

## PROCESSED TILAPIA FISH IN SIANTAR SELATAN DISTRICT, SIMALUNGUN REGENCY

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### *Abstract*

*South Siantar District, Simalungun Regency is an area around which there are many home industries, for example, craftsmen processing mussels and mussel paste, slaps, ovens, tins, snacks, prawn crackers, fish crackers, mussel crackers and others. Sumorame is one of the Ajibata Villages in the Toba District consisting of several neighborhoods, where each neighborhood has community empowerment activities which are mostly managed by PKK women. Such activities include gatherings for arisan activities, savings and loan cooperatives, training on environmental hygiene and greening, waste banks and other incidental activities. Counseling on Handling of Fishery Products with the theme "Development of Processed Fish in the Context of Increasing Women's Resources and Community Welfare in Siantar Selatan District, Simalungun Regency" is very appropriate considering that fish consumption by the community has reached 43 kilograms per capita per year, this figure will continue to be boosted until it reaches 46 kilograms per capita per year in 2018 and 50 kilograms per capita per year in 2019. This was confirmed by the Minister of Maritime Affairs and Fisheries Susi Pudjiastuti. This counseling uses fish raw materials with the main objective to motivate people to like eating fish. The achievement in this counseling was that all participants, especially PKK women, were able to make their own processed food made from quality and hygienic fish.*

**Keywords:** fish, likes to eat fish

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### INTRODUCTION

In general, fish are more widely known than other fishery products, because apart from being very diverse, they are also very popular with the community. Fish have been known for a long time, even thousands of years ago. Fish are vertebrate animals, meaning animals that have a backbone with a distinctive feature of living in water and generally breathing using gills. As a food ingredient, the position of fish is very important because it contains many nutritional elements needed by the body.

Fish and other fishery products are food ingredients which are very rich in animal protein sources and are relatively cheap compared to other protein sources, such as beef, chicken, milk and eggs. However, fish is a source of food that is easily damaged, so it requires special handling to maintain its quality. In addition to providing relatively high amounts of animal protein, fish also provide long-chain unsaturated fatty acids that the body really needs. In addition, fish is known as the main source of vitamin A in addition to other vitamins and various minerals needed by the human body. Therefore, fish is expected to be a source of nutrients (protein, fat, vitamins and minerals) to improve the nutritional status and health of the community.

In order for the level of acceptance by every level of society to be more widespread and to have a higher economic value, various ways are needed to diversify processed fish products. Handling of fishery products is an important issue because fish is a perishable commodity, in other words fish that have just been caught if not handled will rot. To get

the quality of fish as a quality food ingredient, it is necessary to do a good way of handling it.

The distribution of fish species based on their place of life is known in three groups, namely sea water fish, ground water fish and migratory fish. Marine fish are fish that live and breed in salt water, types of marine fish are divided into two groups, namely demersal fish which are spread in the waters of the continental bottom to a depth of 200 meters. This group of fish lives at the bottom and or near the bottom. Examples of marine fish in the demersal category include petek fish, kurisi fish, layur fish, bangbangan fish, beloso fish, next door fish, tongue fish, sea catfish, gulamah fish and stingrays. While marine fish grouped in non-demersal waters include shrimp, crab, crab, sea cucumber, squid, cuttlefish, octopus and shellfish. While the types of demersal marine fish that occupy coral reef ecosystems include snapper.

### **METHOD**

The lecture method was deliberately chosen to convey the concept of counseling for PKK mothers to motivate them to like eating fish. In this lecture session, if the training participants did not understand the content of the material presented, the participants were asked questions directly and the participants were asked to answer them immediately. Lecture activities are also supported by distractions to drive away boredom. This service activity is carried out by a team consisting of one person as chairman and two people as members. Participants had enthusiasm in participating in lectures and question and answer activities, this was seen by the large number of participants who asked questions. The demonstration method was deliberately chosen to provide a direct description or show the work process directly so as to provide convenience for training and counseling participants. This method is very effective and very helpful in providing direct explanations to training and counseling participants. This activity was carried out by the community service team with the hope and goal that the training and counseling participants could carry out perfect practices regarding fish-based food processing and could be used in entrepreneurship to increase additional income.

### **RESULTS AND DISCUSSION**

This training and counseling activity received full support from local PKK administrators and members, from preparation to implementation. Because this activity is very beneficial both technically and economically, PKK members use the material for this activity on an ongoing basis.

The results of this activity turned out to be able to increase the creativity of PKK mothers about the diversity of processed fish products and at the same time awaken an entrepreneurial spirit, besides that PKK women felt more aware and smarter in consuming food based on fishery products which were cheaper but healthy and safe for health. . Even more encouraging, the local PKK women, after being given training materials and counseling, their response to fish consumption has increased.

## CLOSING

### Conclusion

1. PKK women as training and counseling participants for community service activities can participate well and are very enthusiastic so they are able to master the material and technology well.
2. Processed tilapia can be well developed so that it can be used as material to motivate people to eat fish.
3. Processed fish in the form of tilapia can be made easily because the raw materials are easy to obtain and cheap.

## REFERENCES

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