



Life Satisfaction Level: A Study of Traditional Fishermen in Paluh Sibaji Village, Deli Serdang District, Indonesia

Umi Salmah^{1*}, Sri Malem Indirawati¹, Annisa Rizka Lestari¹, Najwa Nandita Dwinda¹, Dinda Fachrani Akri¹

¹Faculty of Public Health, Universitas Sumatera Utara, Medan, Sumatera Utara, Indonesia

Email correspondence: umisalmah@usu.ac.id

Track Record Article Revised: 30 March 2025 Accepted: 05 June 2025 Published: 12 June 2025 How to cite: Salmah, U., Indirawati, S. M., Lestari, A. R., Dwinda, N. N., & Akri, D. F. (2025). Life Satisfaction Level: A Study of Traditional Fishermen in Paluh Sibaji Village, Deli Serdang District, Indonesia. <i>Contagion: Scientific Periodical Journal of Public Health and Coastal Health</i> , 7(1), 11–25.	Abstract <i>Indonesia ranks 80th in the world's happiness index, lagging behind neighboring countries such as Singapore (30th), Malaysia (59th), and Thailand (58th). The happiness index consists of three dimensions: life satisfaction (education, work, and home facilities), feelings (happiness, anxiety, and depression), and meaningfulness of life (independence, environmental mastery, and self-acceptance). In 2021, North Maluku was the happiest province while North Sumatra had the lowest happiness index, nationally ranking seventh lowest and being one of the provinces with poor incomes, education, and housing facilities experienced by fishermen in Indonesia. This study aims to analyze the Life Satisfaction Level among fishermen. This was a descriptive cross-sectional study with 107 samples taken based on the Slovin formula from the population of 700 people. The data was obtained by using a questionnaire that had been tested for the validity and reliability. A univariate data analysis was performed by using SPSS version 25. The results showed that 47.66% respondents were >45 years old, 43.93% completed junior high school, 7.67% had 5-10 years of work experience, and 57.94% smoked. While 52.34% perceived their quality of life as not good, 85.98% felt not secure about old age, 77.57% felt their jobs did not meet financial needs, 82.24% reported their finance was not good enough, 60.75% felt their health quality was not good, and 74.77% found their living conditions were inadequate. Moreover, 64.49% considered that their sleep quality was not good, 77.57% had bad social relationships, and 64.49% struggled to manage negative emotions. Only 47.67% of the fishermen considered that their quality of life was good. Most of these traditional fishermen had low levels of life satisfaction. Therefore, improving welfare through expansion of economic opportunities, access to health services, and community-based social support is needed to enhance the quality of life and resilience of the fishermen.</i> Keywords: Fishermen, Life, Satisfaction, Traditional, Worker.
--	--

INTRODUCTION

The World Happiness Report 2024 released by The Wellbeing Research Center of Oxford University, in collaboration with the Sustainable Development Solutions Network United Nations, reveals that Finland is the happiest country in the world with the highest score of 7,741, out of a total of 143 countries surveyed. Meanwhile, Indonesia is ranked 80th, and this is far below several neighboring countries such as Singapore (ranked 30), Malaysia (ranked 59), and Thailand (ranked 58). The dimension of life satisfaction consists of individual satisfaction from what people want to obtain such as education, work, and home facilities. The dimension of feelings includes feelings of happiness, not being anxious or depressed. Meanwhile, the dimension of the meaning of life comprises independence, environmental mastery, and self-acceptance.

The happiest province in Indonesia in 2021 was North Maluku while North Sumatra was the province with the lowest happiness index. The happiness of the people in North Sumatra is ranked seventh lowest at the national level. Life satisfaction is a general psychological well-being or a sense of satisfaction with the life, with indicators of the fulfillment of one's needs and desires. Life satisfaction is also often interpreted as happiness over the acceptance of life today, which is assessed by various subjective constructs. Such acceptance of life certainly varies from individual to individual, including traditional fishermen.

Two-thirds of Indonesia's territory is ocean, indicating its high potential for marine resources. The potential of marine resources includes not only fish or seaweed but also diverse marine ecosystems, energy, and minerals. Activities related to marine resources have been widely practiced by Indonesian people, spreading across 12,879 villages directly adjacent to the sea, and one of which is Paluh Sibaji Village of Pantai Labu Sub-district (BPS RI, 2023).

Traditional fisherman is the most profession in Paluh Sibaji Village. Since ancient times, fishermen have been one of the oldest professions in Paluh Sibaji Village because of the coastal area. Fishermen in Paluh Sibaji catch fish and other marine species for commercial purposes. Although it looks simple, this job requires special knowledge and skills, such as understanding weather patterns, ocean currents, and fish habits.

