

ACCESS TO HEALTH AS A FACTOR OF POVERTY

Sukidin¹, Idah Faridah², Rynesa Gresela Putri³, Cantika Berliana. F⁴

¹Universitas Jember

^{2,3,4} Universitas Bina Bangsa, Indonesia

*Corresponding email: rynesagp@gmail.com

Article History

Received: September 30, 2024

Revised: Nopember 02, 2024

Accepted: December 30, 2024

Abstract

Health and poverty are two interconnected issues that form a cycle of cause and effect. Poverty limits access to adequate healthcare services, increasing the risk of diseases and lowering the quality of life. Conversely, poor health exacerbates economic conditions for low-income families through high medical expenses and lost productivity. This article examines the relationship between health and poverty in Indonesia, its impact on societal welfare, and government initiatives such as the National Health Insurance (JKN) program and economic empowerment efforts to break this cycle. Based on a literature review, comprehensive solutions are required to address both issues simultaneously to achieve a healthier and more prosperous society.

Keywords: Health, Proverty,

DOI:

10.46306/bbijbm.v4i3.103

Web:

<http://bbijbm.lppmbinabangsa.ac.id/index.php/home>

I. Introduction

Health and poverty are two critical issues that are closely intertwined, forming a cycle that is difficult to break. Poverty often restricts access to quality healthcare services, nutritious food, and proper sanitation, all of which are essential for maintaining good health. On the other hand, poor health reduces productivity and increases medical expenses, pushing individuals and families deeper into poverty. This reciprocal relationship is particularly evident in developing countries like Indonesia, where disparities in income and access to healthcare services are significant. In Indonesia, efforts to improve healthcare access and alleviate poverty have been implemented through various government programs, such as the

National Health Insurance (JKN) scheme. However, the persistent challenges of poverty and inadequate healthcare services highlight the need for more comprehensive and integrated approaches. This article aims to explore the intricate relationship between health and poverty, focusing on their impact on societal well-being in Indonesia. By examining key factors, this study seeks to provide insights into effective strategies for breaking the cycle of poor health and poverty to achieve a healthier and more equitable society (Byaro et al., 2024).

II. Literature Review

2.1. The Interconnection Between Health and Poverty

The relationship between health and poverty has been extensively discussed in various studies. According to the World Health Organization (2023), poverty significantly limits access to healthcare, nutritious food, and clean water, which are critical for maintaining good health. Poor individuals are more likely to suffer from malnutrition, infectious diseases, and chronic conditions due to their limited resources. Conversely, Marmot (2023) argues that poor health further deepens poverty as it reduces individual productivity and leads to higher medical expenses, creating a vicious cycle that is difficult to escape (Bloomer & Boateng, 2024).

2.2. Health Inequalities in Developing Countries

In developing countries, including Indonesia, health disparities are more pronounced due to uneven access to healthcare services. The World Bank (2022) highlights that rural and low-income populations face greater barriers to healthcare compared to urban and higher-income groups. This disparity is compounded by inadequate infrastructure and limited availability of health professionals in underserved areas (Clavijo-Núñez et al., 2024).

2.3. Impact of Government Programs on Health and Poverty

Government interventions play a crucial role in addressing the intersection of health and poverty. In Indonesia, the National Health Insurance (JKN) program was launched to improve access to healthcare for low-income families. According to BPJS Kesehatan (2023), JKN has significantly reduced out-of-pocket medical expenses for the poor, though challenges remain in ensuring equitable access and service quality. Similarly, the United Nations Development Programme (UNDP, 2023) emphasizes that economic empowerment initiatives, such as job creation and income support, are essential for improving health outcomes and reducing poverty levels (Kerschbaumer et al., 2024).

2.4. Gaps in the Current Research

While there is substantial evidence on the connection between health and poverty, research specific to Indonesia often overlooks the role of cultural and regional factors. Additionally, there is limited discussion on how community-based interventions can complement government programs to address both health and poverty simultaneously. This highlights the need for localized studies that consider the diverse socioeconomic contexts within the country (Osei & Owoo, 2024).

III. Methodology

This study employs a qualitative approach to analyze the relationship between health and poverty in Indonesia, with a focus on understanding the underlying factors and identifying potential solutions. The methodology is outlined as follows:

IV. Results and Discussion

The analysis reveals a strong and cyclical relationship between health and poverty in Indonesia, highlighting key findings and their implications

A. Access to Healthcare Services

Poor households in Indonesia, particularly in rural areas, encounter significant barriers to healthcare access. BPJS Kesehatan (2023) reported that only 60% of rural low-income families are enrolled in the National Health Insurance (JKN) program, compared to 85% in urban areas. This disparity stems from factors such as lack of awareness, limited infrastructure, and logistical difficulties. The improvement in underserved regions.

