



Health Analysis and Degree of Health of Mobile Fish Sellers

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Abstract: This study aims to describe the condition of physical health according to their own views as an effect of their daily activities walking to sell fish from aisle to aisle and from house to house. The theory for reading the research data is Stack's 1974 thinking about organizing to address the problems faced by women with qualitative research methods. The results of the study show that the cultural duties of Muna women, namely managing the household and educating children at home, have changed as a result of urbanization in Kendari City. The cultural duties of managing the household and educating children are still being carried out. The organization is that when they leave the house to sell fish, the task of taking care of the children is entrusted to the people at home or to the family closest to the house. They did not experience serious illness, let alone hinder the activity of selling fish around in Kendari City. In general, children's education can be funded up to a bachelor's degree. The only ailments experienced were aches and headaches which were treated with traditional medicine and adequate intake. Unintentionally, the job of selling fish around the junjung in Kendari City has a positive effect on their health, both those who are classified as elderly and not elderly.

Keywords: Cultural duties; Female; Fish sellers uphold health

Introduction

Women's studies are generally related to their inequality with men's rights as a result of the cultural formations in the environment they live in (England et al., 2020). Women in general are not aware that culture has positioned them as disadvantaged and always take their fate for granted. But in the present era, women have realized and have succeeded in equalizing their rights with the rights of men, both in developing and developed countries (Salsabila, 2022). This condition also applies in Indonesia. Women who have been recorded in history as successful in fighting for women's rights include Raden Ajeng Kartini, commonly abbreviated as R.A. Kartini. However, the study of women in terms of the field of work they do and their relation to health is still limited.

R.A. Kartini, who has succeeded in fighting for Indonesian women's rights, has brought women to enter various jobs, both in the formal and non-formal sectors. Indonesia's abundant fishery resources have not been

matched by the quality of coastal human resources and other coastal support facilities this has made the fishing community still a low-income class society (Glaser et al., 2015). Kamarni et al. (2019), states that the poverty of coastal communities can be divided into three types, namely structural poverty, cultural poverty, and natural poverty. Rukin (2018), added that the poverty that is inherent in coastal communities is caused by a structure that does not support improving the welfare of the community and the culture that is still inherent in the community. The low socio-economic level and welfare of the fishermen community, causes fishermen to become the poorest social layer (Warren & Steenbergen, 2021).

Yusri (2022), also stated that what influences poverty in the household are income and education, while those that affect income are labor and investment, this shows how closely related the condition of household poverty is to household members who work at the education level and household members. The uncertainty of income earned by the head of the family

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encourages other household members such as wives and children to work so that they can meet household needs. Fishermen's wives have an important role in increasing family income. Padavic et al. (2020), states that women are an important element in the family because they have core participation as wives, mothers, friends, educators, household managers and employers.

One of the women's non-formal sector jobs is the around Junjung fish seller in Kendari City. The women selling fish around the uphold are the Muna Ethnic group of urbanizers from villages in Muna and West Muna Regencies. They urbanized to the city of Kendari, the capital of Southeast Sulawesi province. They sell fresh sea fish bought at fish auctions in Kendari City. The fish that has been purchased is then wrapped in plastic for a certain selling price along with crushed ice. Then put it in a plastic bowl along with a block of ice cubes, all ice cubes aim to preserve fish. These women help the economy instead of taking over the husband's role as the breadwinner of the household as applies to the culture of the Muna tribe (Saleh et al., 2022). This article discusses the health status according to the opinions and experiences of women selling fish on foot. They walk into the alleys and housing complexes in Kendari City to sell fish. This condition is supported by the results of expert research (Rosyidah et al., 2022). Their daily walking activities have an effect on body health. The average distance traveled by female fish sellers around Junjung reaches 10 Km carrying fish up to 20 kg.

Noh et al. (2020), reported the results of their research on laboratory tests on the effectiveness of walking exercise showing a higher reaction anticipation score (101.4 + 12.9) compared to those who were not active in walking (84.7 + 16.3). They suggest that the elderly an expected to always increase physical exercise, especially walking, so that the anticipatory ability of the elderly's movements can be inhibited from decreasing. P2PTM Ministry of Health RI August 4 2018 presented the results of a study by Stanford University, United States, showing data that Singapore is better than Indonesia in terms of walking.

