

# IMPROVEMENT OF FISHERIES PRODUCT PROCESSING SKILLS

## (Case Study in Jatigede Reservoir Area, Wado District, Sumedang Regency)

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### ABSTRACT

*The people of Cikareo Village, Wado District, Sumedang Regency have high potential in the field of fisheries. The potential of the area has not been developed optimally to serve as a source of protein in food and a source of income for the community. The general constraint that is felt is the level of knowledge and skills of the community which is still low, especially in producing quality processed fishery products. The purpose of this research is to accelerate community development based on its potential through increasing understanding and knowledge in food production, namely by carrying out training activities on fish processing techniques. The methods used are demonstrations and demonstrations, through training, practice and assistance regarding improving community skills in producing quality and nutritious processed products with the right technology, providing knowledge, guidance and assistance to partners on how to produce well by implementing a sanitation and hygienic system in the production process. The results showed that the participants participated in the activity enthusiastically and actively, the participants participated in the practice of making fishery products. The activity is two-way, so that participants can discuss if there are problems in carrying out processed fishery production activities. Through training activities on diversification of fishery products, application of fish protein to other food products, and knowledge of sanitation and hygienic production processes can increase knowledge and skills in processing fishery products. Thus, it can increase the consumption of fish protein in the community, it can be used as an effort so that it can improve the community's economy, especially the people of Cikareo Village, Wado District, which are around the Jatigede reservoir.*

**Keywords:** - Fishery products, Jatigede reservoir, Product diversification, Training

## 1. INTRODUCTION

The fisheries sector has an important role as a contributor to protein for the people of Indonesia. Fish, apart from being a source of protein, is also known as a functional food which has important meaning for health because it contains OMEGA-3 unsaturated fatty acids (which contain EPA and DHA) which are quite popular for maintaining and lowering cholesterol, and contain vitamins and minerals.

The level of consumption of fish by the Indonesian people in 2011 reached 32.25 kg/capita/year, in 2012 it rise to 33.89 kg/capita/year and in 2013 it increased by 35.14 kg/capita/year. The increase in the level of fish consumption by Indonesian/national people is now above the Expected Food Pattern for the Indonesian people, namely fish consumption of at least 31.4 kg/capita/year.

According to [1], the direct cause of malnutrition is unbalanced food both in quantity and quality of nutritional intake. The main nutritional problem in Indonesia is still dominated by malnutrition or Protein Energy Lack. Furthermore, [1] stated that one of the national development priorities in the health sector is an effort to improve nutrition based on local resources, institutions and culture. The addition of fish meat as a source of protein in various processed foods is expected to improve community nutrition.

Communities around the Jatigede reservoir inundation area, Cikareo Village, Wado District, Sumedang Regency have specific advantages in the field of fisheries, but have not been able to fully develop these advantages as a source of income. The general constraint that is felt is the level of public knowledge is still low, especially in producing quality processed fishery products. The inundation area of the Jatigede Reservoir is presented in Figure 1.



**Fig -1:** Inundation area of Jatigede Reservoir, Sumedang Regency

One of the efforts to accelerate the development of the Sumedang Regency community based on its potential is to increase understanding and knowledge in food production by carrying out training activities on fish processing techniques. Fish meat is an ingredient that can be processed into various food products such as sausages, meatballs, nuggets [2]. Fish meat can also be added to other products such as cassava kecipring chips [3], donuts [4], biscuits, bread [4] and so on, which aim, among other things, to meet nutrition, especially protein, and diverse people's tastes so that there are alternatives in presenting new menus and increasing acceptance rates without compromising the quality of the final product. Efforts to diversify processed fish products are prioritized on products that are commonly consumed by the public so that the chances of the product being accepted and marketed will be greater.

The main problems faced by rural communities are limited skills in producing processed fishery products, the application of sanitation and hygiene in the production process. The purpose of this research is to accelerate community development based on its potential through increasing understanding and knowledge in food production, namely by carrying out training activities on fish processing techniques.