Traditional fishermen sometimes work for days in the sea but their monthly income is below the district minimum wage of IDR3,400,016. In addition to health reasons, fishermen do not go to sea to earn a living because of high winds and rainfall, so this factor also causes their low income. Besides the problem of opinion, traditional fishermen also have problems related to sanitation. tidal floods that always occur in the coastal environment make coastal areas include areas with poor sanitation. Poor sanitation can certainly affect health which has an impact on a person's quality of life. In general, coastal areas such as Paluh Sibaji village depend on the economy by working as fishermen.

Choosing a job as a fisherman is a great alternative to fulfilling family needs due to limited education and experience factors. Being a fisherman is also a profession that has been passed down from generation to generation among the community of Paluh Sibaji Village. Working as a traditional fisherman certainly has various problems which will also affect the overall level of life satisfaction. Moreover, the environment where fishermen work has a high risk of causing problems for their safety and health. Safety and health risks in carrying out work as fishermen include hypertension, hypothermia, and heat stress. The safety problems that occur and cause work accidents experienced by fishermen can include slipping/falling, being

cut/stabbed, being hit by falling objects, and other incidents such as burns/injuries due to explosions or injuries due to ship engines.

Previous studies have analyzed life satisfaction from the dimensions of feelings and meaning of life while, in this study, life satisfaction is assessed based on personal life satisfaction and social life satisfaction. The life satisfaction is previously studied with many subjects related to the general public while the subjects of this study are traditional fishermen who are classified as a lower-class worker. This study examines personal life satisfaction which consists of subjectively perceived quality of life, old age security, work results that meet financial needs, adequate finances, health quality, housing conditions, and sleep quality.

The social life satisfaction studied includes positive life in society, work that guarantees the future, social relationships, ability to manage negative feelings, and free time. This study also examines job satisfaction among traditional fishermen in Paluh Sibaji Village because job satisfaction also affects fishermen's life satisfaction. The correlation analysis and hierarchical regression analysis reveal a statistically significant relationship between job satisfaction and a person's life satisfaction, even after demographic and socioeconomic variables are controlled.

METHODS

This study was descriptive research that aimed to determine the level of life satisfaction among traditional fishermen. This research was conducted using a cross-sectional study design because the data collection for all the variables was carried out together. The population in this study was the traditional fishermen in Paluh Sibaji Village totaling 700 people based on the village data, and the number of samples obtained after using the Slovin formula with a confidence interval of 99% was 107 fishermen from a simple random sampling technique. This method provides equal and unlimited opportunities for each element of the population to be selected as a sample. Each element of the population independently has the probability of being selected once without returning, and the sample is taken by lottery. The data analysis in this study used the descriptive analysis, an analysis carried out to obtain an overview of the distribution and frequency of each research variable, and the data was processed using SPSS version 25. The researcher measured the quality of life by adopting the SEIQoL-DW (Self Evaluative Quality of Life- Direct Weight) questionnaire. The data were obtained by distributing questionnaires that had previously been tested for the validity and reliability to 30 fishermen in Regemuk Village, which had the same characteristics as Paluh Sibaji Village. The results of the validity and reliability test are as follows:

Table 1. Item Validity and Reliability Test Results The instrument of life satisfaction level in Traditional Fishermen

Life Satisfaction	Corrected Item-Total	Status
Question 1	0.514	Valid
Question 2	0.364	Valid
Question 3	0.598	Valid
Question 4	0.443	Valid
Question 5	0.499	Valid
Question 6	0.462	Valid
Question 7	0.452	Valid
Question 8	0.395	Valid
Question 9	0.514	Valid
Question 10	0.724	Valid
Question 11	0.704	Valid
Question 12	0.442	Valid
Reliability	Cronback's Alpha	0.837

From the table above, shows that all the 12 life satisfaction variables have r-count value > 0.361 (r-table) with Cronbach's alpha value of 0.745, so it can be concluded that all the questions are valid and reliable.

RESULTS

Frequency Distribution of Respondent Characteristics

Tabel 2. Frequency Distribution of Age, Education Level and Length of Service of Traditional Fishermen in Paluh Sibaji Village

Age (Years)	n	%
<25	8	7.48
25-45	48	44.86
> 45	51	47.66
Total	107	100
Education	n	%
Primary School	26	24.30
Junior High School	47	43.93
Senior High School	34	31.77
Total	107	100
Working Period (Years)	n	%
<5	24	22.43
5-10	51	47.67
>10	32	29.90
Total	107	100
Smoke	n	%
Yes	62	57,94
No	45	42,06
Total	107	100

Based on the table, there were 51 respondents aged >45 years old (47.66%), 47 people finished junior high school (43.93%), 51 people had 5-10 years of service (47.67%), and 62 people (57.94%) smoked.

