

Practice Communication Aimi Homestead Family as Effort Embodiment Resilience Food Family

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ABSTRACT

Resilience food family not only determined by availability food, but also by the communication process that forms knowledge, attitudes, and behavior member family in producing managing, and consuming food. Purpose study This is For analyze practice communication family in realize resilience food family at Aimi Homestead.

Study use approach qualitative with design studies case. Data obtained through interview in-depth analysis, observation, and documentation. done use analysis thematic.

Research result show that practice communication family ongoing through communication husband and wife in taking decisions, communication parent -child educational, learning participatory through involvement child in management yard, as well as utilization of digital media as means literacy food. Practice communication the produce change pattern consumption, increase literacy food, and strengthening resilience food family.

Keywords: communication family, resilience food family, literacy food, education family, communication development

INTRODUCTION

In a region of Java central, district Banyumas, District Discordant there is one family in the village The milk that has draft resilience family and named it with Aimi Homestead. Family This consists of from father, mother, and 4 children. They own garden planted family vegetable vegetables, they also have farm small consisting of from chicken and duck. The results of plants and animals cattle they use For Eat daily and some more used For business. Aimi Homestead sells eggs and vegetables to a number of consumer so that rotation economy become channel healthy that is not depends on the market.

In Indonesia, development resilience food Still Lots improvement - oriented production food national. In fact, the family is a social unit the smallest to be foundation main in realize resilience food Sustainable (Suharyanto et al., 2021). Resilience food family No only determined by ability economy, but also by the ability family in manage source Power food in a way independent through utilization yard , farm House stairs , as well as pattern healthy consumption.

Resilience food is one of the issue strategic that gets global attention because related direct with quality life society . Organization The Food and Agriculture Organization (FAO) defines resilience food as condition when all over individual own access physical , social , and economic to sufficient , safe and nutritious food For fulfil need life active and healthy (FAO, 2023).

Various study show that success of the resilience program food House stairs are greatly influenced by factors social and cultural family (Blesh et al., 2019; Galhena et al., 2013). However thus , some big study Still focus on aspects production , economics , and technology food . Aspects communication The family is the medium of formation values , knowledge , and behavior food relatively Still limited reviewed .

In perspective communication family, exchange process message between members family play a role important in the process of socialization, education, and formation behavior (Koerner & Fitzpatrick, 2006). Through communication, parents transmit values, norms, and knowledge to children, including related pattern consumption and management food family. This is what happened to the Aimi Homestead family, the involvement all member family, not only parents move operate effort resilience food family.

Aimi Homestead case is interesting reviewed Because show How practice communication family become an integral part of effort build independence food family through management yard, farm House stairs, and education food to children. Therefore That study This formulate problem that is How practice communication family in realize resilience food family at Aimi Homestead?

Based on formulation problem said, research This aim For analyze practice communication contributing families to formation and strengthening resilience food family at Aimi Homestead.

Study This offer perspective that resilience food family No only is results activity production food House stairs, but also an results from practice communication family that forms literacy food, change behavior consumption, and internalization mark independence food.

LITERATURE REVIEW

Communication Family

Family is environment communication the first to form development individual. Communication family understood as an exchange process ongoing meaning in a way sustainable between members family For build relationship, resolve problems, and transmit mark social (Galvin et al., 2022).

Koerner and Fitzpatrick (2006) explain that pattern communication family consists of on two orientation main, namely conversation orientation and conformity orientation. The explanation of conversation orientation is level openness member family in discuss and exchange view. While The explanation of conformity orientation is level uniformity values and compliance to decision family. In context resilience food, communication family play a role as an informal educational medium that forms understanding and behavior member family related food.

Durability Food Family

FAO (2023) explains that resilience food built through four dimensions, namely availability, accessibility, utilization and stability. Dimensions availability related with availability deep food context resilience food family This means availability food that can fulfil need food base family. For example is vegetable vegetables and animal protein. The accessibility dimension means ability in access food. Family said to have resilience If capable get food. The utilization dimension can interpreted as ability family For utilise safe and nutritious food. Dimensions final namely stability is sustainability access food throughout time. If the component dimensions on owned by the family, then can it is said family the own resilience food

Literacy Food as Family Education

Literacy food is ability individual in understand, select, prepare, and consume food in a way healthy (Vidgen & Gallegos, 2014).