## 2. RESEARCH METHOD

The research method carried out is training, practice and assistance regarding improving community skills in producing quality and nutritious processed products with the right technology, providing knowledge, direction and assistance to partners on how to produce well by implementing a sanitary and hygienic system in the production process. The steps carried out are as follows:

1. Determination of the community that will be used as the object of research in Cikareo Village, Wado District

Selection criteria are determined based on community activities that have the potential to produce processed fishery products. Productive age (25-50 years), joined in formal and non-formal groups (housewife)

2. Socialization

The community of prospective entrepreneurs is given knowledge about the principles, procedures, materials, equipment and factors that affect the processing of fishery products. Provided knowledge about the importance of implementing sanitation and hygiene in the production process.

3. Demonstration

The community of prospective fishery product entrepreneurs is trained on skills on how to produce good processed fishery products based on several previous research results.

4. Monitoring and Evaluation

### 3. RESULT AND DISCUSSION

The socialization stage is carried out to the community by providing knowledge about the principles, procedures, materials, equipment and factors that affect the processing of fishery products. He also conveyed socialization about the importance of implementing sanitation and hygiene in the production process.

Improvement of processing skills of fishery products is carried out through technical training with demonstration and demonstration methods. There were 25 participants in the activity (Figure 2). The age of the trainees ranged from 20-40 years. The training begins with transferring knowledge to participants about good raw materials for various fishery products, diversified fishery products, types of products that will be practiced in activities, as well as explanations on how to produce good and right products. Two-way discussions were also conducted so that participants could better understand the material presented.



Fig -2: Training participants in the inundation area of Jatigede Reservoir

Demonstrations of making fishery products are carried out together with the training participants. The community in Cikareo Village around the Jatigede Reservoir was enthusiastic and took an active role in participating in the activity. The training ended with a discussion about the training process and the products that have been made in this activity (evaluation) and all participants tasted the products made.

The transfer of skills for processing fishery products provided is the processing of wet surimi, surimi flour, the application of surimi flour to food products (donuts) (Figure 3), and the application of fish meat to local food products (kecimpring chips) (Figure 4). Knowledge of skills in processing various fishery products is needed by the community in the Jatigede Reservoir inundation area. This can be seen from the enthusiasm of the community to open a fishery product processing business.



**Fig -3:** Demonstration of surimi flour application on donuts



**Fig -4:** Demonstration of fish meat application on cassava kecipring chips

The community finds it helpful in determining the type of fishery product to be produced. Participants did not know that fish meat could be applied to various food products, both salty and sweet food products. With this research activity, it is hoped that the community can be motivated to create new processed fishery products with a delicious and nutritious taste. These processed products can be used as superior products in the Jatigede Reservoir inundation area. Thus, a community group of fishery product processing entrepreneurs will emerge, so as to improve the community's economy.

The next stage after the implementation of training in the context of transferring knowledge and technology for processing fishery products, which is carried out to the target audience is assistance and monitoring of the production process. This assistance is intended so that the products produced are in accordance with their characteristics, are of good quality and are nutritious and safe for consumption. The provision of equipment for making surimi has also been carried out to support the application of the technology that was transferred during the training. Furthermore, evaluation and monitoring are carried out to see the success of the research activities that have been carried out.

Based on the results of evaluation and monitoring, the community around the inundation of the Jatigede Sumedang Reservoir has good potential as business actors in processing fishery products. The target audience is able to make products (surimi, surimi flour, kecipring, and donuts supplemented with fish meat) according to the characteristics of the product. The process of producing products is also carried out by applying good sanitation and hygiene, according to what was conveyed in the training activities. The resulting product is liked by all people (children and adults), so that it can increase the consumption of fish protein in the community.

The technology of making surimi at the time before the research was carried out was not yet known by the people around the inundation of the Jatigede Sumedang Reservoir. After the training activities are carried out, the community can make surimi correctly and the surimi produced is in accordance with Indonesian National Standards. The results of research on processing fishery products that have been carried out and transferred to the community around the inundation of the Jatigede Reservoir Sumedang Regency and have been well received.

#### 4. CONCLUSIONS

Research conducted through training, practice and mentoring can improve knowledge and skills to the community regarding the processing of fishery products properly. Increase knowledge about the application of fishery products to food products that are already known and favored in the community. Training participants can practice the products that have been delivered during the training well.

#### 5. REFERENCES

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