Life Satisfaction of Traditional Fishermen in Paluh Sibaji Village

Table 3. Life Satisfaction of Traditional Fishermen in Paluh Sibaji Village

Life Satisfaction of traditional Fishermen in Paluh Sibaji Village									
No	Question Items	Good		Enough		Less		Total	
		n	%	n	%	n	%	n	%
1.	Life Quality	51	47.67	47	43.93	9	8.41	107	100
2.	Old Day Guarantee	15	14.01	63	58.88	29	27.10	107	100
3.	The Work Results Meet The Financial Needs	24	22.43	26	24.30	57	53.27	107	100
4.	Financial is Good Enough	19	17.76	30	28.04	58	54.20	107	100
5.	Health Quality	42	39.25	33	30.84	32	29.91	107	100
6.	Living Conditions	27	25.23	34	31.78	46	49.99	107	100
7.	Sleep Quality	38	35.51	37	34.58	32	29.91	107	100
8.	Positive Value in The Community	72	67.29	21	19.63	14	13.08	107	100
9.	Guaranteed Job in The Future	23	21.49	65	60.75	19	17.76	107	100
10.	Sosial Relation	24	22.43	69	64.49	14	13.08	107	100
11.	Manage Negative Feelings	38	35.51	28	26.17	41	38.32	107	100
12.	Have Free Time	45	42.06	44	41.12	18	16.82	107	100

The table shows that the respondents mostly felt that their quality of life was good (51 people or 47.67%), their old age security was sufficient (63 people or 58.88%), their work was not sufficient for their financial needs (57 people or 53.27%), and their finances were insufficient (58 people or 54.20%). Meanwhile, 42 people felt that their current health quality was good (39.25%), 46 felt that their current living conditions were inadequate (49.99%), and 38 felt that their current sleep quality was good (35.51%). In addition, there were 72 people who perceived that the positive values in society were in the Fairly Good category (67.29%), 65 people perceived that being a traditional fisherman in Paluh Sibaji Village could guarantee a future was in the Fair category (60.75%), and 69 people felt that the social relations were in the Fair category (64.49%). The traditional fishermen in Paluh Sibaji Village had a positive attitude towards society with a Fairly Good category (70 people or 69.99%), were able to manage negative feelings with a Less than Sufficient category (41 people or 38.32%), and felt they had free time with a Good category (45 people or 42.06%)..

Level of Life Satisfaction among Traditional Fishermen in Paluh Sibaji Village

Table 4. Level of Satisfaction among traditional Fishermen in Paluh Sibaji Village

Level of Life Satisfaction	N	%
Good	30	28.04
Enough	41	38.32
Less	36	33.64
Total	107	100

The table indicates that the highest number of respondents with a sufficient level of life satisfaction was 41 people (38.32%), and 36 people were in the less life satisfaction category (33.64%).

DISCUSSION

There were 41 people out of 107 respondents who stated that they felt that their quality of life was in the sufficient category. The life satisfaction in this study was assessed based on the personal life satisfaction and social life satisfaction of the traditional fishermen in Paluh Sibaji Village. The findings showed how the traditional fishermen in Paluh Sibaji Village accepted their current personal and social life experiences. This quality of life also described the financial adequacy of their work, quality of health, satisfaction with the condition of their residence and the quality of sleep they felt, as well as how their social satisfaction was, such as positive values in society, good social relationships, managing negative feelings, having free time, and feeling that their current job was also less able to guarantee the future. This is different from the research in Kemadang which states that the fishermen in Kemadang Village have a low quality of life due to low human resources (Trijayanti & Muta'ali, 2017).

However, the findings align with Sabillah et al., (2022) who highlight that fishermen's quality of life is influenced by physical, psychological, and social factors. Physically, older age, low economic status, and heavy workloads lead to exhaustion, health risks, and limited access to healthcare. Continuous exposure to extreme weather and demanding physical labor further deteriorate their well-being. Psychologically, high stress, job insecurity, and financial instability contribute to anxiety, emotional distress, and reduced motivation. The unpredictable nature of fishing, which is dependent on weather and fish availability, adds to mental strain. Socially, the lack of strong social support, limited government assistance, and economic hardship weaken their social interactions and future security. Similarly, the traditional fishermen in Paluh Sibaji Village experienced these challenges, emphasizing the urgent need for improved health services, financial support, and policies that ensure long-term well-being.