So far, there has been no review on the physical health effects of fish sellers traveling around the uphold in Kendari City as the effects of walking from door to door and from aisle to aisle in Kendari City. The research on traveling fish sellers in this study does not use laboratory tests as research by sports experts and health experts, but seeks to review the opinions and experiences of women selling fish. For this reason, this study is intended to understand the effects of physical health according to the views of the women concerned (Asnidar et al., 2023). There were seven research subjects with an average age of 35-65 years.

The theory in reading research data is Stack Carol's 1974 thinking about social organization. Stack categorizes the roles of women and men and all family members to ensure security through kinship networks. If the poor in Flats adult women and men generally build floating social relations without marital ties as is the custom of all races and classes in the world. Women in Flats find men only as friends for economic needs or the resources that men have. Where the men ran was to discotheques and on street corners with other black men. Women selling fish around the people of the Muna Tribe have changed after urbanization and after becoming housewives their workload increased by selling fish on foot in Kendari City. The walking activity of selling fish in Kendari City is only to ease the family's economy, they don't plan to be healthy, so it's important to understand.

Method

This type of research is qualitative research. The student creativity program team chose the research location in Kendari City, Southeast Sulawesi Province. The reason for the student creativity program team choosing this location was because Kendari City was a place where mobile fish sellers were operating. The informants in this study were 30 women selling fish around Junjung in Kendari City, but after collecting the data they had similarities so that what was presented was only three people who had variations. Data collection techniques in this study were in-depth interviews and observations as well as participating in the process of selling fish around. The steps of the research activity are: first the student creativity program Team made observations and took part in the activities of selling fish around with the around upholding fish sellers. The two Student creativity program Teams conducted open and in-depth interviews with informants. This activity was carried out based on a list of questions that had been prepared to find out the background of the life of the around-the-road fish sellers and their views on dealing with illnesses suffered when selling it.

Result and Discussion

From the research obtained the following results and discussion:

Profile of Fish Auction in Kendari City

Discussing the fish sellers around Junjung are always the cleanest at the Fish Auction in Kendari City. For this reason, Fish auction place needs to be discussed in this article. The Fish Auction is handled by the

Kendari Kodya, Kodya II Fisheries Service, the Fish Auctions are located in the Sodohoa Village. The current condition of the facilities that are available and functioning normally include mosques, computers, basketball, carts, entrances, offices, parking lots, auction buildings, and fish auction halls. For facilities that are still in the trial stage is electricity. For facilities that are still functioning and potentially damaged are piers and embankments. While the facilities that are inadequate and inadequate are fences and land. Some of the facilities that are not functioning yet are cold storage, mini ice factory, cool room. Lastly, the facility that is not working is the diesel tank.

Regarding the number of fish sellers, mobile fish sellers are not included in Fish Auction data because they are considered as consumers. Each fish sold at Fish Auction includes fish caught in the sea, pond fish, and preserved fish/sea products. The data on the number of fish sellers at Fish auction Sodohoa Kendari City can be described in the following table:

Table 1. Number of Fixed Fish Sellers by Gender Source: Fish Auction Place 2022 data

Gender	Number Of Fish Seller (People)
Man	200
Women	48

Table 2. Number of Fish Sellers Based on the Type of Fish, Fish auction Place 2022 data

Number of Sea Caught Fish Seller (People)	
Man	200
Women	48
Number Of Fish Seller (People)	
Man	5
Women	1
Number Of Preserved Fish Seller (People)	
Man	6
Women	2

As the data processed in the table above, it can be described that the number of fish sellers at Fish Auction is 211 men and 51 women. Thus it can be said that the total number is 262 fish sellers. From the description above, fish sellers at TPI are divided based on the type of fish being sold. The data can be described in the following table:

According to the fish seller data based on the type of fish above, it can be interpreted that Fish Auction is able to accommodate and manage sales of various types of fish which are quite abundant. As described above, there are 200 male and 48 female fish caught fish sellers, 5 male and 1 female fish pond sellers, 6 male and 2 dried or preserved fish sellers. woman. Based on the number of fish sellers based on the type of fish sold above, it can

be concluded that the number of male fish sellers is greater than the number of female fish sellers.

The Story of the Doll Mothera

Ibu Doll is a middle-aged woman around 42 years old who comes from Kendari City. He has been a traveling fish seller for approximately 10 years. Every day Ibu Doll starts her activities after dawn prayers, going to the fish auction by using pete-pete. Pete-pete is a means of public transportation that is commonly used by some people to travel around the city of Kendari. The Petes that Ibu Doll uses every morning wait at the end of the alley leading to her house so she can arrive at the fish auction at five in the morning. Arriving at the auction, Ibu Doll usually immediately hunts for fish which will later be resold. Ibu Doll buys about 10 kg of various types of fish. Among them, there are single fish, lure fish, and house fish. To buy the fish, he spends around four hundred thousand rupiah every day. Meanwhile, the profit if everything is sold is around seventy to one hundred thousand rupiah.

