2SA-based corn *steak* making training in the field will later take advantage of technology tools in the form of LCD, ammunition, and computers which will be directly accompanied by students participating in the National KKN, DPL, and local village government officials.

The method used in this activity is in the form of direct mentoring methods on the field of B2SA-based corn *steak* making for target group communities , especially productive housewives and members of the Dasa Wisma group in Dumbayabulan Village by involving local village government officials, officials Government of East Suwawa District, Food Security Service, Bone Bolango Regency, Bone Bolango Regency Agriculture Service, Field Supervisor (DPL), National Student KKN participants , and experts who have the quality of human resources/experts in processing food products, especially corn products.

III. RESULTS AND DISCUSSION

A. Community profile

Dumbayabulan Village is a Village located in the District of East Suwawa, Gorontalo district which has a population of 1,037 people with a total area of 273 Ha. This village consists of three hamlets, namely Hamlet I Buwoto, Hamlet II Dilipog a, and Hamlet III Tapalu. Limit Village area Dumbayabulan are as follows: a) to the North with the National Park Nani Wartabone, b) South side adjacent to the Village Panggulo, c) the East with the village Tilangob u l a, d) West of berbatasan with Village Tinemb a. Mayori bag Dumbayabulan Village community is Muslim.

Judging from the economic status, the people of Dumbayabulan Village generally have basic livelihoods as

farmers and some work as civil servants, domestic servants, police, retired civil servants/military/police, and traders. The housing conditions of most residents have already used wall walls, some are still using wooden and bamboo walls. Having educational facilities and infrastructure in the form of kindergarten and elementary school buildings has a place of worship in the form of mosques, posyandu, and 1 village/keurahan office building.

Road conditions in the village/keurahan are mostly asphalted and others are still on the road and dirt roads in the form of footpaths. Lighting infrastructure facilities have been using electricity from PLN and some are using private generators. Most residents have used clean water sources from PAM, some are using clean water tanks.

Manufacture of corn-based training *steak* B2SA the village community Dumbayabulan Suwawa District of Eastern District of Bone Bolango through service learning programs implemented by LPPM Nationality is expected to 1) improve the quality of human resources Dumbayabulan village communities in the agricultural sector, especially in maize. 2) increase public knowledge about various B2SA-based food management, especially corn products ranging from market analysis, production analysis, production processes, product capacity, business risk analysis, business strategy, financial projections and funding sources, SWOT analysis, and development plans, 3) improve community skills in processing B2SA-based foodstuffs, especially corn products, 4) helping to improve the welfare of the community through the use of corn into corn *steak* business with a variety of tastes.

The main targets that become partners in the National KKN program are people, especially housewives who are still productive and members of the DasaWisma group in Dumbayabulan Village by involving local village government officials, Government officials of East SuwawaSubdistrict, Food Security Office, Bone Bolango District, Dinas Bone Bolango Regency Agriculture, Field Supervisor (DPL), National Student KKN participants , as well as experts who have the quality of human resources/experts in the field of processing food products, especially corn products.

Series of training activities *steak* corn-based B2SA the village community Dumbayabulan District of East Suwawa go Bone District Bolan has been completed through the following stages:

B. Survey of Corn Plantation Locations

In the early stages of survey locations cornfield to memastikan availability of corn to be used in training. The corn used is the yield of the garden from the corn farmers in Dumbayabulan Village. This is done as a form of appreciation for local wisdom, namely by utilizing the results of the garden in the village itself. From the results of this survey, it was found that the quality of local corn has good quality and is not inferior to the quality of corn in the market.

C. Preparation and debriefing

Preparation and debriefing are done in order to stimulate an ease and smoothness of the implementation of the training. Preparation and debriefing conducted from setting up training sites, a list of invited participants, menu are delivered equipment, ensure instructor and speaker in the training, and establish cooperation with the relevant agencies.

The steps taken at this stage are as follows:

- Internal Coordination. The internal coordination was carried out by the Field Supervisor (DPL) internally with the Nationality KKN students to equate perceptions so that in the implementation the training went well and successfully. In this stage, the *job description* is carried out for each student to take responsibility and carry out their respective duties, including responsibility for the training place, responsibility for the trainees, responsibility for the speaker and instructor, responsibility for materials and equipment training.
- External coordination. Dilaksana external coordination can be by DPL with students from the National KKN, the village head, and village officials, as well as Bone Bolango District Agriculture Office and Department of Cooperatives and SMEs Bone Bolango District. This step is done to obtain valid and accurate information about the training targets and targets so that the training reaches the objectives and benefits as planned. Coordination is needed so that the benefits of this training can be sustained.

D. Implementation

Training for B2SA-based corn *steak* making for the people in Dumbayabulan Village, Suwawa Timur Subdistrict, Bone Bolango District, was held on Sunday, August 6, 2017 at The hall of the Dumbayabulan Village office at 8:00 a.m. to 16:30 p.m., which began with an opening as well as a welcome speech by the Deputy Chairperson of the PKK Driving Team Bone Bolango District Mrs.Hj. UlfaKomendangi, S.Pd. The next greeting by Mrs.Dr.Hj. Fory A. Naway, M.Pd, who is the Chairperson of the DPL Team (Field Supervisor) in the Dumbayabulan Village Nationality KKN Program, and the final remarks as well as the delivery of corn seeds to representatives of the farmer groups in Dumbayabulan Village by the Rector of UNG Mr.Prof.Dr.SamsuQamar Badu, M.Pd.

