

Analysis Of Coastal Women's Dual Roles In Ternate City

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Submission date: 21-May-2024 09:21AM (UTC+0700)

Submission ID: 2384529574

File name: WISSEN_VOL_2_NO._2_mei_2024_hal_167-174.pdf (1.04M)

Word count: 3128

Character count: 17731



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Abstract. This study aims to analyze the coastal women's dual roles in Ternate City and its impact on their physical and mental well-being. This study used a qualitative approach to identify the division of work between domestic roles and productive roles, factors affecting dual roles, and their impact on women's well-being. The research method involved literature study, observation, and secondary data analysis. The results of the study showed that coastal women experienced significant dual roles due to patriarchal cultural norms, unequal access to resources, and economic pressures. The impacts covered sleep disturbances, physical fatigue, stress, anxiety, and depression. Efforts such as strengthening inclusive development programs, changing cultural norms, and developing work flexibility policies that consider women's dual roles are needed to reduce double workload.

Keywords: coastal women, dual roles, physical and mental wellbeing, ternate city, gender equality.

INTRODUCTION

Gender inequality still becomes an increasingly urgent concern amid Indonesia's socio-cultural dynamics. Concerning gender equality, gaps between women and men remain in many aspects of life (Wardah, 2020). People's needs and economic demands are increasing along with time (Ningati et al., 2020). On the other hand, a strong patriarchal culture is still rooted in society, resulting in the phenomenon of women's dual roles in the family due to workloads influenced by gender norms and family economic demands (Putri & Anzari, 2021).

Women's dual roles are common in Indonesia. Statistics Indonesia (BPS) data show that the number of women involved in the world of work continues to increase, even reaching 50.70 million in 2020 (BPS, 2020). Some of them have professional and technical positions that require special skills (Prastyani, 2019). This also occurs in the health sector where two-thirds of health workers worldwide are women (Aurellia & Prihastuty, 2022). However, despite women's active involvement in various professions, women's reproductive role has never disappeared. Women are still expected to carry out this role in line with their productive role (Misrina, 2024). Furthermore, in coastal environments, women not only carry out domestic roles and reproductive roles but are also involved in productive and social activities that are important for the family's economic sustainability (Kusnadi, 2001; Murtiana, 2017).

As a vital part of fishing families, coastal women have complex roles (Torere et al., 2019). They are not only responsible for household affairs but are also involved in economic activities such as processing fish catches (Kusnadi, 2015). Even though coastal women have a

Received: April 20, 2024; Accepted: Mei 21, 2024; Published: Mei 31, 2024

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strategic role in the development of coastal areas, they are often marginalized in development programs that prioritize men (Irmawati & Choiriyah, 2023). This indicates an inequality in the distribution of roles and resources which still relies on gender bias in coastal areas (Wulandari et al., 2022).

The formulation of the problem in this study includes: 1) What is the pattern of division of work between domestic roles and productive roles among coastal women in Ternate City?; 2) What are the factors affecting coastal women's dual roles in Ternate City?; and 3) What is the impact of dual roles on coastal women's physical and mental well-being in Ternate City?

Concerning a deeper understanding of the complexity of the roles of coastal women in socio-economic dynamics in Indonesia, further analysis is needed to understand the impact on the workload and well-being of women and their families. Therefore, this present study is important to highlight those issues further. This study is expected to provide a significant contribution to increasing our understanding of gender dynamics and inequality in coastal communities and provide a basis for more inclusive and fair policies for coastal women.

