

## SOCIO-ECONOMIC CONDITIONS OF WOMEN IN THE SLUM OF KUMBALAGODU INDUSTRIAL AREA OF BANGALORE REGION

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### ABSTRACT

Health has an important role in carrying out daily activities comfortably and safely. Without health, life becomes less effective and efficient because whatever is done to humans depends on their level of health. One way that is considered capable of improving public health is through social nursing that goes directly to the community. Therefore, researchers want to carry out research on the role of social nursing in improving public health. The purpose of this study was to determine whether or not the role of social nursing in improving public health. The research method used is descriptive qualitative with data collection through interviews, observations, and documentation to 50 respondents in city X. The results show that social nursing has a fairly large role, namely 70% in improving public health with various programs it does such as waste management, re-functioning water sewers, conducting weekly mutual assistance, clean food awareness movements, self-care awareness movements, and literacy awareness movements.

### ABSTRAK

Kesehatan memiliki peran penting dalam melaksanakan aktivitas sehari-hari dengan nyaman dan aman. Tanpa adanya kesehatan maka kehidupan menjadi kurang efektif dan efisien karena apapun yang dilakukan pada manusia bergantung pada tingkat kesehatannya. Salah satu cara yang dianggap mampu untuk meningkatkan kesehatan masyarakat adalah melalui keperawatan sosial yang langsung terjun ke masyarakat. Maka dari itu, peneliti ingin melaksanakan penelitian mengenai peran keperawatan sosial dalam meningkatkan kesehatan masyarakat. Tujuan dari penelitian ini ialah untuk mengetahui mengenai ada atau tidaknya peran keperawatan sosial dalam meningkatkan kesehatan masyarakat. Metode penelitian yang digunakan ialah kualitatif deskriptif dengan pengumpulan data melalui wawancara, observasi, dan dokumentasi kepada 50 responden di kota X. Hasil penelitian menunjukkan bahwa keperawatan sosial memiliki peran yang cukup besar yakni 70% dalam meningkatkan kesehatan masyarakat dengan beragam program yang dilakukannya seperti pengelolaan sampah, memfungsikan kembali selokan air, melakukan gotong royong mingguan, gerakan sadar makanan bersih, gerakan sadar merawat diri, dan gerakan sadar literasi.

### INTRODUCTION

Public health is an important aspect that must be considered (Pratiwi, Pratiwi, Prastyoningsih, & Suryani, 2021) every country. A healthy society will certainly help the

country achieve its goals, including Indonesia, where the nation's ideals are contained in the opening of the fourth paragraph of the 1945 Law (Lisbet, 2016).

Unhealthy society through the rapid spread of disease, has a negative impact on the country in various sectors, both educational, social, economic and even political. This was proven when the Indonesian state was exposed to the covid-19 virus where many people fell ill and even died so the government made various policies to break the chain of covid-19 which started from Wuhan China in 2019 (Nasution & Hidayah, 2021) (Susilo et al., 2020) late and entered Indonesia in early 2020 (Rofiuddin, 2022).

This incident provides evidence that a healthy society will have an impact on the health of the country (Abror & Damayanti, 2021) (Junaedi & Salistia, 2020). Improving public health can be done through various things on the basis of community awareness itself, such as consuming healthy and nutritious food, taking enough rest and exercising to organize oneself to continue to think positively and so on.

Unfortunately, the results of observations show that in Kota X there are still some people or residents who have not paid attention to aspects of personal health. Such as consuming unhygienic food, defecating and urinating in an inappropriate place and so on which has an impact on a dirty, environment and many diseases.

This is certainly homework for social activists to continue to proclaim the importance of health and cleanliness so as to create a healthy society. One social activist who is considered to have an important role is social nursing. Social nursing is often also referred to as a social worker (Astri, 2013). A social nurse or social worker is someone who has a variety of skills or abilities in social work where this ability is obtained in various ways such as education or training and is proven by the certificates they have (Fahrezi, Wibowo, Irfan, & Humaedi, 2020).

This certificate is proof that the person has competence in dealing with various social problems. Of course, those who have a social nursing certificate should not be spectators while standing idly by when they see people who are not yet at a good health level. Therefore, based on the explanation above, the researcher wants to find out more about "The Role of Social Nursing in Improving Public Health". The aim is to obtain information on whether or not there is a role for social nursing in improving public health in city X. The researcher hopes that the results of this study can become a source of reference or thought for social nurses, the government or even researchers in the future.

## **METHOD RESEARCH**

The type of method used in this research is descriptive qualitative with data collection techniques through observation, documentation and interviews with 50 respondents in city X. suffering from digestive or other ailments. After the data is obtained, it will be processed or analyzed to find out the results of the research.

## **RESULT AND DISCUSSION**

Social nursing is a science that is starting to develop and is in demand by many people (Fahmi, 2018). One of the things that can be done by social nursing is to help people to achieve a more decent life, including in public health.

A healthy society is a dream for every country. Because with a healthy society, the country becomes healthier. Nevertheless, the results of observations in city X show that the environment is not clean and causes many diseases. This is according to the data below.

**Table 1**  
**Disease data that are often experienced by the people of city X before the social nursing team carries out its role**

No	Category	Number of Respondents	Persentase
1	Digestive tract	25	50%
2	Respiratory Channel	20	40%
3	Healthy Citizens	5	10%
		50	100%

The data above shows that 10% of residents are healthy while the other 90% suffer from diseases of the digestive and respiratory tract which are quite common in infecting the community (Nasution & Hidayah, 2021). As stated by TH that he often experienced diarrhea and also the flu while living in the neighborhood. In addition, YK also stated that he was often dehydrated to the point that he had to be hospitalized due to non-stop vomiting. This shows that the community environment of city X has not yet entered the healthy category.

