


Health Behavior Of Coastal Communities In Percut Sei Tuan Sub-District

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Article Info	ABSTRACT
Keywords: Health, Service, Community, Behaviour, Coastal	Public health is an important part of maintaining local health. This study was conducted to describe public health behavior in Percut Village, Percut Sei Tuan District, Deli Serdang Regency. The research method used is a descriptive research method using observational data collection methods, questionnaires and in-depth interviews. Research shows that access to health and hygiene services is poor in coastal communities, but awareness of the importance of health is increasing. Socioeconomic factors also influence people's perception of health, including better eating habits, adequate physical activity, and adequate rest are also seen. This study provides an in-depth picture of the health condition of the coastal communities of Percut Village and provides a basis for the development of better health programs in the region.
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INTRODUCTION

Public health is one of the important things in maintaining the welfare of a region. Percut village, which is located on the coast and is located in Percut Sei Tuan sub-district, Deli Serdang regency, is the subject of interesting research in this context. This study aims to describe the condition of public health behavior in Percut Village using descriptive qualitative methods. In an effort to understand more deeply about the health conditions of the community in Percut Village, this research will involve various data collection techniques, such as observation, use of questionnaires, and in-depth interviews. By involving informants from the Percut Village community, it is hoped that this study can provide comprehensive advice related to factors that influence health behavior in the area. Through this research, it is hoped that useful findings can be found to increase understanding of coastal public health conditions, as well as provide new innovations.

METHODS

This research method uses qualitative descriptive methods that describe phenomena observed in the field. This survey was conducted on March 8, 2024 in Percut Village, Percut Sei Tuan District, Deli Serdang Regency. Data collection in this study used observation

methods and in-depth interviews. In making observations, an observation sheet is needed that contains a list of indicators to be observed, and researchers immediately record the results (Attamimi et al, 2023). Quizzes are structured as a series of questions on a specific topic, each question must be answered. Interviews are conducted to obtain information that can be done face-to-face. The informants who participated in this study amounted to 10 people from Percut Village.

RESULTS AND DISCUSSION

The following results were found:

Question	Amount	Description
Behavior when sick:		A total of 9 respondents answered medical treatment and 1 respondent let heal with itself
Medical treatment	9	
Left to heal on its own	1	
Has its own way of healing [mention]	0	
Rest when sick:		A total of 5 respondents answered Sleeping, not working and going for medical treatment, 3 respondents answered Stay working because they think the disease will be cured and 2 other respondents answered sleeping all day until not working
Sleep all day until not working	2	
Sleeping, not working and going for medical treatment	5	
Keep working because you think the disease will heal itself	3	
Drug Consumption:		A total of 6 respondents answered the consultation to Puskesmas on medicines, 3 respondents answer based on the match at the stall, and 1 respondent answered based on neighbor's suggestion
Consultation to puskesmas	6	
Based on the advice of neighbors	1	
Based on matches in medicine stall	3	

Questions	Total YES	Total NO
1. Do you have a latrine at home?	10	-
2. Do you use a latrine as a place to defecate?	10	-
3. Do you regularly clean latrines?	10	-
4. Do you participate in cleaning latrines to avoid disease?	8	2
5. Do you always wash your hands using soap after defecating?	10	-
6. Do any of your family members defecate in the fields/rivers/sea-fronts?	1	9

From the results of the discussion above, the use of latrines in coastal communities is quite good, but there are still residents who defecate into the fields / rivers / seafronts.

Location Overview

Study of Percut Village Region 14 with an area of 10.63 km² is a coastal village located in Deli Serdang District, Percut Sei Tuan District, North Sumatra and several sub-districts in Medan City. The area and sub-district of Labuhan Deli will be connected to the sub-district of Batang Kuis. The administrative areas of Percut Sei Tuan District to the east are Batang Kuis District and Pantai Labu District. The area is 190.79 km², there are 18 villages, 2 kelurahan, 230 villages and 24 kelurahan, the capital of the district is Tembung. The village that has the largest administrative area is Saentis Village, and the smallest village is New Memories Village.

Socio-Cultural Conditions of Percut Sei Tuan Community

In 2022, two years ago, there was a case of chickenpox in Purcut Village. At first, chickenpox was considered an ordinary disease, not a disease. In fact, many residents have never vaccinated against chickenpox before checking themselves at the nearest health center for examination and suddenly red bumps and rashes appear on their bodies. Many people in Percut Village do not care to know their health problems. After chickenpox, the people of Purcut Village began to pay attention to their health condition, starting from their living environment, but this only lasted for a short time and did not change their health behavior significantly. In general, many of the extremists experience minor illnesses, such as aches, coughs, runny nose, fever, nausea, and headaches. For the people of Percut Village who mostly work in the field of clean water, this disease is considered a mild disease. The health status of the people of Percut village is related to the environmental conditions there, but they are still not fully aware of the implementation of good environmental health behaviors, so that these conditions have an impact on their own health

Public Perception of Health

The concept of healthy according to WHO in general is a state of a person who is free from physical, mental, social, spiritual disorders and does not experience disability. According to the people of Percut Sei Tuan Village, precisely ward 14 has the perception that it is said to be healthy when the body condition is not sick, not weak, has an appetite, and has enthusiasm in carrying out daily activities. When the body feels fresh and does not experience complaints that can interfere with activities, then according to the people of Percut Sei Tuan Village this is a healthy condition. In other words, when the people of Percut Sei Tuan village are sick, they get treatment and examination, when the body is healthy, the community does not undergo a medical examination. Health is a state in which a person's body is in good health, entitled to its spiritual side, so that all the work it does is good and beneficial for itself and others. Health can be achieved through simple steps such as exercising, getting the right vitamins, and drinking water.