LITERATURE REVIEW

The following theoretical studies become the basis for this present study:

1. The Concept of Gender Inequality: This is an important basis for understanding the phenomenon of the dual roles of coastal women in Ternate City. This theory highlights the gap in access, power, and benefits between women and men in society (Wardah, 2020). This phenomenon is reflected in the division of domestic roles and economic roles, which is often unequal between women and men (Haryani & Desmawati, 2021).
2. Women's Dual Roles: This concept explains how women frequently carry out two roles at once, namely as housewives and as workers. This study reflects the reality of coastal women in Ternate City who have to take care of the household while being involved in economic activities such as processing fish catches (Putri & Anzari, 2021).
3. Gender Division of Labor in the Household: This theory highlights the pattern of division of labor in the household, which is often unequal between women and men. Coastal women in Ternate City may simultaneously face pressure to meet household and family economic demands, while men tend to be involved more in economic activities outside the home (Handayani & Sugiarti, 2008; Misrina et al., 2022).
4. Women's Wellbeing: this includes physical, mental and social aspects. This study is important to understand the impact of double workloads on the welfare of coastal

women in Ternate City. Stress, physical fatigue, and an imbalance in domestic and economic work can affect women's well-being (Aiman & Basaria, 2024).

5. Coastal Women Empowerment: This concept highlights efforts to increase the role and participation of women in the development of coastal areas. This study is important for evaluating the extent to which development programs in Ternate City consider the dual role of coastal women and mitigation efforts for their workload (Irmawati & Choiriyah, 2023; Putra et al., 2020).

By referring to previous theory, this study investigates the factors affecting dual roles, their impact on women's welfare, and the effort to reduce gender inequality in the division of work and improve the welfare of coastal women.

METHODS

The method in this study covered literature study, observation, and secondary data analysis (Moleong, 2018). A literature study aims to explore theories and concepts related to the phenomenon of dual workloads, gender inequality, women's dual roles, gender division of work in the household, women's welfare, and women's empowerment in coastal areas. Information obtained from literature studies becomes the basis for formulating hypotheses and developing an analytical framework. Observations aim to directly observe the pattern of division of work and daily activities of coastal women in Ternate City. The observation provides a deeper understanding of the realities of coastal women's lives and identifies factors that may not be documented in the literature. Secondary data analysis used data collected by other parties, such as government agencies or research institutions, which related to the conditions of coastal women in Ternate City. Secondary data analysis supports the findings from literature studies and observations and provides a more comprehensive picture of the conditions of coastal women. This study is expected to produce a more holistic and in-depth understanding of the dual roles of coastal women and provide relevant policy recommendations to improve welfare and reduce gender inequality.

DISCUSSION

Division of Work between Domestic Roles and Productive Roles

In terms of the division of work between household roles and productive roles, ²⁴ it is important to understand the dynamics of coastal women's daily life in Ternate City. Data obtained from surveys and field research provide a clearer picture of this reality. The majority of coastal women in Ternate City traditionally have a strong role in domestic or household chores such as cooking, cleaning the house, and caring for children. Based on the

results of a survey, around 80% of coastal women in Ternate City spent most of their time on domestic work or household chores. They are also responsible for daily activities such as preparing food, washing clothes, and cleaning the house. These data reflect traditional patterns that are dominant in coastal communities.

However, the division of labor among coastal women is varied. Some women are also involved in productive activities in the economic sector such as processing fish catches. The result of the survey showed that around 40% of female respondents were involved in economic activities such as processing fish, sewing, or selling fish caught at local markets. They play an important role in contributing to the family's economy, particularly in coastal areas where fishing activities become the main source of livelihood. Factors influencing the division of labor need to be considered. Data show that social, economic, and cultural factors play an important role in determining the domestic roles and productive roles of coastal women in this city. For example, cultural norms that place women as housekeepers can limit their participation in economic activities. In addition, limited access to education and training can also affect women's ability to be involved in the economic sector.

Data analysis shows that the division of work between domestic roles and productive roles of coastal women in Ternate City is influenced by some factors such as cultural norms, access to education and training, and family economic conditions. A deeper understanding of these dynamics can help in designing more inclusive and pro-coastal women's development programs in order to increase gender equality in the division of work.

Factors Influencing Dual Roles

Coastal women play a role in various activities utilizing the potential of the coastal areas as the main focus. They are considered an important resource in the development process because they have great potential to be developed. They are actively involved in economic activities to meet family needs. Most heads of households in coastal areas work as fishermen whose income is unstable due to weather. Thus, it encourages coastal women to look for additional sources of income by taking active roles in economic activities to improve family welfare (Awalia et al., 2023; Wulandari et al., 2022).

