

Pekerja Perempuan Lansia Buruh Gendong di Pasar Beringharjo Kota Yogyakarta

ABSTRAK

Usia harapan hidup (UHH) penduduk Indonesia semakin meningkat seiring dengan meningkatnya jumlah penduduk lanjut usia. Daerah Istimewa Yogyakarta (DIY) merupakan provinsi dengan jumlah lansia yang paling besar dan 90% diantaranya masih produktif. Tingginya persentase lansia DIY yang bekerja dapat dimaknai bahwa sebenarnya lansia masih mampu bekerja secara produktif untuk membiayai kehidupan rumah tangganya. Namun di sisi lain hal ini mengindikasikan bahwa tingkat kesejahteraan lansia masih rendah sehingga meskipun usia telah lanjut, mereka terpaksa bekerja kembali untuk membiayai kehidupan rumah tangganya. Berbagai kebijakan, program dan kegiatan telah dilakukan oleh pemerintah maupun masyarakat. Namun, belum dapat memecahkan permasalahan yang ada. Sementara lansia yang masih bekerja masih banyak. Menjadi buruh gendong merupakan salah satu pilihan pekerjaan bagi lansia di Yogyakarta.

Penelitian ini bertujuan untuk mengetahui alasan perempuan lansia buruh gendong masih memilih bekerja di Pasar Beringharjo dan implikasi terhadap kesehatan apabila tetap bekerja. Selain itu, penelitian juga ditujukan untuk melihat permasalahan yang dihadapi oleh perempuan lansia buruh gendong. Dalam penelitian ini penulis menggunakan pendekatan deskriptif kualitatif, teknik pengumpulan data dengan wawancara, dokumentasi dan observasi. Lokasi penelitian berada di Pasar Beringharjo Kota Yogyakarta.

Hasil penelitian menunjukkan bahwa perempuan lansia buruh gendong masih memilih bekerja di Pasar Beringharjo. Alasan utama mereka yakni untuk memenuhi kebutuhan hidup keluarga maupun diri sendiri. Selain itu mereka memutuskan untuk tetap bekerja sebagai eksistensi diri yakni mendapatkan pengakuan dari orang-orang disekitarnya bahwa ia masih bisa mandiri. Permasalahan perempuan lansia buruh gendong yang paling dirasakan adalah masalah kesehatan yakni penyakit peregangan otot akibat posisi kandungan turun (*uterine prolapse*). Selain itu masalah yang berhubungan dengan psikis diantaranya adalah masalah keluarga yang berakibat mereka sering mengalami pusing. Adapun harapan perempuan lansia buruh gendong cukup beragam, diantaranya adalah kebutuhan ekonomi mereka beserta anak dan cucu bisa tercukupi. Untuk masalah kesehatan, mereka berharap ada peningkatan pelayanan khusus bagi lanjut usia yang yang bisa melayani secara konsisten dengan tetap memperhatikan kualitas obat dan mudah dijangkau baik di tempat kerja maupun tempat tinggal.

Kata Kunci:

perempuan bekerja, lansia bekerja, perempuan lansia buruh gendong, layanan kesehatan

Elderly Women Workers as Laborers Carrying in The Beringharjo Market of Yogyakarta City

ABSTRACT

The life expectancy of the Indonesian population is increasing in line with the increasing number of elderly population. Daerah Istimewa Yogyakarta (DIY) is the province with the largest number of elderly and 90% of which are still productive. The high percentage of DIY senior people who work can be understood that the elderly are actually still able to work as productive to finance home life *tang-ganya*. But on the other hand this indicates that the level of elderly welfare is still low so that even after the age has advanced, they are forced to work again to finance the life of the household. Various policies, programs and activities have been undertaken by government and society. However, it can not solve the existing problems. While the elderly who still work is still a lot. Being a laborers carrying is one of the job options for the elderly in Yogyakarta. This study aims to find out the reason for the elderly women laborers carrying still choose to work in Beringharjo Market and health implication if still working as elderly women laborers carrying. In addition, research is also aimed at looking at the extent to which they utilize health services at work and residence. In this study the authors used a qualitative descriptive approach, data collection techniques with interviews, documentation and observation. The research location is located in Beringharjo Market, Yogyakarta City.

This study aims to find out the reason of elderly women laborers carrying still choose to work in Beringharjo Market and health implication if still work. In addition, research is also intended to see the problems faced by elderly women laborers carrying. In this study the authors used a qualitative descriptive approach, data collection techniques with interviews, documentation and observation. The research location is in Beringharjo Market of Yogyakarta City.

The results showed that elderly women still choose to work as elderly women laborers carrying in Beringharjo Market. The main reason they are to meet the needs of family and self. In addition they decided to keep working as a self-existence of getting recognition from the people around him that he can still be independent. The problem of elderly women laborers carrying is the most perceived is a health problem that is muscle stretching disease due to the position of the content down (*uterine prolapse*). In addition, problems related to the psychic include family problems that result in their health condition. The hope of elderly women laborers carrying quite diverse, including their economic needs and their children and grandchildren can be fulfilled. For health problems, the elderly women laborers carrying hopes that there will be an increase in special services for elderly who are consistent in order to serve with due regard to the quality of the drug and easy to reach both at work and residence.

Keywords:

women working, elderly working, elderly women laborers carrying, health services