

## **REDUCING THE NEGATIVE IMPACT ON PUBLIC HEALTH DUE TO DIGITAL LIFESTYLES IN THE INFORMATION ERA FOR THE INDONESIAN MIGRANT COMMUNITY IN PENANG MALAYSIA**

**Galang P. N. HAKIM<sup>1\*</sup>, Regina LIONNIE<sup>2</sup>, Andi ADRIANSYAH<sup>3</sup>, Dian Widi ASTUTI<sup>4</sup>, Muhammad Hafizd Ibnu HAJAR<sup>5</sup>, Mudrik ALAYDRUS<sup>6</sup>**  
<sup>1,2,3,4,5,6</sup> *Universitas Mercu Buana, Jakarta, INDONESIA*  
*\*galang.persada@mercubuana.ac.id*

### **ABSTRACT**

We initiate a community service engagement to mitigate the negative impact on public health resulting from digital lifestyles in the information era for the Indonesian migrant community in Penang, Malaysia. The primary goal is to establish sustainable behaviours and to encourage community involvement, especially among Indonesian migrants abroad. Through the use of a participatory strategy, the involvement included sharing sessions and awareness campaigns. This needed to be done in order to make the community responsible for their action and aim for a better life. The results showed that the Indonesian Migrant Community in Penang, Malaysia awareness had significantly increased awareness, which had resulted in the adoption of healthy lifestyle behaviour.

**Keywords:** Community Service Engagement, Indonesian Migrant, Malaysia, Penang, Health, Digital Lifestyles.

### **1. INTRODUCTION**

Health is the foundation for quality of life, productivity, and happiness. Without health, it is difficult to work, study, or perform activities optimally. A healthy lifestyle extends life expectancy and reduces medical costs. Healthy individuals are better able to care for others and contribute positively to society. The recent emergence of health problems because of a digital lifestyle has concerned many people. Stress due to misinformation or too much information, Gadget addiction, Potential sleep disturbances, Lack of physical activity due to technology dependency, and many others.

This problem is not only experienced by Indonesian people in Indonesia, but also those who are already abroad for work, for example this as in Taiwan, where Indonesian migrant workers feel stress (Zulianto, 2024). This problem indicates that the digital lifestyle is to be global problem and must be addressed immediately. This is very dangerous, especially for the productivity of Indonesian migrant workers. This is because this health will affect productivity, so that productivity will decrease, and ultimately, they will have difficulty earning an income. This is very dangerous because Indonesian migrant workers often borrow money to finance working abroad, so that the loan often has to be paid from the migrant worker's salary (Agusmidah, Wijayanti, Shalihah, Lumbangaol, & Reinaldo, 2022). So if the migrant worker has difficulty earning an income, it will have a bad impact on their families in Indonesia, where debt collectors often collect from their families.

In this article, we provide a report on a community service to Indonesian migrants, whether they are working or not, who reside on Penang Island, Malaysia. In this work, we collaborated with the NGO PERMAI to provide community service to the Indonesian migrants there. This community service aims to mitigate the negative impact on public health resulting from digital lifestyles in the information era for the Indonesian migrant community. This transition in the end will ultimately improve the quality of Indonesian Migrants' lives, whether they plan to stay in Malaysia to work or they plan return to Indonesia.

### **2. METHOD**

In this section, we would like to display the flowchart that tells us the method for choosing community service activity, partner, target, and also the learning method so this community service can be successfully achieved.

#### **Community Service Partner and Target**

The flowchart in Figure 2 shows the strategy how we choose a community service partner and targeting this community service.