There were 29 people out of 107 respondents who felt that they did not have good old age security. Workers are given health insurance from the government but these fishermen did not have old age security because they did not participate in the program at the Social Security Administration for Employment. According to the research conducted by Handayani et al., (2021), the fulfillment of social security rights for the community is still not optimal, especially in the aspects of education, economy, and health. Some people still have not obtained social security in the health sector, such as BPJS membership, which causes difficulties in obtaining

health services. This is in line with Pradeep (2018) who highlights that fishermen face high occupational risks, including injuries, illnesses, and financial instability, yet often remain excluded from social security schemes. The study emphasizes the need for comprehensive policies integrating social assistance with structured employment security programs to improve fishermen's welfare. However, bureaucratic challenges and low awareness hinder participation, thus limiting the benefits received. Therefore, strengthening outreach efforts, simplifying registration, and expanding coverage are crucial for ensuring adequate social security for fishermen.

There were 57 people out of 107 respondents who stated that their work results could not meet their financial needs properly. The results of the work did not meet financial needs because the income earned was below the minimum wage of the surrounding district, which was IDR3,505,076. Moreover, many were found to live in one house with several heads of families, making the size of the house no longer suitable for the large number of occupants. This is in line with the results of the research conducted by Ahmad et al (2021) which state that fishermen face major challenges in balancing household income and expenses. They only rely on fish catches to meet their daily needs. The average income of the respondents is below the poverty line while most state that their household expenses exceed their income.

This condition aligns with Bhattacharya et al., (2024) who finds that many fishermen live in inadequate housing with poor sanitation, making them vulnerable to environmental risks. Their financial struggles are worsened by low and unstable income, often relying on a single household provider. Similarly, the fishermen in Tambaklorok Village, Indonesia, face housing challenges due to their limited earnings (Indrianingrum et al., 2019). Despite government efforts to improve sanitation, financial constraints prevent many from securing better living conditions. In addition, although there are abundant marine resources, fishing income remains insufficient due to low productivity, fluctuating fish prices, and lack of alternative income sources. The study suggests entrepreneurship and institutional support, such as fish processing and aquaculture, to help fishermen achieve financial stability and improve their livelihoods (Tan et al., 2023).

As many as 68 people out of 107 respondents felt their income was not enough to meet their living needs. The traditional fishermen in Paluh Sibaji stated that the income they earned could not be saved in the form of savings. This means that their economic life is classified as subsistence, or using almost all their income to meet consumption needs. This finding is different from the research conducted by Devita which states that the average income of fishermen in Sukabumi Regency is greater than the prevailing district minimum wage, thus

enabling the fishermen in Sukabumi Village to have a decent income and live prosperously (Devita et al., 2023). This condition aligns with Rahayu et al (2023) who find that fishermen's economic lives are subsistence-based, with most of their income being used for daily consumption, leaving little room for savings. High family dependents, fluctuating income, and reliance on fishing as the primary source of livelihood contribute to their financial instability.

There were 32 people out of 107 respondents who stated that they felt their health quality was in the poor category. The interview results also showed that working as fishermen had a bad impact on their health and this was a risk for them in working. The health complaints they felt were coughing, itching on the skin, fever, headaches, flu, and others. They said that even so they had to keep working to meet the needs of their families. The traditional fishermen in Paluh Sibaji Village did not work every day and sometimes had to go to the sea for days with poor sanitation, and to overcome drowsiness and the cold night wind, the majority of the fishermen smoked. This is in line with the research conducted by Subarjo et al (Subarjo et al., 2021) on the occupational health status of the fishermen in Papela Village, East Rote District, Rote Ndao Regency which is mostly in the low category with a proportion of 60.6%. This condition is caused by one or more diseases experienced by the fishermen, such as anemia with a proportion of 26.6%, musculoskeletal complaints with a proportion of 18.7%, and skin diseases with a proportion of 38%.

Fishermen are also vulnerable to various occupational health issues due to prolonged exposure to harsh environmental conditions. Noman et al., (2020) report that fishermen frequently experience skin diseases (31.7%), musculoskeletal pain (29.7%), and fever (24.3%) due to direct contact with seawater, poor hygiene, and physically demanding labor. Additionally, Yan et al., (2022) find that exposure to extreme temperatures and high humidity contributes to fatigue and heat-related illnesses, further deteriorating their health. Despite these risks, fishermen continue working under these conditions to sustain their livelihoods.

Sunlight radiation also causes some workers to experience red and blackened skin, especially workers who sweat often, causing itching on the skin. One article links the prolonged exposure of fishermen and other workers to sunlight in their work environment with skin conditions caused by ultraviolet radiation (Gruber et al., 2007).

Biological factors also play a role in increasing health problems. Some traditional fishermen in Paluh Sibaji did not use gloves when working, so they often got pricked by fish bones. Protective gloves are essential in preventing fishermen from injuries caused by sharp knives, razor blades, fish spine punctures, and bites (Ngaruiya et al., 2019).