Ibu Doll said that the route she takes every day is approximately 10 km on foot. Starting from in front of the Kendari City Hall Office all the way to his house in Wua Wua. Passing through many alleys or narrow alleys while carrying merchandise weighing nearly 20 kg. Occasionally Mummy Puppet would stop to rest for a while when she felt tired. To then return to shouting and offering their fish to housewives who did not have time to go to the market for cooking needs that day.

The story of your mother Daria

A strong and tough woman from the Anggalomai area, Abeli District, Southeast Sulawesi, who also works as a fish seller by upholding her wares. Her name is Dariamu, born in 1972, now almost 50 years old. Almost the same as Mother Doll, she has also been in this work for about 10 years. Since 2012, this woman has started her job as an itinerant fish seller. Before becoming a fish seller, he also sold traditional cakes, such as bread pawa, panada, kue lapis, and doko-doko in the area where he lived. These cakes were made by Mrs. Dariamu's mother does not sell fish in the area where she lives. He said that in the area where he lives in Anggalomai Village, there are already many itinerant fish sellers, both those selling fish by hand and selling fish by motorcycle. That is the reason why Ms. Dariamu sells in the Talia Village because there are still not enough fish traders there.

Dariamu herself and assisted by her daughter-in-law to sell them around. Now she no longer sells cakes, the reason being that Dariamu's mother is tired of having to keep making all kinds of cakes every day. So, according to him selling fish around is one of the jobs that is not too tiring because he just goes to buy some

fish at the fish auction and then sells them even though he is traveling around.



Figure 1. Atmosphere at the Fish Auction Place (Source: Student Creativity Program team documentation, 21 May 2022)

The story of your mother Dariamu

A strong and tough woman from the Anggalomai area, Abeli District, Southeast Sulawesi, who also works as a fish seller by upholding her wares. Her name is Dariamu, born in 1972, now almost 50 years old. Almost the same as Mother Doll, she has also been in this work for about 10 years.



Figure 2. Dariamu's mother and her fish trade (Source: Student Creativity Program team documentation, 21 May 2022)

Since 2012, this woman has started her job as an itinerant fish seller. Before becoming a fish seller, he also sold traditional cakes, such as bread pawa, panada, kue lapis, and doko-doko in the area where he lived. These cakes were made by Mrs. Dariamu herself and assisted by her daughter-in-law to sell them around. Now she no longer sells cakes, the reason being that Dariamu's mother is tired of having to keep making all kinds of cakes every day. So, according to him selling fish around

is one of the jobs that is not too tiring because he just goes to buy some fish at the fish auction place (TPI) and then sells them even though he is traveling around.

Dariamu's mother also told me that while selling she had several complaints of illnesses that she often experienced, such as stomach acid, headaches, and back pain. Acid reflux disease, which Dariamu's mother has suffered for the past two years, is caused because she often eats late, and eats food that is not good for her health. He is not used to taking herbal medicines or medicines prescribed by a doctor because he is unable to endure the bitter taste of the herbal medicines She is taking. She is also afraid of side effects after taking medicines prescribed by a doctor. As for the other two ailments, namely headaches and backaches, to deal with these ailments he only used warm water to bathe and compresses on the affected parts. In the past, when he had a backache, he usually went to his reliable massage therapist, Watingku.

The story of Mother Maridhi

Mrs. Wa Maridhi is a housewife, she is 49 years old and works as a traveling fish seller in Kendari City. He is an overseas resident who came from West Muna Regency, Southeast Sulawesi, to be precise in Barangka Village, who later moved and settled in Kendari City.

Maridhi started her work by getting up at 04.00 in the morning, preparing the items to be brought to the auction. After finishing the morning prayer, he then left the house to go to the auction using a motorcycle taxi for Rp. 15,000. The motorcycle taxi that he uses is a subscription motorcycle taxi that picks him up. His activities at the auction are the same as other fish traders traveling around fish, including buying breakfast. The location for marketing Maridhi fish is on Jalan Balai Kota II to Jalan Bhayangkara. He walked through the alleys on the street while offering fish to his customers from one house to another. Every day Maridhi travels a distance of approximately 5 km while carrying fish weighing nearly 15 kg. She walks through narrow alleys, sometimes she also has to walk over a weathered wooden bridge. He had to pass that road every day because that's where the only shortcut to where his customers. The following is a picture of the informant's activity when selling fish around.