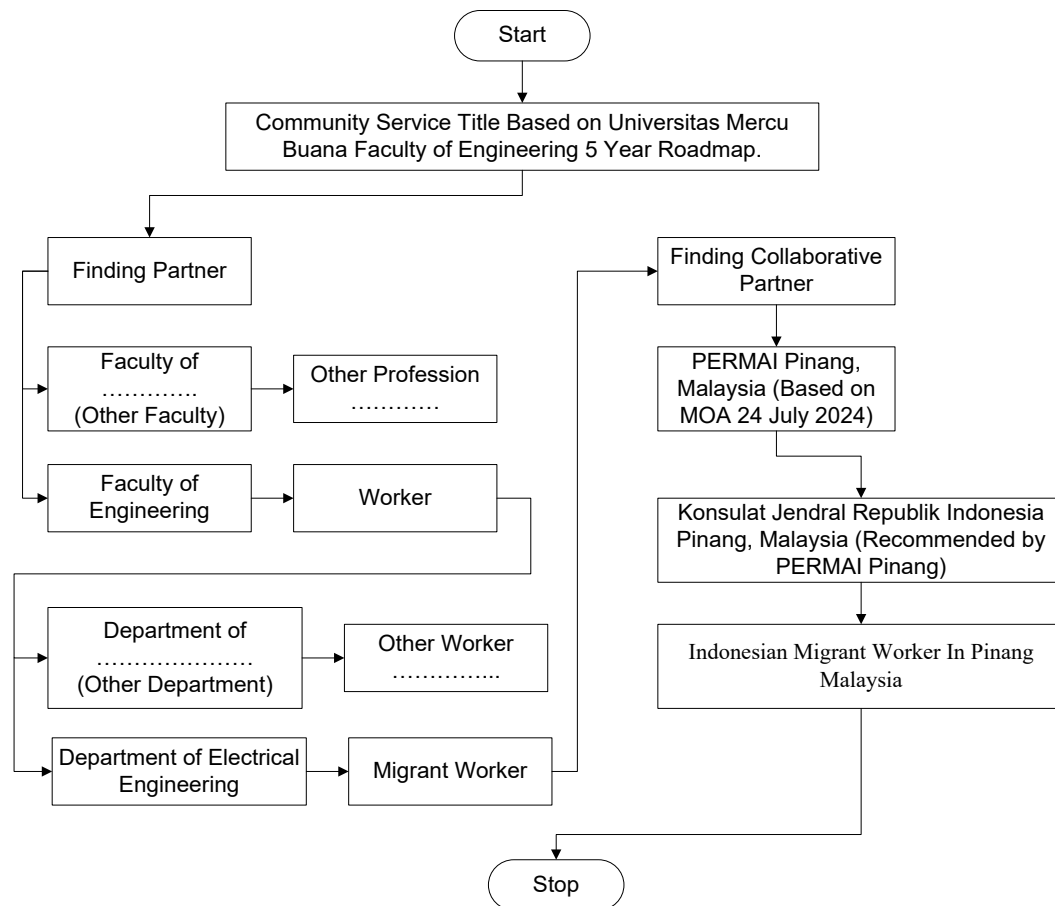


Figure 1. The strategy of choosing the community service target

The lack of information related to the digital healthy lifestyle behaviour in daily life is also experienced by the Indonesian Migrant Community in Penang, Malaysia. Even though Indonesian Workers in Malaysia consist of various levels, many of them are workers with a low level of education (Alunaza et al., 2022). NGOs such as PERMAI (Indonesian Community Growth) on the island of Penang, Malaysia, also agree on this problem, especially towards migrant children (Sahureka, 2024).