In context family, literacy food become part from the informal education process carried out by parents through: role models, habituation, discussion and experience direct.

Research by Truman et al. (2017) shows that family own role dominant in forming children's food literacy since age early. Children who are accustomed to involved in management plant family and look after animal poultry that can consumed every day will used to do matter that in the future. So that habit That will become capital for endure life.

Communication Participatory and Resilience Food

Theory communication participatory put public as subject change through a process of dialogue and learning together (Servaes , 2020).

In context resilience food family , communication participatory allows member family Study through experience live , share knowledge , and building awareness collective about importance independence food . Participatory can interpreted as involvement all member family in have an opinion or at the time taking decision .

Method Study

Study use approach qualitative with design studies case study case used as method Because object study own uniqueness (Yin, 2018). Research location in the village Susukan , Sumbang , Banyumas , Central Java , Indonesia. Object the families we studied own business resilience the food they eat name with Aimi Homestead. The informant we interviewed are Mr R, Mrs R and children Mr R's son and daughter (4 children).

Data collection techniques were carried out through interview in-depth , observation and FGD , as well as documentation . Analysis Braun and Clarke's (2022) thematic study was conducted with data familiarization , coding beginning , search theme , review theme , naming theme and arrangement report .

RESULTS AND DISCUSSION

Communication Husband and wife as Foundation Resilience Food Family

Research result show that resilience food family started through the communication process between husband and wife who produce agreement together about goals , strategies, and division role in family . Findings about existence initiation together , discussion economy before implementation activities , as well as distribution role in a way collaborative show that communication in family No only functioning as means exchange information , but also as mechanism formation decision collective and coordination source Power family .

In perspective communication family , the process show existence pattern communication of a nature dialogical , namely when member family own room For convey view , considering opinion member others , and achieve meaning together to something problem . Koerner and Fitzpatrick (2006) through Family Communication Pattern Theory (FCPT) explain that communication family formed by two dimensions main , namely *conversation orientation* and *conformity orientation* . *Conversation orientation* describe how far the family create environment open communication so that every member own chance For convey ideas , whereas *conformity orientation* show level uniformity values , attitudes , and compliance to decision family (Koerner & Fitzpatrick, 2006).

Findings study This show domination pattern high *conversation orientation* Because decision related resilience food No determined by one of the parties , but rather through the discussion process between husband and wife . Couple do exchange information about condition economy , needs food family , and possibility utilization source available power before take action . This is show that communication become room possible negotiations family building shared meaning or understanding together about importance independence food .

According to Fitzpatrick and Ritchie (1994), the pattern communication family play a role in form method family understand problem , organizing actions , as well as determine a resolution strategy problem . With Thus , communication husband and wife in context resilience food No only produce decision practical , but also constructive orientation mark that fulfillment food is not quite enough answer together all over member family.

Communication Economics and Family Decision -Making Process

Findings that partner do discussion economy before operate activity resilience food show the existence of a strong family decision-making process . Decisions regarding use income family , allocation cost production food , purchasing need supporters , as well as arrangement time Work done through the process of communication and negotiation between husband and wife .

Draft *family decision making* explain that decision family is results interaction between members family involving exchange information , influence , and the process of compromise For reach objective together (Koerner & Fitzpatrick, 2006). In families who have communication open , decision tend No nature dominant , but through a participatory process that allows every partner give contribution in accordance with experience and capacity .

In context study this , discussion economy before implementation activity show that family own ability reflective in manage source power . Couple No only consider aspect technical like costs and benefits , but also consider sustainability activity as well as its suitability with condition family . This is show that communication functioning as mechanism planning strategic in family .

According to Olson (2000), the function family is greatly influenced by the ability family in build effective communication , flexibility participation ability adapt to change environment . In context resilience food , ability adaptation the reflected from How family change limitations source Power become opportunity through taking decision together .

Collaborative Role Division as Form Partnership Husband and wife

research results also show that distribution role in activity resilience food done in a way collaborative . Husband and wife No look at activity food as not quite enough answer one of them parties , but as activity families in need contribution together . Sharing task done based on ability , time , and agreement partner .

Findings This show existence shift from pattern distribution Work family traditional going to pattern deeper relationship egalitarian . In modern family , division role No Again solely based on gender norms , but through a process of communication and negotiation that takes into account need family in a way overall . Koerner and Fitzpatrick (2006) explain that family with level orientation conversation tall tend more capable do adaptation role Because member family used to discuss various problem in a way open .