Community Healthy Behavior

Health behavior is an individual's response to stimuli or substances related to disease, disease, health care systems, food and beverages, and the environment. Some of the health behaviors of Percut Sei Tuan residents are Environment 14, namely people affected by pain and suffering, feet due to house cleaning and farming work, cough/flu climate change and gastric disorders due to inadequate diet. Some people also suffer from an infectious disease

called chickenpox. Public awareness of good hygiene practices (PHBS) is still low. A clean and healthy lifestyle is everyone's responsibility to stay healthy. From hazards to maintaining health and creating a healthy environment, healthy habits should always be followed. These efforts must begin by instilling a healthy mindset in the community and must start from oneself. The effort aims to achieve a high degree of national health as an investment in the development of productive human resources. In continuing these efforts, it is necessary to make efforts to support each other to improve health by improving the welfare of the community, especially families

Diet

The people of Percut Village believe that the importance of the halal concept in their food selection. Coastal communities consider healthy food as food that is not only halal, but also has cooked well so that it is suitable for consumption and not stale. Food halality is considered as the main principle in the selection and consumption of daily food. In addition, rice was identified as an important component in the healthy diet of coastal communities. Respondents concluded that rice is not only a source of energy but also a food that contributes significantly to diet. Dishes accompanied by rice are adjusted to their economic strength. Location of Furcat Village Just because it's near a reservoir doesn't mean people can eat fish every day. Although most people are interested in selling their caught fish for economic purposes, they often set aside some of their catch for their own consumption. Some say that rice is more important than other dishes when making daily dishes.

Physical Activity Patterns

The pattern of physical activity carried out by the residents of Percut Village is called sports activities. The reason is, daily activities require the same amount of energy as physical activity. Coastal communities in the area of Furcut Village work both at sea and on land with different physical conditions, but they adapt to these conditions and affect non-physical conditions. Purcut villagers who work at sea must be physically active because they are exposed to sea conditions during work. In addition, the people of Furcut village work on land near the sea, their physical condition is milder in summer. However, they have special social interactions that help them cope with the situation. A good example for the people of Furcut Village is their ability to do all their daily tasks or do them well. The weakest form of physical activity is not doing daily activities (not moving much) and staying at home. The people of Purcut village believe that a body made to work will live and a body without it will die.

Rest Pattern

The resting patterns of coastal communities are often influenced by fishermen's activities and the availability of marine natural resources. They tend to wake up early to start their work at sea, usually before sunrise, and then rest during the day before resuming activities in the afternoon or evening. These rest patterns can vary depending on local culture and other environmental factors. The resting pattern of coastal communities in Percut villages also tends to be different from those on the mainland because:

1. Wake Up Early: Most coastal communities wake up earlier than people on land around 04:30 -06:00 WIB because their main activities, such as fishing, start before sunrise.

Getting up early also allows them to prepare equipment and go to sea before the weather becomes hostile

2. Sleep longer: usually coastal communities will sleep above 23.00 WIB and coastal communities usually rest or sleep approximately 6-7 hours per day, because often people lack time to rest, it has an impact on their health, the thing that is felt is they often ache / dizziness in the head, body feels weak, and aches.

Bathing Activities

Bathing activities by coastal communities are also influenced by the unique environment and lifestyle. This is because:

1. Water Source: In Percut village, the source of water for bathing usually comes from the sea, river, or well. In some places, especially on small islands, people can bathe directly in the sea or use buckets to collect seawater. However, in other areas that have access to rivers or wells, fresh water may be more commonly used for bathing
2. Bathing schedule: In Percut village the community bathes 2 times a day in the morning and evening, but not infrequently also people in Percut village bathe up to 3x a day because they often do activities in the sea which are sometimes done at night as well.

Provision of personal medicines

Providing personal medicine is common for the Percut Sei Tuan community, the Percut community has an assumption that providing personal medicine is very important, due to limited access to formal health facilities long distances from health centers, and high costs for medical care. Providing personal medicine becomes an urgent need to treat common illnesses or daily injuries, people usually provide medicines such as paracetamol, patches, ointments, bodrex, herbal medicines, etc. In addition, trust in traditional or household medicine can also influence the decision to provide personalized medicine.

Regular Health Check-ups

The idea that developed in the people of Percut Village is that if you like health, you don't need medical evidence. This is one of the reasons why the people of Percut Village do not like regular health checks. Check your body regularly to find out if you are sick. The people of Percut Village mostly come from poor economic conditions and provide basic needs such as clothing, food, and nutrition. This makes them reluctant to spend extra money for routine health checks to check their health.

CONCLUSION

Based on research on public health behavior in Percut Village, it can be seen that there are quite diverse social conditions among these coastal communities. Coastal communities also tend to have limited access to health services and adequate sanitation infrastructure, although they show increased awareness of the importance of health. People's perception of health is often influenced by socioeconomic conditions, but there are efforts to adopt healthy living behaviors, including a better diet, adequate physical activity, and adequate rest. However, there are still some unhealthy practices such as consumption of drugs without a doctor's prescription and lack of access to regular health checks. The importance of using clean water

and proper sanitation is also a focus to improve the health conditions of coastal communities in Percut Village

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