PERMAI stands for Pertumbuhan Masyarakat Indonesia in Penang, Malaysia. PERMAI is a Non-Political and Non-Governmental NGO engaged in the field of Social and Cultural Education. PERMAI members consist of the Indonesian community domiciled in Malaysia, among others: Expatriates, Entrepreneurs, Lecturers, Teachers, Students, and Student Workers in Malaysia. PERMAI as a community is trying to be humble and friendly, ready to mingle with the initiative to build prosperity and harmony between the Indonesian community and the local community through interaction, tolerance, adaptation, and contribution without distinguishing race, tribe, belief, and religion. PERMAI members consist of various communities from various walks of life throughout Indonesia with different backgrounds. In PERMAI, Efforts are made to synergize the excess giving to the less capable members of the community, hence the philosophy that the strong will help the weak. PERMAI would simply like to help and support the Indonesian government in serving the welfare of the Indonesian community in Penang, Malaysia. PERMAI also strives to collaborate with parties who are willing to synergize/transfer knowledge in the field of eCommerce, Fintech, Digital Technology, and other specialized skills that are suitable to establish social and cultural cooperation between the Indonesian and Malaysian communities. PERMAI strives to be an incubator to produce community members who will have special skills or expertise in order to be able to get jobs with higher positions and salaries, or at least equivalent to other nations, not only in Malaysia. PERMAI acts as a National Ambassador abroad, always defending/preserving Indonesian culture and national identity, which is based on the Indonesian Constitution, which is based on Pancasila. PERMAI is monitored under KJRI Penang with several visits to give updates regarding information from the Malaysian government (Suharto, 2021). With a lot of Indonesian Migrant Worker problems that include economic, social, legal, and other aspects, Malaysia (Liow, 2003), PERMAI tries to help Indonesian Migrants by giving them education and counselling so it can decrease the Indonesian Migrant problem.

## Method for Learning

Information about how we choose the community service activity and its learning method that has been done in Penang, Malaysia, can be seen in the flowchart in Figure 3. In this community service, we propose to give Indonesian migrants an information sharing session that is held indoors. According to Dewi (Dewi, 2018), there are six modern and conventional learning methods, which are tutorials, lectures, resistance, discussions, laboratory activities, and public work. These methods need to be combined with proportional and urgent methods that are modern and conventionally oriented. However, in this community service activity, we only used 3 of them, which are Learning Method Tutorial, Learning Method Lectures, and Learning Method Discussion. These 3 learning methods were chosen because we have a short time which only 1 day, to transfer our knowledge to Indonesian migrants.

The learning model that has been used to carry out in this community service is using modern learning model, such as problem-based learning models, cooperative learning models, and learning models to improve thinking skills (Dewi, 2018). This is done so that information regarding the transition digital healthy lifestyle behaviour can be easily understood by Indonesian migrants.

