



OVERVIEW OF THE QUALITY OF LIFE OF FISHING COMMUNITIES

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ABSTRACT

Fishing communities face hazardous working environments, health problems due to high workloads and consumption of addictive substances, long working periods, low levels of education, and uncertain incomes that lead to disruptions in their quality of life. Objective: This study aims to determine the description of the quality of life of fishermen in Bojong Salawe Village based on 4 aspects of the dimensions of physical health, psychological health, social relationships, and the environment. Method: This research design is quantitative with descriptive method. The study used simple random sampling method with a sample size of 68 fishermen at Bojongsalawe Beach. Instrumen penelitian ini menggunakan World Health Organization Quality of Life - Abbreviated Form (WHOQoL-BREF). The WHOQoL-BREF measuring instrument has a Tucker-Lewis index (TLI) value = 0.86 and Cronbach's Alpha value of the WHOQOL-BREF questionnaire is 0.89. The analytical tool used is univariate to analyze one variable Results: The results of this study showed that more than most respondents (52.9%) had a low level of quality of life category. The physical health (58.8%), psychological well-being (60.3%) social (37.7%) and environmental (42.6%) dimensions of well-being were analyzed. Conclusions : Optimization of central government policies related to health aspects, provision of fisheries business facilities and infrastructure, training and access to equitable and sustainable sanitation for both fishermen and fishermen's families at Bojongsalawe Beach and occupational health services for fishermen.

Keywords: fishermen; whoqol-bref; quality of life

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INTRODUCTION

Human needs change over time and a person will try to meet their needs to get satisfaction and fulfillment in life. If the needs of life are not appropriate, it will cause disruption of quality of life. According to the World Health Organization, quality of life is an individual's perception of their current life and individual perceptions are influenced by the culture and value system in which individuals live, and relate to their goals, expectations, standards and interests (Zhang et al., 2021). Based on US News and World Report data in 2021 Best Countries, the quality of life in Indonesia is ranked 41 out of 80 countries surveyed. The fishing community is a group that is vulnerable to experiencing a low quality of life. The low quality of life for fishermen is influenced by various factors including hazardous work environment, health problems due to a workload and high consumption of addictive substances, long working periods, low education level, and uncertain income (Ghani et al., 2017; Senduk et al., 2019; Wu et al., 2020). Fishermen have a high morbidity rate among other professions (Huchim et al., 2017) Based on the Census of Fatal Occupational Injuries (2022) report conducted by the Biro Statistik Buruh, (2022) the risk of occupational accidents in fishermen is 20-30 times higher than in other occupations. Based on data from the Central

Statistics Agency (2022), the extremely poor people in Indonesia is 10.86 million, of which 12.5 percent are in coastal areas. Health status in fishing communities is still low, dominated by ARI, malaria and pneumonia, hypertension, musculoskeletal disorders, emotional disorders, diabetes mellitus (DM), stroke and chronic heart disease (CHD) (Kemenkes RI., 2018)

Bojongsalawe is one of the hamlets located in Pangandaran Regency where most of the population works as fishermen (Mulyani et al., 2019). The characteristics of the fishing community at Bojongsalawe Beach are traditional small-scale fishermen as much as 85% (Kartika et al, 2020). Most fishermen have a formal education background of Junior High School (SMP) and use traditional fishing gear operated by human labor. The welfare level of fishermen in Pangandaran Regency is still very low. According to data from the Acceleration of the Elimination of Extreme Poverty (P3KE) in 2023, the majority of fishermen in Pangandaran Regency are at the extreme poverty level (Rahayu et al., 2023). This condition has an impact on the quality of life of the fishing community in Bojongsalawe Beach. Low quality of life causes fishermen to be more easily exhausted, depressed, lose meaning and purpose, lose control of themselves, low self-esteem to socialize with their environment (Robinson et al., 2017; Wagstaff, 2013).

Research related to the quality of life in fishermen has been conducted by previous studies. Research conducted on fishermen in China shows that the level of quality of life of fishermen is good (Gotardelo et al., 2023). Several other studies show a low level of quality of life in fishermen related to various factors in Indonesia, Brazil, and Malaysia (Wu et al., 2020). The research that has been done does not discuss the dimensions of physical health, psychological health, social relations, and the environment but rather explains the influencing factors and their relationship to several variables that affect the quality of life in fishermen, so the purpose of this study is to determine the description of the quality of life in fishermen in Bojongsalawe Village based on 4 aspects of the dimensions of physical health, psychological health, social relations, and the environment