Since selling fish around, he has not had many complaints. He only experienced health problems in parts of the body such as headaches and felt pain in the legs. The headaches that he usually feels are caused by the weight of the fish he is carrying, while the pain in the legs is caused by the long distance traveled when selling fish around. For his own treatment, he does not take drugs made from chemicals, he prefers to take traditional medicines, such as taking herbal medicine.

Sometimes he is also often massaged by his son if he has aches all over his body.



Figure 3. Figure of Mrs. Maridhi (Source: Student Creativity Program team documentation, 21 May 2022)

Itinerant fish sellers in Kendari City carry out their daily activities by walking from aisle to aisle and from house to house. Apparently without realizing it, the activity of selling fish on foot while holding a basin filled with fresh sea fish mixed with chunks of ice, this activity had a positive impact on their health. Through gestures on foot, the movement of one hand alternately holds the basin that is reversed and the other hand holds a bucket containing fish cutting tools such as scissors, knives and other tools. Judging from these activities, walking can be interpreted as one of the safe, easy and inexpensive sports exercises, and also has many benefits for the body. Those who only intend to peddle fish from house to house due to economic inability to be able to have a place to sell by sitting permanently in the market as sellers in general, but instead have an effect on the health benefits of the body. This situation can be seen when physical activity is carried out continuously for a long period of time can train physical fitness, oxygen that is inhaled and circulated while walking can improve blood circulation, so that the body can return to normal conditions and can reduce stress or depression.

According to sports experts and it is common knowledge that there are many benefits of walking for the body, among them Reddy & Prabhakaran (2020), states: Reducing the risk of getting disease. The more regularly you do walking, the less likely you are to get sick. Walking sports that are done correctly and regularly can increase the body's resistance and immunity to disease. One of them is to protect the body from cancer, Improve heart health. The heart is the most vital organ for humans. Heart disease is one of the biggest causes of death for a number of countries, especially developing countries, including Indonesia. Often do walking activities as a normal thing that is naturally used to be done every day. Every step that is

taken continuously, regularly and measurably can have a big impact on heart health. When you walk, the heart muscle is stimulated to work faster and various fats that stick to the walls of blood vessels are also burned so that blood circulation becomes smoother. Burning fat that sticks to blood vessels can reduce the risk of hypertension which is one of the causes of heart disease, Increase the flexibility of the body. Just like other sports, walking can train the muscles so that body movements become more flexible. Walking can train the leg muscles to become stronger. When walking, it's not just the feet that move, the hands also make a swinging motion so that it stimulates all parts of the muscles in the hands and feet.

It can increase the elasticity of the body's muscles and increase flexibility almost throughout the body. If you follow a walking program, your body gets used to stretching your muscles. It is able to stimulate the elasticity of the muscles in all 43 parts of the body, Strengthen muscles and bones. Regular walking can maintain muscle and bone strength. Not only to maintain muscle and bone strength, walking can also be a good therapy for those who have experienced bone pain to help heal so as to restore sore muscles and bones. The risk of injury when walking is considered to be very effective for maintaining and recovering sore muscles and bones, Controlling weight. Almost every activity we do can burn calories. However, the question is how many calories are burned compared to other sports Falcone et al. (2015), it turns out that walking can burn quite a large number of calories. In a 40-year-old woman with moderate physical activity, walking at a speed of 2 miles per hour roughly equivalent to 70 steps per minute for 30 minutes can burn calories up to 79.10 kcal; while walking at a speed of 4 miles per hour for 30 minutes can burn calories reaching 184.10 kcal. If this is done regularly every day, walking can increase the number of calories lost.

Walking, even though it looks like a simple and light activity, according to experts, if the body position and movement are wrong, there is a risk of injury (Gabbett, 2016). The women who sell fish around Junjung admit that they have never experienced problems due to walking, so experts need to do research on their body position and footwork. Some of the women selling fish around Junjung have entered old age (Singal et al., 2020). However, it seems that not all physical old age is experiencing setbacks such as hearing is still normal, eyesight is still good, physical activity does not become weak and slow, appetite is not reduced. Except for the wrinkled skin which is always covered with traditional cosmetics, the hair turns white, and the teeth start to become toothless. They live their old age and do not experience anxiety and loneliness, do not

experience fears, do not experience physical dependence and help the family economy, are not sick, do not often consume modern drugs so they do not experience drug dependence, according to a number of research results (Razu et al., 2021).