Garbage is scattered everywhere, the gutters don't function properly, so when it rains it's not uncommon for a lot of stagnant water. Such an environment certainly gives a feeling of discomfort. In fact, all humans certainly hope to live in a comfortable environment (Abraham & Ariffin, 2021). As stated by VN, he actually feels uncomfortable with his environment and causes many diseases, but what can he do because this is the only treasure he really has.

After this problem was handled by the social nursing team, where they carried out their role in forming a healthier community, it was proven that the environment in City X was healthier. Some of the programs that are the focus of the social nursing team in city X are:

### 1. Good waste management

Garbage is leftover items that are no longer used (Elamin, 2018). Accumulated garbage can cause many diseases because it becomes a breeding ground for mosquitoes and various types of bacteria as well as viruses and other germs.

The social nursing team provides counseling on how to manage waste properly starting from separating organic and inorganic waste and how to manage organic and inorganic waste so that it becomes a product that has sales value. This is as done by TK as one of the social nursing teams in city X, he stated that inorganic waste management is carried out to shape community creativity which is expected to be able to increase income and become a potential source of money. On the other hand, ZJ, a resident of City X, admitted that with disciplined waste management, the environment became clean and healthy. He was also happy because he had additional skills.

### 2. Reactivate the water ditch

Ditches are waterways (Afianto, Pradana, Prayogo, Lestari, & Huda, 2017) to prevent flooding and also to keep the environment clean and tidy. The social nursing team invites

residents to have awareness in caring for their environment such as ditches so that flooding does not occur because the ditches carry out their functions properly. Ditches full of garbage are then cleaned, then the waste is collected at the waste management post provided.

With this, the gutters are clean, when the gutters are clean the residents are happy because when it rains there are no more floods. As expressed by Okeh TW, he likes to clean the gutters and now residents are reminding each other to dispose of trash in its place.

### 3. Carry out weekly mutual cooperation

Gotong-royong is one of the cultures in Indonesia (Derung, 2019). With mutual cooperation, work becomes lighter (Oktaviyani & Sukmayadi, 2020). The social care team invites the residents of City X to be disciplined in working together every week or once a week to clean up the environment so that it remains neat, beautiful and clean. At first this activity was quite difficult to do because there were some residents who did not want to work together, but this problem became lighter when fellow residents reminded each other with firm sentences and did not offend other residents. The implementation of weekly mutual cooperation is currently running in an orderly manner compared to when there was no social institution team.

### 4. Clean food awareness movement

Food is a primary need for every living thing. Food can be a source of energy and can also be a source of disease because it does not pay attention to cleanliness when handling food (Andriyani, 2019).

Clean food certainly has a positive effect on the body, whereas dirty alley food can have a negative impact on the body. One of the efforts made by the social nursing team regarding clean food is to provide information on the importance of clean food for the body both in the short and long term so that people have awareness to take care of their bodies.

### 5. Self-care conscious movement

Caring for oneself is an obligation and responsibility of every individual (Rahmayanty, Wahyuni, & Fridani, 2021). Diligent bathing 2 times a day, brushing your teeth, wearing clean clothes and so on are some ways to take care of yourself so you can avoid various diseases such as itching, exposure to viruses, germs, and so on.

A conscious movement to care for oneself is carried out by social nursing by providing an overview of the importance of caring for oneself. The brand uses an analogy that makes sense and is easy to understand so that this awareness is slowly being understood by the public.

### 6. Literacy conscious movement

Literacy is an important thing for humans. Without being literate, a society will be left behind from renewable information. Especially in the era of digitalization where technology is developing rapidly as well as knowledge that is increasingly broad, people should have literacy awareness by reading books or fighting hoaxes through their knowledge and logic (Fitriani, 2020).

The literacy movement carried out by the social nursing team is by giving seminars, inviting residents and children to love reading books, and so on. TY, one of the residents, said that by frequently reading, his insights broadened so that in solving problems more quickly and accurately, he was no longer in a hurry with emotions that actually destroyed the bonds of siblings.

By carrying out the various programs above, it can be seen that people are becoming healthier because the environment is cleaner. The social nursing team gave instructions if there were residents who were sick, first aid was immediately given. However, if it doesn't go away, you should immediately take it to the nearest health center or hospital so that it can be treated properly. Data regarding the role of social nursing in improving public health can be seen in the following data:

**Table 2**  
**Data before and after the social nursing team carried out its role**

Category	Before		After	
	Number of Respondents	Percentage	Number of Respondents	Percentage
Digestive tract	25	50%	5	10%
Respiratory tract	20	40%	5	10%
Healthy Citizens	5	10%	40	80%
<b>Amount</b>	50	100%	50	100%

The data above shows that healthy people change from 10% to 80% with this, social nursing plays a role in improving public health by 70%. After further research on residents who still suffer from various diseases, it turns out that they have not implemented optimal awareness of healthy living and also have long-standing comorbid diseases.

Based on the explanation above, social nursing has an important role in improving public health. Therefore, social nursing graduates should be able to utilize their knowledge for the survival of a healthy society so that their welfare will also increase.

## CONCLUSION

Social nursing has an important role in improving public health so that citizens are healthy and ready to compete in the national and even international spheres. With a healthy community, they can develop their potential to the maximum.

Health is the basis for living a comfortable life. Research data shows that social nursing provides a role of 70% in improving public health through various programs such as waste management, re-functioning of water ditches, conducting weekly mutual cooperation, clean food awareness movement, self-care awareness movement, and literacy awareness movement.

Therefore the researchers hope that all graduates or people who are certified in social nursing will try to share their knowledge in caring for people in various aspects including health. Researchers also hope that the results of this study can contribute ideas for all readers to have awareness in improving health as well as a reference for future policy makers and researchers.

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