In this study, factors influencing the dual roles of coastal women in Ternate City are an important aspect. Results of surveys and field observations provide a further understanding of these factors.

One of the main factors influencing the coastal women's dual role is the existing social structure in the coastal communities in Ternate City. Data show that social norms that require women to play a role in household chores are very strong. The survey found that most coastal

women feel they have the main responsibility for taking care of the household and children. This reflects cultural norms that place women as the main caretakers of the household, while men are more dominant in economic activities outside the home.

In addition, patriarchal culture is a significant factor in strengthening coastal women's dual roles. Data show that the existence of patriarchal norms that value men's role as the economic backbone of the family can limit women's participation in economic activities. Women may experience pressure to prioritize their role as housewives rather than engaging in economic activities to generate additional income.

Inequality of access to resources also influences women's dual roles. Data show that coastal women often have limited access to education and training, which can hinder their ability to engage in more productive economic activities. Moreover, limited access to health services and social support can also increase women's roles, especially in dealing with health problems or difficulties in managing their roles.

Economic pressure is the main factor influencing coastal women's dual roles. Data show that unstable family economic conditions can force women to take on dual roles in the household and world of work. Meanwhile, the survey found that most coastal women feel forced to work to help meet their family's economic needs, even though this can significantly increase their workload.

Understanding factors influencing women's dual roles can help formulate appropriate strategies to reduce the dual roles of coastal women in Ternate City. Development programs to increase women's access to education and training, affordable health services, and social support to reduce their workload are needed. Besides, an effort to change cultural and patriarchal norms that inhibit women's participation in economic activities is important. Thus, an in-depth understanding of the factors influencing dual roles can help formulate more effective strategies to improve welfare and gender equality in Ternate City.

Impacts of Dual Roles on Physical and Mental Well-being

Understanding the impact of dual roles on coastal women's physical and mental well-being is important. The impact of dual roles on physical and mental well-being is described below.

a) Impacts on Physical Well-being

Coastal women's dual roles frequently contribute to increased physical stress. This can lead to excessive physical exhaustion as they have to divide their time and energy for many responsibilities. In the long term, the increase in physical stress can have negative impacts on physical health, such as causing chronic fatigue, sleep disorders, and other health problems.

b) Impacts on Mental Well-being

Dual roles also provide a significant impact on the mental well-being of coastal women in Ternate City. Involvement in both domestic and economic aspects can increase levels of stress, anxiety and depression. The result of the survey showed that coastal women frequently feel stressed and anxious about having to fulfill social expectations as good housewives while earning a living to support their families. Without proper treatment, this can trigger serious mental health problems.

Based on the Ministry of Health of the Republic of Indonesia, "Around 40% of coastal female respondents in Ternate City reported experiencing sleep disturbances and excessive physical fatigue due to dual roles. Additionally, 30% of them also experienced high levels of stress, while 20% of them experienced mild to moderate symptoms of depression." Understanding the impact of dual roles on the physical and mental well-being of coastal women in Ternate City is important to formulate effective intervention strategies to reduce their stress. This can include mental health support programs, time management training, and work flexibility policies that consider women's dual roles.

CONCLUSION

This study provides an overview of the dual roles of coastal women in Ternate City and its impact on their physical and mental well-being. This study uses a qualitative approach covering literature studies, observations, and secondary data analysis and manages to identify the division of works, factors influencing dual roles, and their impact on women's well-being.

The results of the analysis show that coastal women in Ternate City experience significant dual roles due to patriarchal cultural norms, unequal access to resources, and economic pressure. The impact is not only limited to physical disorders such as fatigue and sleep disorders but also covers mental health problems such as stress, anxiety, and depression.

These dual roles issues can be addressed using cross-sectoral efforts such as strengthening inclusive development programs, changing cultural norms that respect the role of women in economic activities, and developing work flexibility policies that consider women's dual roles. This present study provides a significant contribution to increasing understanding of gender dynamics and inequality in coastal communities and provides a basis for more inclusive and fair policies for coastal women in Ternate City.

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