The next event was giving material by Mrs.Dr.Hj. Fory A. Naway, M.Pd begins with the material I" Developing the Spirit of Entrepreneurship ". Furthermore, material II" Building High Commitments", then material III" Taking Business Risks ", and the last material IV" Making Decisions". At the end of the material giving a session, trainees are given the opportunity to interact with the speaker by asking questions or ideas. Then the last session is a division of the group to practice making corn *steak* various flavors together presenters Mrs.FonnyTangahu, SP industry with businesses that are well known *steak* corn in Gorontalo. The participants seemed enthusiastic and actively asked a few questions to the speaker. The questions asked, among

others, are about the initial steps in selecting ingredients for making variously flavored corn *steaks*.

E. Monitoring and Evaluation

Monitoring and Evaluation are done by giving a challenge to the community to make corn *steak* independently. Then the creation of the community will be sold to stalls and kiosks for sale to consumers. From the monitoring and evaluation that has been done, the community is very enthusiastic and passionate about making corn *steak*. Thus, it can be seen that the National Community Service program has a positive impact on the lives of the people of Dumbayabulan Village in the Subdistrict of Suwawa Timur, Bone Bolango Regency.

F. Program Sustainability Plan

Seeing the positive impact of learning programs Nationality patutlah these programs can be continued and the right level again. Corn *steak* making is only one of many things that can be done to increase the income and standard of living of the community. The abundance of corn yields from gardens in the village itself is a capital good and should be used to achieve prosperity and welfare community. Learning from processing maize harvests are expected to enable the community to apply the training to make preparations from other foodstuffs, especially foods that are B2SA-based (Diverse, Nutritious, Balanced and Safe).

IV. DISCUSSION

National service learning programs Dumbayabulan Rural District of East Suwawa has been implemented for 30 days with the main goal being a partner in the National service learning program is the community, especially housewives who are still productive and DasaWisma group members in the village Dumbayabulan. This activity involved local village government officials, government officials of East Suwawa District, Food Security Office, Bone Bolango District, Bone Bolango District Agriculture Service, Field Supervisors (DPL), National Student KKN participants, and experts who had quality HR/experts in the field processing of food products, especially corn products.

Targets are expected in the implementation of *steak* manufacture of corn-based training through learning programs Nationality B2SA are: 1) increasing the quality of human resources Dumbayabulan village communities in the agricultural sector, especially in maize. 2) increasing public knowledge about various B2SA-based food management especially corn products ranging from market analysis, production analysis, production processes, product capacity, business risk analysis, business strategy, financial projections and funding sources, SWOT analysis, and development plans, 3) increasing community skills in processing B2SA-based foodstuffs, especially corn products, 4) helping to improve people's welfare through the use of corn into corn *steak* business with a variety of tastes.

With the availability of corn in the village, this training has become very useful and has a positive impact on the yield of the plantations in Dumbayabulan Village itself. The

use of local corn as an ingredient to make corn *steak* means that local corn can compete with corn on the market. Local corn yields are not only sold directly but can be used as other processed ingredients such as corn *steaks* so that they have economic value that can be sold to improve people's living standards. Corn *steak* making provides space for creativity and innovation as well as efforts for housewives to increase income. This corn *steak* making training does not only focus on manufacturing techniques. Moreover, this training includes packaging and marketing management in marketing the results of community innovations, especially corn processed ingredients.

A. Programs Environmental Conservation Others

In addition to performing the core program of the manufacture of corn-based *steak* B2SA the village community Dumbayabulan Eastern District of SuwawaBolango Bone district, there are also some other social activity programs implemented by Dumbayab Village Nationality KKN Ulan based on a joint meeting of the Field Supervisor (DPL), Student's corruption to the nation, the village head and village officials, and a g ju attended by the District Subdistrict East Suwawa and the potential problems associated with an existing in the village. The meeting produced the following programs:

B. Observation of Conservation Areas.

The observation here is to find out the potential and problems facing the village. Also knowing the location potential area of the Village exists. For example observation to corn farmers to find information about agriculture and problems faced by farmers at that time. So that in the future participants of Dumbayabulan Village National Community Service can take appropriate actions.

C. Focus Group Discussion

Conduct discussions with the community. This discussion discusses the issues that have been previously observed. The purpose of this Focus Group Discussion is to make the community sensitive and aware of the potential and problems being faced by the Village. And together can solve the problems that exist in Dumbayabulan Village.

D. Technical Guidance for the Management of Village Government Administration

Village Government Administration is the whole process of recording data and information about the administration of the Village Government in the Village register book. Technical guidance on village administration management this aims to increase knowledge and understanding of management Village Government Administration so that the village government can skillfully prepare the data. Village government administration includes: 1) Public Administration, 2) Administration of Population, 3) Financial Administration, 4) Development Administration, 5) Administrative others such as book activities BPD, profile book village, activity books LA Village, appropriate need.

