

Increased Knowledge of Indonesian Migrant Workers about Healthy Food from Fish And Business Opportunities

Inem Ode^{1*}, Herminawaty Abubakar², Seri Suriani², Sri Sumarliani³, Achmad Faqih⁴

¹Water Resource Management Study program, Faculty of Fisheries and Marine Sciences, Universitas Darussalam Ambon

Jl. Waehakila Puncak Wara – Ambon, Kec. Sirimau Kota Ambon, Provinsi Maluku, 97128 - Indonesia

²Universitas Bosowa - Makassar- Indonesia

³Universitas Lumajang - Jawa Timur - Indonesia

⁴Universitas Swadaya Gunung Jati ,Cirebon, Jawa Barat - Indonesia

*E-mail: inem_ode@yahoo.com

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ABSTRACT Understanding about healthy food from fish needs to be known to increase awareness of healthy food ingredients and the benefits obtained from including them in the daily diet. This community service activity aims to increase Indonesian migrant workers' knowledge about healthy fish food and business opportunities. This activity was carried out during the session and was attended by 30 Indonesian migrant workers in Malaysia. This service activity was carried out by presenting material regarding types of fish, the nutritional content of fish, the benefits of consuming fish, and business opportunities, then continued with a question and answer session and discussion. The community service activities carried out have had an impact in increasing the knowledge of Indonesian migrant workers about the nutritional content of fish, the benefits obtained from eating fish and business opportunities. Nutritional intake for the body can be obtained from various types of healthy food, one source of which is fish.

Keywords: Fish, Health, Nutrition, Migrant Workers

1. INTRODUCTION

Indonesian migrant workers are every Indonesian citizen who will, is, or has done work for wages outside the territory of the Republic of Indonesia. The Law on the Protection of Indonesian Migrant Workers emphasizes that there are requirements for physical and spiritual health for prospective Indonesian migrant workers (PMI). Health requirements have an important meaning as part of efforts to optimally protect PMI. Healthy conditions will be able to encourage the realization and productive PMI in accordance with the vision of development in the health sector which in turn will influence the quality and image of Indonesian workers at the global level (Ministry of Health Republic Indonesia, 2020). Indonesian migrant workers with busy work schedules and unhealthy and unbalanced eating habits are at increased risk of developing degenerative diseases. Health problems such as degenerative diseases can be prevented by optimizing habits of consuming healthy foods and balanced nutrition.

One of the efforts to improve health and also the key to a healthy life is to have a healthy diet. A healthy diet has benefits, including the opportunity to live longer, have more energy, reduce the risk of disease, have a better memory and have an ideal body weight. Meanwhile, an incorrect diet can increase the risk of disease. According to Ernalina et al. (2022) the wrong diet can increase the risk of disease, such as high fat, high sugar, high sodium, and low fiber can increase the risk of obesity and increase oxidative stress in the body.

One type of healthy food is fish. Fish is a source of high quality protein. The protein in fish is very beneficial for the body because it acts as a building block for cell tissue, a regulator of the metabolic system, and fuel in the body. Fish is also rich in unsaturated fatty acids which include linoleic acid, linoleic acid, eicosanpentaenoic acid (EPA) and docosahexaethanoic acid (DHA). Fish fat contains quite high levels of EPA and DHA, namely 11-15% and 2-7%. This compound has many benefits for adult health, namely it can reduce the risk of heart disease, cancer, arthritis. The benefits of this compound in children under five are increasing endurance, increasing body growth and brain intelligence (Purnaningsih et al., 2020).

It is necessary to understand about healthy food from fish to increase awareness of healthy food ingredients and the benefits that can be obtained if you include them in your daily diet. This community service activity was carried out to increase knowledge about healthy food from fish for Indonesian migrant workers in Malaysia. Apart from that, it also provides information about business opportunities in the fisheries sector which can be developed as a family economic resource.

2. METHOD

This service activity begins with conducting observations in the field by the organizers, to find out what the condition of Indonesian migrant workers in Malaysia is in general and in particular. This is important to do as a basis for carrying out community service activities. Next, we coordinated with the organizers of this activity and also the Indonesian Embassy to determine the time for carrying out the activity. This activity was carried out online on Saturday, November 11 2023, attended by 30 Indonesian migrant workers in Malaysia. This service activity consists of providing material by speaker, questions and answers and discussions.

3. RESULT AND DISCUSSION

The community service carried out is socialization regarding increasing the knowledge of Indonesian migrant workers about healthy food from fish and business opportunities carried out online, attended by Indonesian migrant workers (PMI). There were 30 participants who were PMI

who were being coached by the Indonesian Embassy in Kuala Lumpur. This service activity was carried out by presenting material regarding types of fish, the nutritional content of fish, the benefits of consuming fish, and business opportunities, then continued with a question and answer session and discussion. The enthusiasm of the participants who attended this activity was seen from the questions and answers and the discussions went well.