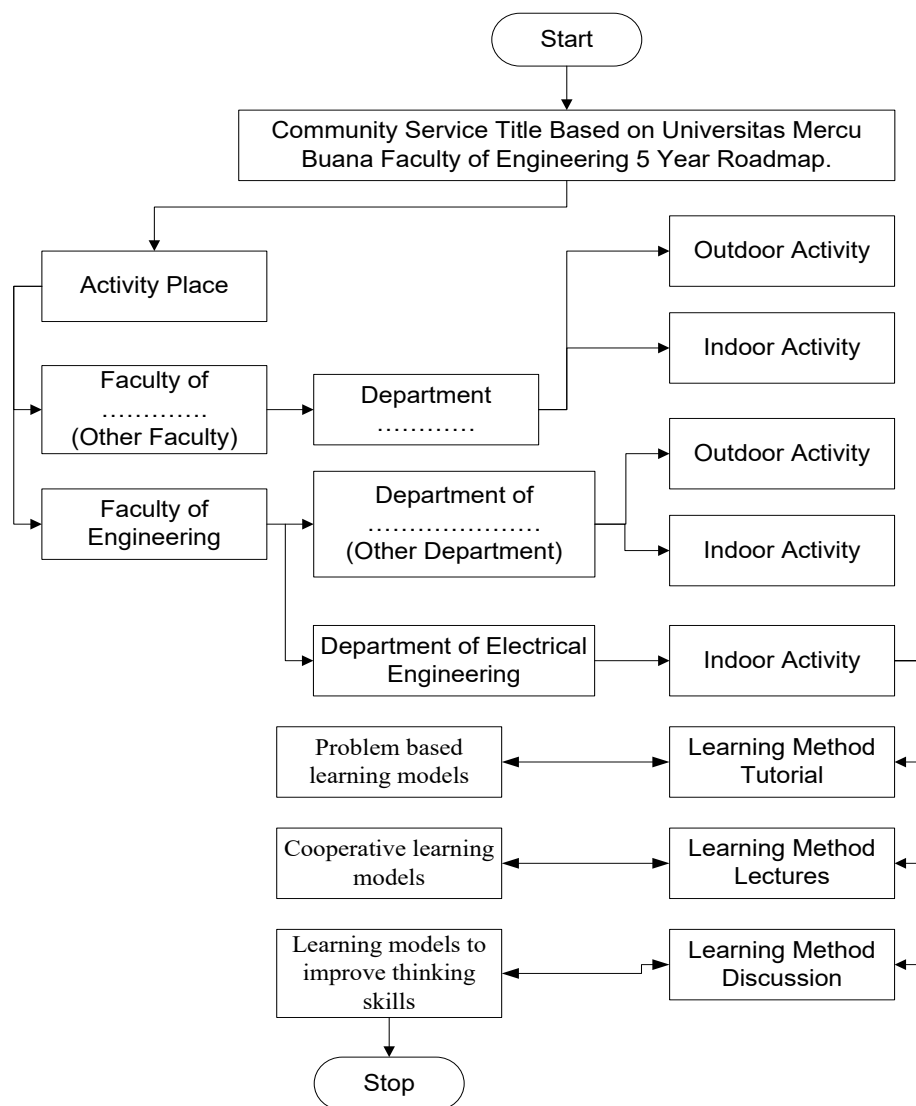


Figure 2. The strategy of choosing the community service target

### 3. RESULTS AND DISCUSSION

In this section, we would like to explain the implementation results of our community service activities.

#### Results

Community service activities in collaboration with Konsulat Jendral Republik Indonesia Penang and PERMAI Penang have successfully been completed on 4 Mei 2025 in Penang, Malaysia. The Indonesian Migrant participant documentation can be seen in Figure 3.



Figure 4. Community service for Indonesian migrant participants

In those training events, the rector of Universitas Mercu Buana Prof. Dr. Ir. Andi Ardiansyah, M.Eng, and the head of PERMAI Penang Mr. Eddy Virgo give insight into the mind of Indonesian migrants. The documentation of those events can be seen in Figure 5. Their insight was needed in order to give a boost of encouragement for Indonesian migrants to learn a new thing.



Figure 5. Community Service for Indonesian Migrants Insights given by President of Universitas Mercu Buana, Prof. Dr. Ir. Andi Ardiansyah, M.Eng.

After the insight session, the event then continued with providing material about how to minimize the negative effects of a digital lifestyle, as seen in Figure 6.



Figure 6. Community Service for Indonesian Migrants to minimize the negative effects of digital lifestyle.

## Discussion

The learning model is meant to provide a framework for interactions between instructors and students in the classroom that includes the strategies, approaches, methods, and learning techniques used to carry out these community service projects. The purpose of using a learning model is to increase the effectiveness of achieving the learning objective, which is the transfer of knowledge about renewable energy. The indicators are that Indonesian migrants and lecturers concentrate on the course subject, after which the lecturer imparts the lesson content to the participants. The lesson's content is also easily understood by Indonesian migrants, allowing for the efficient and effective use of the time allotted for one learning resource.

The questionnaire approach was used to validate this presentation in order to assess its effectiveness in minimizing the negative effects of a digital lifestyle. We have 56.5% very satisfied and 43.4% satisfied based on the questionnaire, transfer knowledge. In addition, we have 65.2% very satisfied and 34.7% satisfied based on the question "Does the community feel the benefits of the community service program provided?" as in figure 7.