The traditional fishermen in Paluh Sibaji mostly complained about pain in the waist and shoulders and aches in the calves due to pulling very heavy nets, especially fishermen who were over 45 years old. These complaints occurred due to the impact of wrong working methods. Based on the observations conducted in Borgo Satu Village among four fishermen, it was found that three had experienced shoulder, back, arm, leg, and neck pain due to excessive muscle exertion, working hours exceeding normal limits, and improper working postures (Ayudea et al., 2022).

There were 46 people out of 107 respondents who stated that the condition of their residence was in the poor category. According to the traditional fishermen, the condition of their residence was still minimal with inadequate houses, especially the problem of clean water. The results of this study are in line with the research conducted by Shofa and Hadi (2017) which shows that the environmental sanitation conditions in the fishermen's settlement in Tanjung Luar Village are still considered low. This is due to the densely packed settlements, the difficulty in accessing clean water, especially PDAM water, and the improper disposal of waste and human excrement, which are discarded on the beach or riverbanks as there is no available waste disposal site.

Some of the fishermen lived in houses that were equipped with adequate sanitation facilities even though the type of the house was not big. Some other houses were occupied not only by one family but by several families; besides, there were still fishermen who rented houses for them to live in. Many fishermen live in overcrowded housing with inadequate sanitation, thus increasing health risks. Kalumbi et al., (2020) find that 71% of fishing households in Malawi rely on unsafe water sources while 86% use basic pit latrines, limiting hygiene practices Malombe et al., (2020). Similarly, it is reported that although 98.6% of fishermen wash hands, 62.4% use only water without soap, thus increasing disease transmission risks. Poor sanitation and hygiene conditions among fishermen expose them to infectious diseases, indicating that improved access to clean water, sanitation facilities, and hygiene education are required (Raine et al., 2023).

There were 46 people out of 107 respondents who felt that their sleep quality was not good. The traditional fishermen stated that their sleep quality was on average less than while some even more than 5-7 hours a day. They also stated that their sleep was not sound, and they experienced disturbances such as when going to sea with high waves. Sometimes when they were at home all day they slept because they were making up for the sleep time that was reduced when going to the sea the previous day. Most of those who had a sleep quality of less than 5-7 hours a day were elderly traditional fishermen. Meanwhile, based on the research conducted

by Cahyawati et al., (2024), 42 respondents (64.6%) have poor sleep quality (<8 hours). Fishermen have poorer sleep quality compared to other occupations (Habel et al., 2018). Similarly, Laraqui et al (Laraqui et al., 2022) report that coastal fishermen have an average sleep duration of 5.5 ± 0.9 hours on workdays, with 47.2% experiencing chronic insomnia. This highlights the high prevalence of sleep disorders among fishermen, which can negatively impact their health and occupational safety.

There were 72 people out of 107 respondents who claimed to have a positive life in society with a good category. Some traditional fishermen in Paluh Sibaji Village felt useful because they could survive with a halal livelihood and were accepted in society, especially since according to them life in Paluh Sibaji Village was almost the same. However, 14 people felt belittled because of their financially difficult life. According to Rasyid and Amir (2022), through fishing activities fishermen can earn income to fulfill their daily needs. Besides economic aspects, the fishing profession also provides social and mental benefits. Nieman finds that fishermen gain various values and advantages from fishing activities, including recreational access, nutrition, social community, and improved mental health. Fishing not only serves as a food source but also shapes community identity and strengthens social bonds among fishermen (Nieman et al., 2021).

There were 65 people out of 107 respondents who stated that working as traditional fishermen was sufficient to guarantee their future life. Some of the traditional fishermen stated that, even though they were no longer young, they continued to work, and there was no retirement period unless they were no longer able to work. According to the research conducted by Ermayanti based on BPS Pasaman Barat data, specifically in Nagari Air Bangis, Sungai Beremas District (2008), approximately 12% (2402 people) reflect the factual condition of elderly fishermen who are still productive in carrying out fishing activities (Ermayanti, 2014). According to a study in Madrid, women have a worse quality of life than men and quality of life worsens with age (Ausín et al., 2020).

In line with this, Zytoon and Basahel (2017) find that fishermen aged 50 and above experience declining physical capacity, making them more vulnerable to injuries and chronic illnesses. However, many continue working due to economic necessity and the absence of a formal retirement system. Their ability to sustain work largely depends on their physical health and available support on fishing vessels. There were 69 out of 107 respondents who stated that their social relationship was quite good. The traditional fishermen showed a close relationship in carrying out their work with fellow co-workers and ship owners. This happened because they felt the same balance because of the same experience as fishermen. This was proven when

one of them did not work because of something like illness, they would not immediately dismiss him, but they still accepted him to work as long as he was healthy.

