

Transition from Tradition to Modernity: Health Challenges for Coastal Communities in Pematang Cengal Village

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Abstract

Society is always experiencing change, and changes that occur in society are natural and unavoidable, even though changes in one society will be different from changes in other societies. Likewise with the modernization process. According to "The Random House Dictionary of the English Language", the word modern means or relates to the present and current; neither ancient nor remote, characteristic of the present and present; contemporary; neither ancient nor absolute. This means things related to the here and now; neither ancient nor archaic, typical of the present and present; contemporary; not old or outdated. The word modernity means the quality of being modern; something modern. This means quality with a modern feel; something modern. The word modernization means to make modern; to give a new or modern character or appearance, to be modern; adopting modern ways, views, etc. This means making it modern; giving new and modern characteristics or appearance, adopting oneself, a modern outlook and so on. 1 Based on the quote above, the meaning and meaning of the words modern, modernism, modernity and modernization are very clear.

Keywords: Tradition, Modernity, Challenge



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INTRODUCTION

"Tradition" and "modernity" are generally understood as two terms that opposing meanings in the concept of society and the theory of social change. Polarization appear in different characteristics from each other in religious, cultural, social, political and economic aspects. According to the latest edition of the Big Indonesian Dictionary (KBBI), the definition of "tradition" is as tradition : Customs (habits) that are carried out from generation to generation. Things related to customs or traditions that are passed down from generation to generation. This definition shows that tradition includes practices, values, and norms that are maintained in a society and passed down from one generation to the next (KBBI, 2020). The definition of "modernity" according to the latest Big Indonesian Dictionary (KBBI), as well as an example of a bibliography that can be used for further reference. Definition of modernity , modernity (n) is a modern state or nature; modernity. This term is often used to describe social, cultural, and technological changes that occur in society, especially those related to the development of more rational and efficient thinking and ways of life (KBBI, 2020). Modernization cannot be separated from human life, because modernization is a social change that happens in society. Society cannot avoid it because every human society always experiences change and always wants to change. Changes in life This society is a natural social phenomenon, because every human being has unlimited interests. Social change is a process that gives rise to changes in the structure and function of a social system. Coastal areas have strategic meaning, this is because coastal areas are transitional areas (interface) between terrestrial and marine ecosystems, so they have very rich potential for natural resources and

environmental services. However, welfare issues, especially health and economy, are neglected.

Economic and health problems in coastal communities are interrelated, this cannot be separated from their livelihoods which are greatly influenced by weather and seasonal conditions (Aina Ciici Ramdhani 2022). Coastal communities are described as coastal settlements with people living in coastal areas or waters along the boundary between the sea and land including cities and ports on the coast. Coastal communities face various health problems due to environmental and social factors associated with the area. Environmental factors such as climate change, habitat modification, air and water pollution, and remote areas and social factors such as poverty rates, unstable incomes, limited access to health, education and negative health behaviors (Azzeri et al., 2020; Beckman et al., 2016; Cabral, Fonseca, Sousa, & Costa Leal, 2019). Coastal areas are affected by human activities, marine pollution and climate change are among the influential causes and occur cumulatively with additive, antagonistic or synergistic effects. Synergistic effects are very important in coastal area management, because they will have an impact on changes in use. systems and plans to reduce hazards, environmental risks that impact on health (Azzeri et al., 2020; Cabral et al., 2019).

RESEARCH METHODS

The In this study, we used a qualitative method with an in-depth interview approach to gain a deeper understanding of the phenomenon under study. This method was chosen because of its ability to obtain rich and detailed data from participants, as well as providing space for them to express their personal views and experiences.

1. Research Design. This study was designed with a phenomenological approach, which aims to understand the subjective meaning of participants' experiences. We conducted semi-structured interviews, which allowed flexibility in questions while maintaining focus on the research topic.
2. Participant Selection. Participants were selected using purposive sampling technique, where we selected individuals who had relevant experience with the research topic. Inclusion criteria included [mention specific criteria, for example: age, village resident, work experience.
3. Interview Procedure. In this study, an introduction was initially made to the intent and purpose of the researcher coming to the village and then a semi-structured interview was conducted individually with several people in the village, the researcher visited each community's house one by one and asked several questions related to the research that describes the Transition of Tradition to Modernization: Health Challenges of the Coastal Community of Cengal Village, Tanjung Pura District, Langkat Regency, Hamlet III Paluh Nipah. To obtain credible and appropriate data, the results of the interview will be processed and filtered again by the researcher and produce good research.

RESEARCH RESULTS AND DISCUSSION

1. The Role of Traditional Medicine and Local Health Practices. The tradition of using traditional medicine is still an important part of treatment in Dusun II Paluh Nipah. Based on the data obtained, people still often use onions to treat colds or herbal medicine to maintain health. This shows that people still believe in traditional methods that have been passed down from generation to generation. However, modernity began to influence treatment patterns. Midwives who opened practices in villages became the main option for people when they needed medical care. The presence of midwives provided easier access

for residents to obtain modern health services, although challenges such as locations far from health centers were still obstacles. This transition reflects a gradual shift from the dominance of tradition to the adoption of modern health practices.