METHOD

The research method used is descriptive quantitative to describe the quality of life in fishing communities. This study uses one variable, namely quality of life. The research was conducted in Bojongsalawe Hamlet, which is located in Karangjaladri Village, Parigi District, Pangandaran Regency. The population of this study was 208 fishermen who live in Bojongsalawe Hamlet. The sampling technique used is simple random sampling. To determine the minimum number of respondents used the Slovin formula with a margin of error of 10%, the number of respondents in this study amounted to 68 people. Quality of life in the operational definition refers to the concept of the World Health Organization, namely the subjective assessment of the fishing community seen from physical abilities, psychosocial well-being, relationships social support, and environmental conditions in the fishing community at Bojongsalawe Beach. Data were collected using the World Health Organization Quality of Life Scale-Abbreviated form (WHOQoL-BREF) questionnaire which has been adapted and translated into Indonesian by Fredrick Dermawan Purba with a Likert scale. The result of the back translation produced reliability coefficients between the four domains that ranged between 0.70 and 0.79 (Purba et al., 2018). Validity and reliability test on different populations with the same respondent characteristics was carried out using the Confirmatry Factor Analysis (CFA) method. The results showed the value of TuckerLewis index (TLI) = 0.86 and Cronbach's Alpha value of WHOQOL-BREF questionnaire 0.89 (Wu et al., 2020). The questionnaire consists of 26 items, 2 of which relate to general questions about quality of

life and health in general. The other 24 items are divided into four dimensions. The scores obtained will be summed up in each dimension and transformed based on the provisions made by the World Health Organization. This analysis used univariate descriptive analysis to describe the quality of life of fishermen and displayed in the form of frequency distribution. The data analysis results were categorized into two categories: low quality of life <60% and good quality of life >60%.

RESULTS

Table 1.
Respondent characteristics (n= 68)

| Karakteristik | f | % |
|-------------------------------|----|------|
| Gender | | |
| Male | 68 | 100 |
| Female | 0 | 0 |
| Age category | | |
| late adolescence | 5 | 7.4 |
| Early adulthood | 11 | 16.2 |
| Late adulthood | 19 | 27.9 |
| early elderly | 19 | 27.9 |
| late elderly | 13 | 19.1 |
| Elderly | 1 | 1.5 |
| Educational level | | |
| elementary school | 37 | 54.4 |
| junior high school | 20 | 29.5 |
| senior high school | 11 | 16.1 |
| Income | | |
| <Rp. 1.500.000 | 40 | 58.9 |
| Rp. 1.500.000 – Rp. 2.500.000 | 13 | 19.1 |
| Rp. 2.500.000 – Rp. 3.500.000 | 15 | 22 |
| Working period | | |
| >5 year | 68 | 100 |
| Social strata | | |
| Owner fisherman | 68 | 100 |
| Smoking habit | | |
| Yes | 57 | 83.8 |
| No | 11 | 16.2 |
| Alcohol consumption | | |
| Yes | 9 | 13 |
| No | 59 | 85 |

Table 1, the characteristics of respondents in this study, all respondents were male (100%) had worked for more than 5 years (100%), and were registered as fishermen (100%). Most of the respondents were aged 26-45 years (27.9%). Most of the respondents had low education (54.4%) and income <Rp. 1,500,000 (58.9%). Almost all respondents had a smoking habit (83.8) and a small proportion consumed alcohol (13%).

Table 2.
Respondent Quality of Life (n= 68)

| Quality of Life | f | % |
|-----------------|----|------|
| Poor | 36 | 52.9 |
| Good | 32 | 47.1 |
| Total | 68 | 100 |

Table 2, the majority of respondents in this study had a low quality of life category. Table 3 the majority of respondents in this study were in the good category for physical health (58.8%), psychological well-being (60.3%) and most of the respondents were in the poor category for social (61.8%) and environmental dimensions (57.8%).

Table 3.
Respondent Quality of Life dimensions (n= 68)

| | Good | | Poor | |
|----------------------|------|------|------|------|
| | f | % | f | % |
| Physical domain | 40 | 58.8 | 28 | 41.2 |
| Psychological domain | 41 | 60.3 | 27 | 39.7 |
| Social | 26 | 37.7 | 42 | 61.8 |
| Environment | 29 | 42.6 | 39 | 57.4 |

DISCUSSION

Quality of life is an individual's perception of their position in life within the context of the culture and value system in which they live and about their goals, expectations, standards and interests. Quality of life is related to physical health capabilities, psychological health, level of independence, social relationships and environmental relationships (Feelemyer et al., 2014). An individual's quality of life is in a good category if the four dimensions can have a positive influence on the individual's condition. However, if there is an imbalance in one of the dimensions of quality of life, then the quality of life becomes unfulfilled. Based on the results obtained, most of the fishermen on Bojongsalawe Beach were not fulfilled in the dimensions of social relations and the environment of respondents in the bad category at 61.8% and 57.4%

The results of this study showed that the quality of life of fishermen who live in Bojongsalawe Hamlet, Karangjaladri Village, Parigi District, Pangandaran Regency, mostly (52.9%) showed a poor level of quality of life. This is to the results of research by Wu et al (2020) that the quality of life of people who work as fishermen shows a lower score than local people who live on the coast. Then in the results of research by Trijayanti & Luthfi Muta'ali (2017) the quality of life of fishing communities in Gunung Kidul Beach is low, reaching 73.3%. In addition, the results of research by Paskarini et al (2022) comparing the quality of life scores of fishing communities before and during covid found low quality of life scores in both, but at the time of covid there was a decrease in quality of life scores from before. This is in accordance with Apriyanti (2020) in the Fishermen's Village of South Sulawesi Province, showing the results of 97% of fishermen having a low quality of life. There are various factors that affect the low quality of life of fishermen. Physical activity, socio-demographics, work fields, and fishermen's living habits such as smoking and consuming alcohol (Ghani et al., 2017; Gotardelo et al., 2023; Wu et al., 2020; Apriyanti, 2020). This will have an impact on the health of fishermen. According to WHO, health is not only free from disease or weakness, but health is a state of complete physical, mental, social and environmental well-being.(Engel et al., 2016).