A.1. Health Outcomes and Economic Vulnerability

Economic disparities directly impact health outcomes. Malnutrition rates among

children under five in rural areas, for instance, are nearly double those in urban

regions (World Bank, 2022). Poor health not only reduces productivity but also increases household expenses, creating a cycle of poverty and illness. This dynamic underscore the critical need to address both immediate health crises and the underlying socioeconomic factors (wang et al., 2024).

Health outcomes and economic vulnerability are deeply interconnected. Individuals with poor economic conditions often have limited access to quality healthcare, nutritious food, and safe living environments, which negatively impact their overall health. Economic vulnerability can lead to higher rates of chronic diseases, malnutrition, and mental health issues due to financial stress and inadequate medical care. Additionally, people in low-income groups may delay seeking medical attention due to cost concerns, exacerbating health problems over time.

Moreover, economic vulnerability affects not only individual health but also public health systems. Communities with a high proportion of economically disadvantaged individuals often face overcrowded healthcare facilities, limited healthcare resources, and unequal distribution of medical services. These disparities can lead to increased disease prevalence and a higher burden on healthcare infrastructures. Governments and policymakers must address these issues by implementing policies that promote affordable healthcare, social safety nets, and public health programs to reduce the impact of economic instability on health outcomes.

Addressing the link between health outcomes and economic vulnerability requires a multi-sectoral approach. Investments in education, job opportunities, and social protection programs can help break the cycle of poverty and improve long-term health. Additionally, increasing access to preventive healthcare and promoting health awareness can significantly enhance overall well-being. By reducing economic vulnerability, societies can create healthier populations, leading to greater economic productivity and improved quality of life for all.

A.2. Effectiveness of Government Programs

Programs like JKN have succeeded in reducing out-of-pocket medical expenses for many families. However, challenges persist, including uneven service quality and inequitable access in remote areas. According to the United Nations Development Programme (UNDP, 2023), while initiatives such as microcredit schemes have aimed to empower economically disadvantaged groups, their impact on health outcomes remains limited due to inconsistent implementation. A more integrated approach combining health and economic interventions is required (Charlier et al., 2024).

The effectiveness of government programs depends on several key factors, including proper planning, resource allocation, and implementation strategies. A well-designed program should have clear objectives, measurable outcomes, and efficient use of public funds to achieve its intended goals. Governments must ensure that policies address the actual needs of the population, taking into account economic, social, and environmental factors. Without proper planning and execution, government initiatives risk being inefficient, leading to wasted resources and minimal impact.

Another crucial factor in determining program effectiveness is transparency and accountability. Government programs must be monitored and evaluated regularly to assess their progress and make necessary adjustments. Public participation, oversight committees, and independent audits help ensure that funds are used appropriately and that the program remains aligned with its original objectives. When accountability is lacking, programs may suffer from corruption, mismanagement, and a failure to deliver intended benefits to the people.

For government programs to be truly effective, they must be adaptable and responsive to changing conditions. Policies that worked in the past may no longer be relevant in a rapidly evolving society. Continuous feedback from citizens, data-driven decision-making, and technological advancements can help improve program efficiency and effectiveness. By fostering innovation and flexibility, governments can ensure that their programs deliver long-term

benefits and positively impact the well-being of society.

IV. Conclusion

In conclusion, the link between poverty and health remains an important challenge, especially in developing regions such as Indonesia. Poor access to health services, low educational attainment, and financial instability collectively perpetuate cycles of poverty and poor health. Addressing this problem requires a multifaceted approach, including improving health care infrastructure, promoting education, providing financial protection mechanisms, and implementing community-based interventions. By addressing these determinants, policymakers can create a more equitable society, where health outcomes are no longer determined by socioeconomic status

References

World Health Organization. (2023). Social Determinants of Health. Retrieved from <https://www.who.int>

United Nations Development Program. (2022). Human Development Report. Retrieved from <https://www.undp.org>

Marmot, M., & Wilkinson, R. (2006). Social Determinants of Health. Oxford University Press.

World Bank. (2021). Global Monitoring Report on Education and Health. Retrieved from <https://www.worldbank.org>

Indonesian Ministry of Health. (2023). Indonesian Health Statistics. Taken from <https://www.kemkes.go.id>