In context resilience food , flexibility distribution role become factor important Because activity food family often need combination work domestic , economic , and management source power . For example , husband can contribute in work physique or provision source power , while wife contribute in management food and utilization results production . However , the division the No nature remain , but can changed in accordance need family .

According to Galvin, Braithwaite, and Bylund (2016), communication family is a process that allows family create identity together , organize connection between members , and build ability adaptation to change . Therefore that , communication become basis that allows distribution role family walk in a way flexible and productive .

Communication as Internal Social Capital in Resilience Food Family

Research result show that communication husband and wife can understood as forms of internal family social capital . Trust , openness , and ability do negotiations that are formed through communication become source Power important in build resilience family .

During This resilience food often understood through dimensions availability food (*availability*), access food (*accessibility*), and utilization food (*utilization*) (FAO, 2006). However , results study This show that there is dimensions social needs be noted , namely ability family in organize source internal power through communication . Availability source Power food No in a way automatic produce resilience food if family No own mechanism effective communication in manage it .

In perspective communication development , communication No just the delivery process messages , but also the process of participation , empowerment , and formation capacity public For take decision (Servaes , 2008). At the level of family , communication husband and wife play a role as an internal empowerment process that enables family recognize problem , determine options , as well as do action collective .

With Thus , the practice communication family be one of factor important to strengthen capacity family in face challenge food . Families who have pattern communication open more capable building adaptive strategies Because the resulting decisions own legitimacy and support from all over member family .

Findings study This give contribution to development of Family Communication Pattern Theory with show that orientation communication family own connection close with ability family building resilience strategies food . The previous FCPT Lots used For explain interpersonal relationships , formation mark family , and the socialization process in family (Koerner & Fitzpatrick, 2006). Research This expand implementation theory mentioned on the issue development family , especially in context resilience food .

Besides that , the result study strengthen perspective *family decision making* that decision family is not results individual choice , but is a communication process that involves negotiation interests , distribution source power and achievement consensus (Fitzpatrick & Ritchie, 1994). With Thus , communication husband and wife become connecting foundation aspect social , economic , and practical food in family .

Communication Parent - Child Education in Formation Literacy Food

Research result show that communication between parents and children play a role important in build literacy food literacy through informal education processes in family . Findings about parents ' habits explain origin food , watching content education food via YouTube together children , and invite child discuss about food Healthy show that family become room main for child For get knowledge , values , and skills related food .

In Food Literacy Theory perspective , literacy food No only related with ability individual understand information about food , but also includes ability For acquire , evaluate , and apply knowledge food in life everyday life . Vidgen and Gallegos (2014) explain that *food literacy* is "the scaffolding that empowers individuals, households, communities or nations to protect dietary quality through change in dietary behavior" which includes aspect knowledge , skills , and ability take decision related food . Based on perspective said , practice parent communication explaining the production process food and origin food to child is forms of knowledge transfer that help child understand connection between food , health , and environment .

Besides that , activity watching YouTube together show that digital media is becoming source learning that strengthens the communication process educative in family . Parents No only give access to digital information , but also do mentoring through discussion and interpretation media messages . This process important Because child No just accept information , but Study understand meaning from information food through interaction with parents .

Findings this can also explained through the concept of family socialization, namely the process when family become agent main in form values , attitudes , and behavior children (Vidgen & Gallegos, 2014). Through conversation daily about food healthy , parents do internalization mark about pattern good consumption and its importance choose quality food . With Thus , parent -child communication No only functioning as delivery information , but become a learning process constructive social awareness food since age early .

Therefore that , family own role strategic in form generation that has literacy food through dialogic , participatory , and contextual communication . Practice communication educative in family become foundation for formation behavior food sustainable and supportive resilience food family .

CONCLUSION

Practice communication family at the Aimi Homestead show that communication is element central in realize resilience food family . Communication husband and wife build vision and decisions together , parent -child communication form literacy food , whereas involvement child in activity production food strengthen the learning process participatory . Practice communication the produce change behavior consumption , increase independence food , and has the potential become a model of empowerment public based family . Future research could examine how communication practices differ based on family structure, economic conditions, education level, and cultural background.

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