Physical domain

Based on the results of this study, the physical health dimension in fishermen at Bojongsalawe Beach, most respondents (58.8%) had a good category. The dimension of good health in fishermen, this is due to most respondents (51.9%) are at the age of <60 years. This is based on research by Suryani et al (2023) there is an influence of age on the occurrence of work accidents where younger ages have higher reactions and agility so that this can minimize the occurrence of physical health problems in fishermen. However, fishing has significant health risks caused by unsafe fishing behavior, occupational hazards, and an unhealthy work environment (Mandal, 2017). This is in accordance with Juniarti et al (2019) that most fishermen on Pangandaran Beach have health problems caused by workload. The physical health problems that many fishermen complain about are MSDs, skin disorders, allergies, respiratory problems, hearing loss, fatigue, fever, diarrhea, hepatitis, and

cardiovascular disease (Lovreglio et al., 2018; Marvasti, 2017; Pocock et al., 2018).

Psychological domain

Based on this study, the dimension of psychological well-being in fishermen on Bojongsalawe Beach, almost half of the respondents (60.3%) were in the good category. The results of this study are in line with research from Wu et al (2020) as many as 74.35% of fishermen in China obtained a high level of psychological well-being, but based on their research there is also a high risk of work stress which allows anxiety, hopelessness, interpersonal difficulties, and difficulties in interacting. This is following Riskasari (2021), which found that 77.6% of fishing communities in kenjaren had Psychological Well Being in the low category. The mental health problems that are often found in fishermen include work stress, post-traumatic stress disorder (PTSD), anxiety disorders, self-harm, and thoughts of ending life (Fulmer et al., 2017; Turk et al., 2018) In addition, fishermen have inappropriate adaptive coping by consuming addictive substances, namely smoking and consuming alcohol (Syukriadin, 2016).

Social domain

The dimension of social relations in fishermen on Bojongsalawe Beach, most of the respondents (61.8%) were in the bad category. Based on research by Faried et al (2018), social support from family, neighbors, and community institutions/government institutions has an influence on the quality of life of fishermen. The overall work of fishermen is carried out by men, but fishermen's wives also contribute to improving the welfare of their families. The work of fisherwives is grouped into 3 activities, namely household activities, income-generating activities, and social community activities. The productive activities commonly carried out by fishermen's wives in Pangandaran Village, namely salted fish processing with a contribution of 31.32% of income to fishing families (Utami et al., 2018). In addition, the government's optimization in creating programs related to health aspects, providing fisheries business facilities and infrastructure, training and access to equitable and sustainable sanitation for both fishermen and fishing families at Bojongsalawe Beach improves their quality of life (Achmad, 2022).

Environmental domain

The dimension of physical health in fishermen at Bojongsalawe Beach is mostly respondents (57.4%) in the bad category. The work environment of fishermen is a job with a high risk of work accidents where fishermen face the natural environment such as extreme work climate, extreme temperatures, erratic waves, loud boat engine noise, and the habit of fishermen consuming coffee and cigarettes while waiting for the catch (Sari et al., 2023). In addition, the erratic working time of fishermen in catching fish disrupts the resting time of fishermen, which can disrupt the circadian rhythm of fishermen (Kurniawan & Widjasena, 2015). Based on the research of Miftahul (2023) there is an uncertainty in the duration of work of fishermen, most fishermen work 5 hours per day and there are times when fishermen work for a full day to get the desired catch. Based on this study, on average, fishermen have sufficient rest time, but there are some fishermen who are not satisfied with the quality of their rest. In addition, many fishermen choose to live in areas along the coast, this has led to the formation of settlements that are prone to disasters, slums, and uninhabitable. Based on research (Khadiyanto et al., 2020), conducted on fishermen settlements in Trimulyo Village, there is a correlation between the quality of the residential environment and the quality of life of the community. This can trigger disruption of health in fishermen and result in a decrease in the quality of life of fishermen.

CONCLUSION

This study was conducted to determine the description of the quality of life of fishermen at Bojongsalawe Beach based on four aspects of the dimensions of physical health, psychological health, social relationships, and the environment. Based on the results of the study, it was found that most respondents had a level of quality of life in the poor category in fishermen on Bojongsalawe Beach. Four aspects of quality of life most respondents in the good category for physical health and psychological well-being. Conversely, the social and environmental dimensions of the majority of respondents in the poor category. The results of this study can be used practically by local governments and community nurses to design promotive programs aimed at improving the quality of life of fishing communities. Community nurses can also conduct health promotion to fishermen related to risk management, disease and injury prevention, and the use of personal protective equipment

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