2. **Education and Change in Health Perception.** Health education delivered through religious activities such as wiridan or yasinan is one of the effective methods in disseminating health information among the community. The material delivered includes the dangers of dirty water, the importance of immunization, and efforts to prevent diseases such as tuberculosis and stunting. This approach shows how local traditions can be used as a means to introduce modern ideas in the field of health. However, challenges arise from the low awareness of some communities to participate in health programs such as integrated health posts. Some mothers are reluctant to bring their children to integrated health posts due to busyness or discomfort, even though they have been given prior notice. This shows that changing perceptions and habits requires time and a more adaptive approach.
3. **Infrastructure and Environmental Challenges Limited Access to Clean Water.** The problem of clean water is one of the main issues faced by the people of Dusun II Paluh Nipah. Water taken directly from the river often causes skin diseases such as itching. In addition, floods that often hit the village worsen the quality of the water, so that people are forced to buy clean water sold in jerrycans. This challenge is compounded by the lack of initiative from the village government to provide sustainable solutions. Respondents revealed that village heads prioritize personal interests over community needs. This indicates the need for active government participation in addressing basic infrastructure issues such as clean water.
4. **Accessibility of Health Facilities.** Although the village has a health post and midwife, the existence of a health center far from the settlement is a big challenge. A 30-minute journey to reach the health center is not easy, especially for people with limited economic conditions. In an emergency, this limited access can hinder optimal health care. Frequent flooding also poses an additional obstacle to travel to health facilities. Poor and damaged road infrastructure further exacerbates this situation, leaving rural communities feeling isolated from better health services.
5. **Social and Economic Aspects Dependence on the Sea and Economic Uncertainty.** The majority of the community in Dusun II Paluh Nipah work as fishermen, with incomes dependent on sea catches. Dependence on the sea makes their income unstable, which in turn affects their ability to access modern health services. Debt is also a common problem in the community, with fishermen often relying on middlemen (toke) for business capital. This economic uncertainty contributes to low community participation in health programs. For example, nutritious food programs for pregnant women and children are often delayed due to resource constraints due to flooding and other logistical issues.
6. **The Influence of Culture on Health.** Local culture plays an important role in determining people's health behavior. For example, the use of traditional birth attendants, although it has been abandoned. In addition, the mindset that considers health as something that is not urgent also affects the level of community participation in health programs. However, with regular education by health workers, there is hope that the community's mindset will change. The delivery of information through a local cultural approach can be key in encouraging the community to be more proactive in maintaining health.

Interview Transcript

1. How would you describe the health conditions of coastal communities before modernization? Respondents stated that the diseases that often occurred in the area were

gastroenteritis and chicken pox. The gastroenteritis disease occurred because sometimes the fish obtained were not good, and the way the fish were processed was not cooked or half-cooked, so the disease occurred.

2. Are there any health traditions that are starting to be abandoned due to the development of modern health services? If so, what are they? Respondents admitted that the differences in the past and now are very different if in the past it was difficult to get something and there was a shortage of everything but now everything is available and easy to get, people in the area farm and garden to meet their needs such as rice, vegetables and fruits and some are fishermen go to sea to get fish. Then the respondents admitted that in the past during the labor or delivery process in the area there were no midwives, they gave birth by helping each other or using a midwife even to cut the baby's umbilical cord they used an ordinary knife without medical tools, but now it is modern there are midwives and midwives are no longer operating in the area.
3. What are the biggest challenges faced in efforts to improve the health of coastal communities in the modern era? Respondents said that because the water comes directly from the river. Diseases that often occur are itching or diseases caused by dirty water. This is an obstacle but is common in the village.
4. How do coastal communities access modern health facilities such as community health centers, hospitals or pharmacies? Respondents stated that regarding health services when they are sick, there are clinic midwives who come from house to house and there are also those who use traditional medicine such as drinking herbal medicine and others, then regarding the provision of nutritious food, they have received it from the health center every day such as additional food for pregnant women, malnourished children but because of the flood, the provision of nutritious food was delayed.
5. To what extent do coastal communities receive education about the importance of modern health services? Respondents stated that currently it is still far from sufficient and needs to be improved further regarding education, especially since this is a remote area so it really needs something called health education and some people such as fishermen still have not received education, so so far it needs to be improved further.
6. Has the government addressed the problem of flooding in this area? Respondents stated that flooding was an obstacle to travel in the village. The government has overcome it, but Pematang Cengal village is surrounded by rivers, making it difficult to handle it. To get clean water, there are clean water sales using jerry cans that are sold to residents.

CONCLUSION

The transition from tradition to modernity in the health aspect in Dusun II Paluh Nipah shows a complex dynamic. On the one hand, the community is starting to accept modern health services such as midwives and community health centers. On the other hand, local traditions such as the use of traditional medicine and traditional birth attendants still have a place in everyday life. The challenges faced include limited access to clean water, poor infrastructure, and economic instability. To overcome these challenges, collaborative efforts are needed between the government, health workers, and local communities. Some recommendations that can be given include: Basic Infrastructure Improvement: The government needs to prioritize the development of clean water facilities and improvements to road infrastructure to support accessibility to health services. Culture-Based Education: Delivering health information through local cultural approaches, such as wiridan and yasinan, needs to be continuously carried out to increase public awareness. Strengthening Village Health Services: Adding health facilities at the village level, such as small clinics or doctor visit

programs, can help address limited access to health centers. Economic Diversification: Training and economic empowerment programs for fishing communities can help reduce dependence on marine products and increase income stability.

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