E. Making a Pilot Garden

The making of the demonstration garden is an attempt to pioneer the sensitivity of the community to use the yard

of their house to plant crops that are useful for the survival of the household, such as onions, chilies, tomatoes, and cassava. The thing that is done is to make examples of gardens in vacant land and planted with BARITO plants (onions, rica, tomatoes).

F. Handicraft Making Workshop from Agricultural Waste

The workshop aims to be the same as making corn *steak* which is helping the economy of the community. Besides that, it also helps to utilize agricultural waste which is usually thrown away. Agricultural waste can be processed into handicrafts like this soap opera flower. This cheap raw material turns out to be transformed into a beautiful and worth million. This will certainly encourage the economy of the community, especially the people in Dumbayabulan Village.

G. Agricultural Counseling on Farmers' Groups

This activity aims to enable farmers to gain knowledge to cultivate agriculture, especially corn. Starting from land use both planting and maintenance methods to discuss superior seeds and soil elements as well as fertilizer. This extension was attended by all farmers in Dumbayabulan village. And those who provide this information are directly from the Department of Agriculture.

H. Complete Village Administration Data

The program aims to help archive the neglected village administration data for months. Therefore the Nationality Community Service Program in Dumbayabulan Village helps to complete the data in order to assist the Village in archiving for the Village administration system.

I. Train the SD Dance Team

This training is carried out from basic training to stage as the end result. This activity aims to teach students and teachers of SDN 1 Suwawa Timur about cultural arts, especially dance. Also to ignite enthusiasm and awareness of cultural arts to the village community.

J. Train High School Dance Team

This training is carried out from basic training to stage as the end result. This activity aims to teach students and teachers of SMA 1 Suwawa Timur about cultural arts, especially dance. Also to ignite enthusiasm and awareness of cultural arts to the village community.

K. Train the SD Pantomime Team

Almost the same as dance team training. But the focus of art here is the art of pantomime. Art from outside the archipelago. Even so, the purpose of this training remains the same, namely teaching students and teachers of SDN 1 Suwawa Timur about cultural arts. But in practice later this pantomime uses angklung and marwis music as local wisdom combined with pantomime art.

L. BBBB (Learning, Playing and Working Together)

This BBBB activity has a target for students of SDN 1 Suwawa Timur. This activity aims to provide teaching also to read the potential of students who are hidden. This also helps the teacher to make a strategy so that these children can achieve. In addition, teachers are also given guidance on how to see the potential of children and how to guide

children to learn lessons that are not mastered by the teacher.

M. Hamlet Boundary Painting

The program aims to update the faces of the village and village boundaries with new colors. Previous limits of the already dull and less colorful. This program will update and beautify Hamlet boundaries with new colors and clearer writing.

N. Memperba ha rui Profile Village

Pemba ha Ruan village profile in the realm of design layouts and also create a video profiles village. Previous bali h o village profile has been created by KKN UGM 2011. Unit 131 and the design data has been less good, and therefore the program is implemented to change the profile layout design Dumbayabulan village in the village office. In addition, making a Village profile video will be useful for Village promotion and exposure media.

V. CONCLUSION

The objectives of this activity are: 1) to manage agricultural human resources, especially corn farmers in supporting community empowerment programs. 2) fostering a spirit of creativity and entrepreneurship for the community to establish an independent business, because this corn *steak* business is very easy to run, ingredients and ways to make it also easy. Savory flavors in corn *steaks* can produce benefits for those who run them. 3) adding knowledge to the public about how to process B2SA-based food products (Diverse, Nutritious, Balanced, and Safe) especially in making corn *steaks*.

The Dumbayabulan Village National Community Service Program in East Suwawa District, which was held from July 22 to August 22, 2017 in general, has been well implemented and run smoothly despite experiencing a number of obstacles, such as the access road that was passed in the form of a bridge in Dumbayabulan Village which was broken and was in repair. But students are able to socialize and deal with problems that occur in the community well. With this Nationalism KKN activity, the innovation and creativity of students also grew to advance the occupied area, especially Dumbayabulan Village.

During their stay in Dumbayabulan Village, the Nationalism KKN participants helped reduce some of the problems faced by citizens and played an active role in reducing the existing problems with improvements in the agricultural, economic and education sectors. The community is very supportive of the National KKN students and also helps in the implementation of the programs that are prepared and implemented.

VI. SUGGESTION

- Develop productive partnerships in State Universities and communities to manage agricultural products, especially corn farming in the form of National Community Service programs for community empowerment in villages throughout Indonesia, especially in Bone Bolango District.

- Encouraging increased cooperation between PTN and the local community to develop a spirit of self-reliance and entrepreneurship that is independent of the village community, especially in Gorontalo Province.
- Add practical knowledge to the Bone Bolango community about how B2SA-based food processing techniques (Diverse, Nutritious, Balanced, and Safe), especially in making *steak* that are marketable in a typical "Gorontalo souvenir" franchise.

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