The social relationship that occurred among the traditional fishermen in Paluh Sibaji Village was a reciprocal relationship between one worker and another and influenced each other in doing work to help each other, protect each other, and remind each other. This relationship has occurred since long ago especially because most of them still had kinship ties. This is in line with the results of the research on the fishermen in Minanga Village, Bintauna District who have high solidarity and are solid in helping each other, and establishing good relationships between fishermen is one form of social interaction, where there is good communication and a sense of togetherness and solidarity between fishermen (Karim et al., 2020). Richmond and Casali (2022) find that strong social relationships among fishermen help them support each other, overcome challenges, and maintain their livelihoods. Trust and cooperation ensure that they can continue working even in difficult times. However, when these connections weaken, fishermen face greater hardships, thus showing the importance of maintaining good relationships in their work.

As many as 41 people out of 107 respondents stated that traditional fishermen could manage negative feelings such as "feeling blue" (loneliness), despair, anxiety, and depression with a less good category. Human feelings consist of two forms, namely positive feelings and negative feelings, and negative feelings tend to be destructive; therefore, an effort is needed to manage them. The traditional fishermen in Paluh Sibaji village were mostly devout, so they always felt grateful, happy, and sincere in living their lives including in working. The fishermen often gathered when they were not working, sitting in a coffee shop besides resting, and this place was also used as a place to exchange ideas, discuss their problems, and consider co-workers as brothers. However, many respondents were found to feel hopeless because the activities were carried out continuously for years or even decades. The fishermen felt anxious and depressed, afraid of what if they could no longer work while there were no other skills than being fishermen. This is in line with the research conducted by Husian and Rauf (2024) which finds a significant negative correlation between perceived stress and life satisfaction as well as perceived stress and mental well-being and a significant positive correlation between life satisfaction and mental well-being. This study also found that there was a significant relationship between perceived stress, life satisfaction, and mental well-being among married and unmarried fishermen.

Similarly, Hu et al., (2022) reveal that fishermen face high levels of anxiety due to unstable income, harsh conditions, and uncertain futures. Chronic stress increases neuroticism,

making them more prone to anxiety and depression. This aligns with the condition of the fishermen in Paluh Sibaji, who struggled with hopelessness and fear of being unable to work. However, social bonds and religious beliefs helped some to manage these emotions, thus highlighting the need for community support and mental health awareness.

There were 45 people out of 107 respondents who stated that they had free time with a good category. Free time was a time when these traditional fishermen did what they liked and relaxed. Working as a fisherman does not necessarily make workers lose time to relax and participate in other activities such as parties, joining worship during holidays, and others. The workers started at 06.00 a.m., and sometimes they were in the sea for 2 or 3 days. There were also fishermen who left in the morning and returned in the evening at around 06.00 p.m. This finding differs from the study conducted by Cahyawati et al., (2024) which finds that fishermen have a demanding work schedule, leading to reduced rest time and potentially causing work-related fatigue.

CONCLUSION

The traditional fishermen who felt their quality of life was good were only 47.67%, whereas 53.27% felt their work was not enough to meet their financial needs. Meanwhile, 54.20% felt that their finances were not enough because there was an imbalance between income and expenses. In addition, some of them still rented a house and had children to support. Only 39.25% of the traditional fishermen felt their current health quality was good, whereas on average the fishermen felt pain in the neck, dizziness, and headaches. This led to a fear that some of these fishermen had hypertension likely caused by the high daily sodium consumption in the processed seafood consumed by their families. High blood pressure often does not show symptoms. Over time, if not treated immediately, it can cause health problems, such as heart disease and stroke. Hypertension occurs when systolic pressure is above 130 mmHg and diastolic pressure is more than 80 mmHg. Blood pressure that exceeds this number is a dangerous condition and must be treated immediately. Around 49.99% fishermen in Paluh Sibaji felt that the current condition of their residence was only adequate. Most of the traditional fishermen had low levels of life satisfaction. Therefore, improving welfare through expansion of economic opportunities, access to health services, and community-based social support is needed to improve the quality of life and resilience of the fishermen.