This service activity is carried out to provide education about the benefits of consuming fish, especially in terms of nutritional content which can provide health benefits for the body. Fish is a fishery product with high nutritional value because it contains essential amino acids, vitamins and minerals (Qayoom et al., 2020). Fish contains 18% protein consisting of essential amino acids which are not damaged during cooking. The fat content of 1-20% is fat that is easily digested and can be directly used by body tissues. The fat content is mostly unsaturated fatty acids which are needed for growth and can reduce blood cholesterol (Sari et al., 2018). The protein in fish is composed of amino acids that the body needs for growth. Apart from that, fish protein is very easy to digest and absorb. Fish also contains omega-3 fatty acids which have special advantages compared to other animal foods, because their essential fatty acid composition is polyunsaturated. These essential fatty acids are needed for the normal growth and function of all tissues, including optimal brain cell development (Prameswari, 2018).

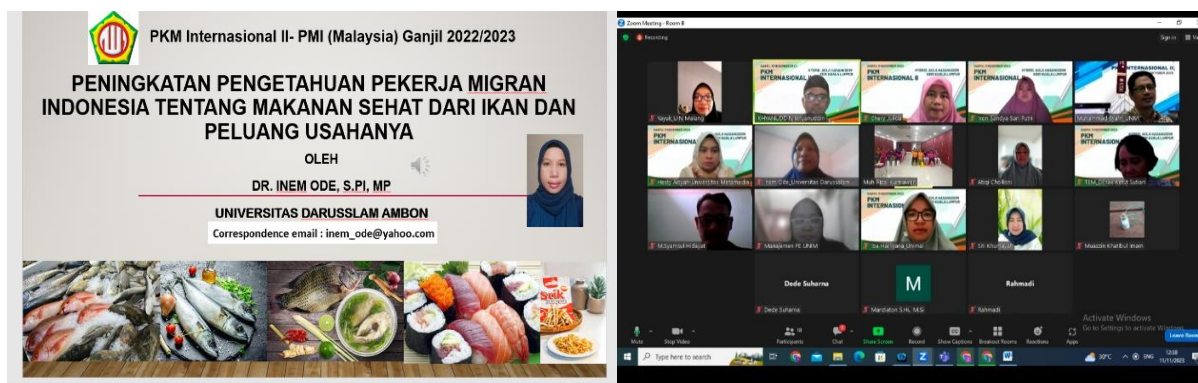


Figure 1. Implementation of PKM International II- PMI (Malaysia) online.

Most of the Indonesian migrant workers who attended this community service activity were women and were also housewives. Increasing the knowledge of women/housewives about healthy food needs to be done, because the better the mother's knowledge regarding nutrition, the better their practices will be in fulfilling family nutrition (Syaluhiyah et al. 2020). According to Surijati et al. (2021), that providing healthy food to the family is a mother's responsibility. Reducing exposure to unhealthy foods and providing guidance to children in making healthy food choices can help foster healthy eating habits.

The role of women in maintaining the quality of household food is quite dominant. The quantity and quality of food served by the mother is the most important thing to pay attention to because it will have an impact on the family's health. Knowledge about healthy food can be a basis for housewives in efforts to improve the quality of food consumed by their families. Women play a big role in determining the food menu for their families, so it is hoped that this community service activity will be able to raise awareness of healthy food and can be applied to the daily diet. If we serve fish in our daily menu, we make a high contribution to body tissue. Fish protein absorption is higher compared to beef, chicken, etc., because fish meat has shorter protein fibres than beef or chicken protein fibres (Hei, 2020).

There are also various vitamins in fish, namely vitamin A, vitamin D, thiamine, riboflavin, and niacin. Fish also contains minerals found in milk, such as calcium and phosphorus, which are higher than milk. Fish is proven to have several health benefits, such as anti-oxidation, anti-inflammatory, wound healing, neuroprotection, heart protection and hepatoprotection properties. Fish proteins, such as immunoglobulin, act as defence agents against viral and bacterial infections and prevent malnutrition (Chen et al., 2021)



Figure 2 Indonesian migrant workers who took part in PKM International II- PMI (Malaysia) at the Indonesian Embassy

In this community service activity, several business opportunities in the fisheries sector were also presented which are very promising to be developed by Indonesian migrant workers when they return to their homeland. This aims to open the minds of Indonesian migrant workers about business opportunities in the fisheries sector that are profitable, with little capital, and easy maintenance. Apart from that, this business opportunity can be pursued by anyone without any age limit.

4. CONCLUSION

The community service activities carried out have had an impact in increasing the knowledge of Indonesian migrant workers about the nutritional content of fish, the benefits obtained from eating fish and business opportunities. Nutritional intake for the body can be obtained from various types of healthy food, one source of which is fish.

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CONFLICT OF INTERESTS

The authors have no conflicts of interest to declare.

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