

Socialization and Healthy Home Competition in Makasar Village

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ABSTRACT

Prioritizing healthy homes specifically in the Makasar urban village is crucial, as dwellings that fail to meet these standards can lead to the emergence of various illnesses, while also contributing to indoor air pollution. The method involves using a community empowerment approach, engaging the local PKK (Family Welfare Empowerment) groups at both the community unit and urban village levels, along with the residents of Makasar. The UKI community service team then established a jury panel to develop specific criteria for a healthy home, which served as a benchmark for evaluation. This process culminated in the selection of the three best healthy homes, each representing its respective. As a result, the judges based on their evaluations and field verifications have recommended three "healthy homes" located in RW 03, 01, and 06.

INTRODUCTION

Makasar Village is an administrative unit located in East Jakarta, comprising 7 community units (RW) and covering an area of 161.02 hectares (<https://timur.jakarta.go.id/kelurahan/makasar/geografi>). Land use in Makasar is predominantly characterized by densely populated residential areas, with spatial planning regulated by the Jakarta Provincial Government through zoning for low-rise vertical housing and public service facilities (1). Maintaining healthy housing conditions in these densely populated areas is an absolute necessity to protect residents from disease and foster a comfortable living environment (2). This can be achieved by ensuring access to basic sanitation, proper ventilation, and the adoption of clean-living habits, which collectively contribute to a healthy home (3).

A healthy home is a residential building that meets minimum health criteria, encompassing factors such as the physical structure of the house, basic sanitation, and the behaviors of its occupants (4). Such a home serves as a place for living, resting, and recreation (relaxation), while providing shelter from environmental factors; it must satisfy physiological and psychological requirements and be free from the risk of disease transmission (5).

In an article titled "Healthy Homes and Thermal Comfort: Preventing the Transmission of COVID-19," it is noted that the American Public Health Association (APHA) has established guidelines for healthy housing, which include meeting the following physiological needs (6):

1. Meeting psychological needs, such as ensuring adequate privacy and fostering healthy communication among family members and other residents.
2. Meeting requirements to prevent the transmission of diseases among residents, which includes providing clean water; managing human waste and household wastewater; ensuring the absence of disease vectors and rodents; avoiding overcrowding; allowing sufficient morning sunlight; protecting food and beverages from contamination; and ensuring adequate lighting and ventilation.
3. Meeting requirements for the prevention of accidents whether originating from outside or inside the home including standards for building setback lines, structural integrity, the use of fire-resistant materials, and the implementation of design features that minimize the risk of occupants slipping or falling.

The Committee on the Hygiene of Housing, established by the APHA in 1938 (Ehlers and Steel, 1965), formulated fundamental principles for healthy housing, providing guidelines based on the essential needs of its occupants. These fundamental needs include: (1) physiological needs; (2) psychological needs; (3) protection against the transmission of diseases; (4) protection against accidents; (5) protection against fire hazards and electrical short circuits; and (6) protection against toxic or explosive gases.

According to the Decree of the Minister of Health of the Republic of Indonesia No. 829/Menkes/SK/VII/1999, the health requirements for residential dwellings encompass the following aspects: building materials, room components and layout, lighting, air quality, ventilation, disease vectors, water supply, waste disposal, and occupancy density (8). It is crucial to prioritize healthy home specifically in the Makasar village because failure to meet these standards can lead to the emergence of various illnesses, such as acute respiratory infections (ARI), diarrhea, and dengue fever, while also contributing to indoor air pollution. Conversely, if the community embraces the concept of healthy housing, it will foster an environment that is comfortable, healthy, productive, and harmonious. To this end, lecturers and students from the Architecture Study Program at UKI have carried out a community service initiative titled "Green Action 40: Socialization and Healthy Home Competition in Makasar Village."

IMPLEMENTATION AND METHODS

The implementation method for the Community Service Program by the Architecture Study Program, Faculty of Engineering, Universitas Kristen Indonesia titled "Green Action 40: Socialization and Healthy Home Competition in Makasar Village" is as follows:

1. Conducting a coordination meeting for the Community Service Program team, including students, to discuss preparations for engaging with the Makasar Village Head, the Family Welfare Empowerment (PKK) groups at the community unit and village levels, and the local residents of Makasar Village.
2. Holding coordination meetings with the Village Head, the PKK groups (at the RW and village levels), and the residents of Makasar Village.
3. Guiding residents from RW 1 through RW 7 to prepare one house to represent each of their respective RWs, with the involvement of the local PKK groups.
4. Conducting a socialization session featuring theoretical insights on healthy homes, presented by two speakers, including a lecturer from the UKI Architecture Study Program (Mr. Ir. Bambang Erwin, MT).
5. Organizing a healthy home competition to select the three best entries from the participating RWs. The houses will be evaluated based on the following criteria: access to clean water; sanitary bathrooms and septic tanks; proper wastewater drainage; absence of waste accumulation; availability of natural lighting (at least 10% of the floor area); adequate natural ventilation (5-10% of the floor area); structural integrity; and sufficient living space (a minimum of 9 m² per person). The entries will be judged by representatives from the East Jakarta Administrative City Health Sub-agency and lecturers from the Architecture Study Program, Universitas Kristen Indonesia Prizes will be awarded to the three best healthy homes as a form of appreciation for the residents' efforts.

RESULTS AND DISCUSSION

The activity will take place on October 28, 2026, at 13:00 WIB, in the hall on the 3rd floor of the Makasar Village Office.



Figure 1. Hall on the 3rd Floor of the Makasar Village Office

This activity aims to enhance residents' understanding of the concept of a healthy home while also recognizing the active participation of residents across the various community units (RW). The event was attended by the Head of Makasar District, Dimas Prayudi; the Head of Makasar Village, Faisal Rizal; the village secretary and section heads; the head of the Makasar auxiliary community health center; a member of the City Council; the heads of the Family Welfare Empowerment (TP PKK) teams for both the district and urban village levels; the heads of the community units (RW) and representatives of the neighborhood units (RT); members of the Local Consultative Council (LMK) and the Community Early Detection Forum (FKDM); coordinators of the family welfare groups at the RW level; as well as the Head of the Architecture Study Program, Universitas Kristen Indonesia.

The series of events began with opening remarks from the Head of Makasar District, Dimas Prayudi, followed by an address from the Head of Community Service and Head of the Architecture Study Program at UKI, Ar. Ir. Ulinata, ST.Ars., MT.



Figure 2. Opening Remarks from the Head of Makasar District

This was followed by a presentation delivered by two speakers: Mr. Ir. Bambang Erwin, MT, an architecture academic from the Faculty of Engineering at UKI, and Arif Abrar, an Area Micro & Pawning Manager. Mr. Ir. Bambang Erwin, MT explained that a Healthy Home is a residence that meets specific health related technical standards or requirements which must be fulfilled to protect its occupants from health hazards or issues thereby enabling them to achieve an optimal level of health.



Figure 3. The Speaker is Conducting Socialization

The activity will take place on October 28, 2026, at 13:00 WIB, in the hall on the 3rd floor of the Makasar Urban Village Office. The highlight of the event was the presentation for the Healthy Home competition, featuring entries from representatives of RW 01 through RW 07. Following an evaluation by a jury panel comprising Ulinata, ST.Ars., MT (Head of the Architecture Study Program at UKI), Muhammad Hasanuddin, A.Md.KL (a professional sanitarian), Mr. Ir. Bambang Erwin, MT and Mr. Stepanus Andi Saputra, S.T., M.Ars., M.Sc. (an academic from the UKI Faculty of Engineering's Architecture Study Program), the winners were announced: RW 03 took first place, RW 01 secured second place, and RW 06 earned third place.



Figure 4. Winner of The Healthy Home Competition

The event concluded with a closing prayer and a group photo. Through this initiative, it is hoped that the residents of Makasar Village will become increasingly mindful of and continue to maintain the quality of healthy housing within their respective neighborhoods.



Figure 5. Group Photo of the Participants of the Socialization and Competition

CONCLUSIONS AND RECOMMENDATIONS

The Community Service activity titled Green Action 40: Socialization and Healthy Home Competition in Makasar Village serve as an effective combination of education and action-oriented strategies to improve the community's quality of life.

a. Education and Awareness (Campaigns):

These provide a comprehensive understanding of the standards for a healthy home such as proper ventilation, natural lighting, access to clean water, effective waste management, and adequate sanitation.

b. Motivation and Tangible Action (Competitions):

These act as a catalyst, encouraging residents to put the knowledge gained from the awareness campaigns into practice within their own homes.

Ultimately, these initiatives not only foster a clean, safe, and disease-free living environment but also cultivate a culture of healthy, hygienic living while strengthening the spirit of mutual cooperation among residents in a sustainable way.

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