REFERENCE

- Ahmad, Z., Azlan, N. N. A., Razak, W. M. W. A., Zahar, A. S. M., Tinik, R. I., & Rahman, B. A. (2021). Coastal Fishermen' s Quality of Life in Kuala Dungun : A Study of Income and Household Expenditure Coastal Fishermen ' s Quality of Life in Kuala Dungun : A Study of Income and Household Expenditure. *International Journal of Academic Research in Business and Social Sciences*, 1(18), 191–201. <https://doi.org/10.6007/IJARBS/v11-i18/11627>
- Ausín, B., Zamorano, A., & Muñoz, M. (2020). Relationship between Quality of Life and Sociodemographic , Physical and Mental Health Variables in People over 65 in the Community of Madrid. *International Journal of Environmental Research and Public Health*, 17(22). <https://doi.org/10.3390/ijerph17228528>
- Ayudea, A., Engka, A., Sumampouw, O. J., Kaunang, W., Masyarakat, F. K., Sam, U., Manado, R., & District, B. (2022). Postur Kerja dan Keluhan Muskuloskeletal pada Nelayan di Desa Borgo Satu Kecamatan Belang. *KESMAS: Jurnal Kesehatan Masyarakat Universitas Sam Ratulangi*, 11(4), 44–51.
- Bhattacharya, S., Das, B. K., Roy, A., Nayak, P. K., Saha, A., Parida, P. K., Lianthuamluaia, L., Mondal, K., & Chakraborty, S. (2024). Socio-Economic Profile and Vulnerabilities Assessment in Small-Scale Fisheries of Lower Gangetic Flood Plain Wetland: An Initiative Towards Achieving Wetland Ecosystem Sustainability and Community Well-Being. *Sustainability*, 16(21). <https://doi.org/doi.org/10.3390/su16219583>
- BPS RI. (2023). *Statistik Sumber Daya Laut dan Pesisir 2020*.
- Cahyawati, S., Sillehu, S., & Wakan, I. F. (2024). Hubungan Karakteristik Individu dengan Kelelahan Kerja pada Nelayan Tradisional di Dusun Tanah Merah Kecamatan Huamual Belakang Kabupaten Seram Bagian Barat Sunik Cahyawati Sahrir Sillehu. *OBAT: Jurnal Riset Ilmu Farmasi Dan Kesehatan*, 2(1). <https://doi.org/doi.org/10.61132/obat.v2i1.148>
- Devita, D., Meilani, E. H., & Astutiningsih, E. T. (2023). Analisis Pendapatan Masyarakat Nelayan di Desa Cikahuripan Kabupaten Sukabumi. *Jurnal Ilmiah Mahasiswa AGROINFO GALUH*, 10(2), 1196–1205.
- Gruber, F., Peharda, V., Kastelan, M., & Brajac, I. (2007). Occupational skin diseases caused by UV radiation. *Acta Dermatovenereologica Croatica : ADC*, 15(3), 191–198.
- Habel, P. R. G., Silalahi, P. Y., & Taihuttu, Y. (2018). Hubungan Kualitas Tidur dengan Nyeri Kepala Primer pada Masyarakat Daerah Pesisir Desa Nusalaut, Ambon. *Smart Medical Journal*, 1(2). <https://doi.org/https://doi.org/10.13057/smj.v1i2.28698>
- Handayani, P., Muchtar, H., & S, N. (2021). Pemenuhan hak terhadap jaminan sosial masyarakat. *Jurnal Ideologi Dan Konstitusi*, 1(2), 66–74.
- Hu, K., Li, S., Jiang, H., & Yang, J. (2022). The stress model of neuroticism and anxiety symptoms in fishermen. *International Maritime Health*, 73(4), 203–212. <https://doi.org/https://doi.org/10.5603/IMH.2022.0035>
- Husian, A., & Rauf, A. (2024). Perceived Stress, Life Satisfaction and Mental Well-Being of Fishermen in Kerala. *Psychology and Mental Health Care*, 8(4). <https://doi.org/10.31579/2637-8892/265>
- Indrianingrum, L., Nor, M., Azman, A., & John, K. (2019). Layout Tambaklorok Fisherman Village of Low-Income Housing: A Case Study of the Central Java , Indonesia. *International Journal of Innovation, Creativity and Change*, 7(6), 162–178.
- Kalumbi, L. R., Thaulo, C., Macpherson, E. E., & Morse, T. (2020). Perspectives and Practices on Water , Sanitation , and Hygiene from a Fishing Community along lake Malombe, Southern Malawi. *International Journal of Environmental Research and Public Health*, 17(18).
- Karim, N., Durand, S. S., & Dien, C. R. (2020). Solidaritas Sosial Masyarakat Nelayan di Desa Minanga Kecamatan Bintauna Kabupaten Bolaang Mongondow Utara Provinsi Sulawesi