The daily life of women selling fish around upholds a healthy lifestyle. In contrast to a number of other research results, Gaskin et al. (2017), which reported that the lack of physical activity in the elderly greatly affects the lives of the elderly which causes the prevalence of non-communicable diseases. Women selling fish around Junjung are full-fledged parents, but selling fish is only to help the family economy when their husbands don't get a job (Rahayu, 2020). In general, the concern is single parent women who double as fathers and succeed in educating their children (Gornick et al., 2022). The success in question is evidenced by the success of completing education at tertiary institutions that the child has achieved (Serdyukov, 2017).

Women selling fish around Junjung in Kendari City in relation to health in their view refers to the foster definition of health problems and diseases from (Saidin et al., 2022). The urbanization event of the Muna Tribe women in Kendari City became fish sellers in line with the habit of managing a kitchen in which they process fish for family consumption. The female mobile fish seller also has knowledge about the fresh fish category and found a way to make her job easier selling fish by wrapping plastic with crushed ice cubes as a fish preservative (Mehling, 2023). From a psychological point of view, women who sell fish enjoy their lives more than sitting at home only receiving money from their husbands.

According to the views three women with an average age ranging from 35-65 years, they were in good health without any disease after they became mobile fish sellers. The problem of pleasure. The social network that is built is especially in asking neighbors for help to take care of their children, work networks and fish marketing networks (Klärner et al., 2022). Work networks at the Auction, mainly sellers of fresh seafood at fish auctions and sellers of prepared food to buy breakfast ingredients, as well as fellow fish buyers, both fellow fish sellers around uphold and fish buyers in general, especially in terms of competing in bidding on fish prices and influencing fresh seafood sellers in fish auction (Sogn-Grundvåg et al., 2021).

The cultural situation of the Muna tribe is different from that of the black people who live in Flats in New York, as reported by Stack (1974). In Muna culture, the role of the man as the head of the family is responsible for the household economy. While the role of women is the first and foremost educator of children in the family. All family members guarantee security through a

kinship network with marriage ties. In contrast to the role of women in Flats New York, there are adult men who become companions for adult women for economic needs. Women selling fish around the Muna tribe have changed after urbanization and after becoming housewives to lighten their husband's burden by selling fish to become entertainment in the eyes of women.

Among dozens of female fish sellers around Junjung in Kendari City, this article only presents seven people because the information obtained through participatory observation and in-depth interviews is similar. The fish seller around Junjung managed to pay for his children's education. Their ability to manage family finances enables them to pay for their children's education to obtain an undergraduate degree (Johan et al., 2021). The treatment of illness for the family is sorting, compressing, and diverting attention, all of which are types of non-medical treatment (Bauchner et al., 2020). They are able to play a dual role apart from managing the household as well as helping their husbands fulfill the family economy for a better future for their children through formal education (Kromydas, 2017).

Headaches and backaches are treated by drinking ingredients such as pariah leaves, tomato leaves, and sembung leaves. Almost all fish sellers around Junjung use traditional medicine (Saputra et al., 2023). There is a belief among the Muna people that when a woman gives birth for the first time, that is when she is most vulnerable and must be cared for and cared for so that a woman remains healthy and strong in her old age (Abdi et al., 2019). It also requires research that can support or refute this belief. They always take care of their food he prefers to eat home-cooked food instead of eating foreign food that contains lots of preservatives and other chemicals.

Conclusion

Women selling fish around Junjung in Kendari City have escaped the attention of the general public. From the health analysis it can be concluded their, physical health condition is healthier than just sitting at home managing their husband's very minimal income. Their daily activity of walking has an effect on health, is able to overcome family economic problems, and enjoy it. The cultural tasks of managing the household and educating children can be completed, as evidenced by the success of their children completing education at tertiary institutions. The organization is that when they leave the house to sell fish, the task of taking care of the children is entrusted to the people at home or to the family closest to the house.

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Author Contributions

Conceptualization: Wa Ode Sifatu, data curation: Laxmi, funding acquisition: Ruwiah, Wa Ode Sifatu, Laxmi, methodology: Laxmi, visualization: Ruwiah, writing—original draf: Wa Ode Sifatu, writing—review & editing: Laxmi

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Conflicts of Interest

No Conflicts of interest.

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