- Utara. *AKULTURASI*, 8(2), 229–241. <https://doi.org/10.35800/akulturasi.8.2.2020.31028>
- Laraqui, O., Roland-Levy, C., Manar, N., Laraqui, S., Ghailan, T., Deschamps, F., & Laraqui, C. E. H. (2022). Health status, sleeping habits and dyssomnia of coastal fishermen. *International Maritime Health*, 73(4), 163–171. <https://doi.org/{ }>
- Ngaruiya, F. W., Ogendi, G. M., & Mokua, M. A. (2019). Occupational Health Risks and Hazards Among the Fisherfolk in Kampi Samaki, Lake Baringo, Kenya. *Environmental Health Insights*, 13, 1178630219881463. <https://doi.org/10.1177/1178630219881463>
- Nieman, C. M., Rudman, A. N., Chory, M. L., Murray, G. D., Fairbanks, L., & Campbell, L. M. (2021). Fishing for food: Values and benefits associated with coastal infrastructure. *PLOS ONE*, 16(4), e0249725. <https://doi.org/https://doi.org/10.1371/journal.pone.0249725>
- Noman, M. A. Al, Sharmin, T., Shoshi, F. K., Sanjida, Anee, K. F., Hossain, M. B., Islam, M. N., & Khan, M. S. I. (2020). Occupational hazards and health care seeking behavior of fishermen. *Asian Journal of Medical and Biological Research*, 6(1), 38–43. <https://doi.org/10.3329/ajmbr.v6i1.46477>
- Pradeep, M. D. (2018). A Study on the Effectiveness of Social Security System for the Fisher Folks in Mangaluru A Study on the Effectiveness of Social Security System for the Fisher Folks in Mangaluru. *International Journal of Management, Technology, and Social Sciences*, 3(2), 34–46. <https://doi.org/http://doi.org/10.5281/zenodo.2594630>
- Rahayu, I., Herawati, T., Nurhayati, A., MS, Y., HS, A. A., & Sunarto, S. (2023). Kondisi sosial dan ekonomi nelayan dari kegiatan penangkapan lobster (*Panulirus Sp.*) di Wilayah Pesisir Pantai Pangandaran Provinsi Jawa Barat. *Acta Aquatica: Aquatic Science Journal*, 10(2), 153–157. <https://doi.org/10.29103/aa.v10i2.10655>
- Raine, D., Kumar, S., & Mohd, Z. S. (2023). A study on Water, Sanitation , and Hygiene (WASH) Practices among Fisherwomen in Udupi Taluk. *International Journal of Current Research and Review*, 15(09), 14–18. <https://doi.org/https://doi.org/10.31782/IJCRR.2023.15903>
- Rasyid, S., & Amir, A. (2022). Aktivitas Sosial Ekonomi Masyarakat Nelayan Di Desa Randomayang Kecamatan Bambalamotu Kabupaten Pasangkayu. *KINESIK*, 9(1), 18–30. <https://doi.org/10.22487/ejk.v9i1.339>
- Richmond, L., & Casali, L. (2022). The role of social capital in fishing community sustainability: Spiraling down and up in a rural California port. *Marine Policy*, 137, 104934. <https://doi.org/https://doi.org/10.1016/j.marpol.2021.104934>
- Sabillah, V. S., Deby, R., & Lubis, A. (2022). *Pemberdayaan Masyarakat melalui Demosntrasi Pembuatan Basreng Berbahan Dasar Ikan Tamban (Spratelloides Gracillis) Didesa Bogak Besar*. 5(6), 2201–2208.
- Shofa, R., & Hadi, H. (2017). Studi sanitasi lingkungan permukiman nelayan di desa tanjung luar kecamatan keruak kabupaten lombok timur. *Jurnal Geodika*, 1(2), 22–34. <https://doi.org/https://doi.org/10.29408/geodika.v1i2.857>
- Subarjo, P., Ratu, J., & Setyobudi, A. (2021). Profil Kesehatan Kerja Nelayan Tangkap di Desa Papela Kecamatan Rote Timur Kabupaten Rote Ndao. *Media Kesehatan Masyarakat*, 3(2). <https://doi.org/10.35508/mkm.v3i2.3729>
- Tan, F., Nesti, L., Yonnedi, E., & Ridwan, E. (2023). Strategy to improve economic condition of fishermen living in the coastal area in Kabupaten Pesisir Selatan. *Journal of Business and Socioeconomic Development*, 3(1), 69–85. <https://doi.org/10.1108/JBSED-02-2021-0019>
- Trijayanti, E., & Muta'ali, L. (2017). Kualitas Hidup Nelayan Desa Kemadang, Kecamatan Tanjungsari, Kabupaten Gunungkidul. *Jurnal Bumi Indonesia*, 6(1).
- Yan, J., Xue, Y., & Mohsin, M. (2022). Accessing Occupational Health Risks Posed by Fishermen Based on Fuzzy AHP and IPA Methods : Management and Performance

Perspectives. *Sustainability*, 14(13100). <https://doi.org/https://doi.org/10.3390/su142013100>

Zytoon, M. A., & Basahel, A. M. (2017). Occupational Safety and Health Conditions Aboard Small- and Medium-Size Fishing Vessels : Differences among Age Groups. *International Journal of Environmental Research and Public Health*, 14(3). <https://doi.org/10.3390/ijerph14030229>