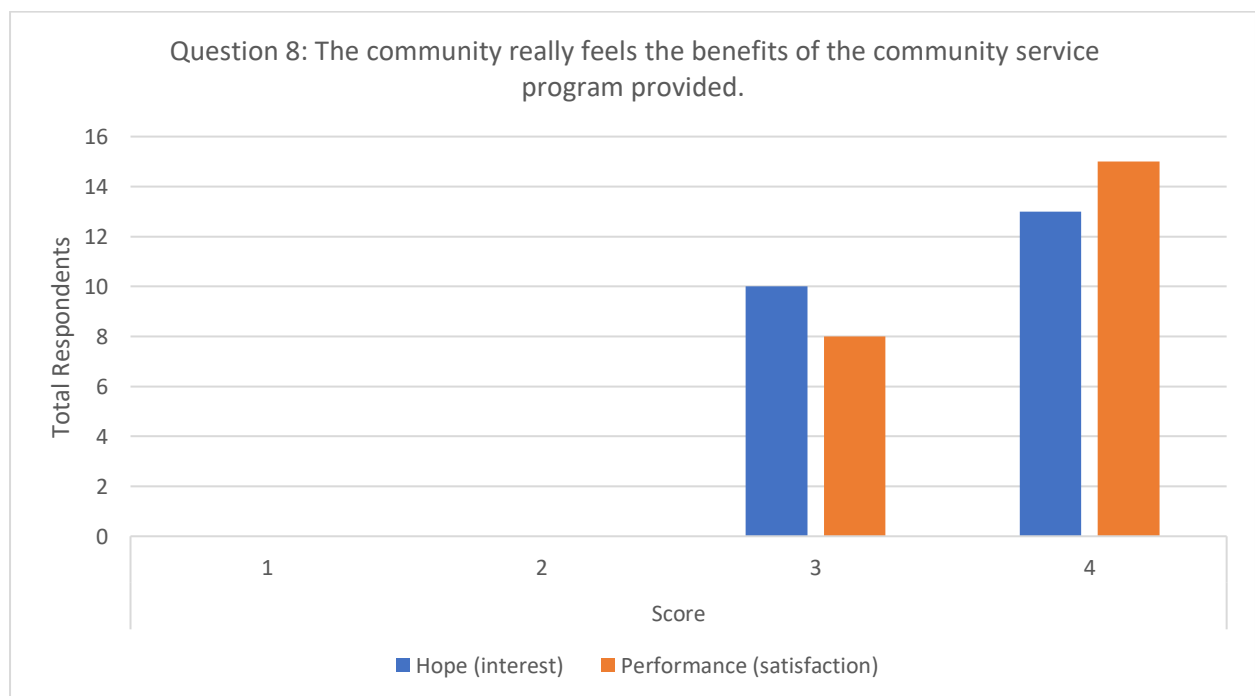


Figure 7. Community engagement Service validation.

## 4. CONCLUSION

In this paper, we present a community service engagement that took place in Penang, Malaysia. To improve their standard of living in this engagement, we are focusing on Indonesian migrant health in the digital lifestyle era. We

used tutorials, lectures, and discussions as learning methods to help participants easily understand and minimize the negative effects of digital lifestyle content, and we used problem-based, cooperative, and thinking skills-improving models as learning models. We then used the questionnaire, particularly question no. 8: "The community feels the benefits of the community service program provided," to validate the knowledge of renewable energy transfer. With this approach, 65.2% participants answered very satisfied, and 34.7% participants answered satisfied with the understanding and awareness of minimizing the negative effects of digital lifestyle among Indonesian participants.

## ACKNOWLEDGMENT

We would like to express our sincere gratitude to the Konsulat Jendral Republik Indonesia Penang, President of Universitas Mercu Buana Prof. Dr. Ir. Andi Ardiansyah, M.Eng, and the Head of PERMAI Penang Eddy Virgo, for their support in our community service engagement in Penang, Malaysia.

## 5. REFERENCES

- Agusmidah, Wijayanti, A., Shalihah, F., Lumbangaol, D. A., & Reinaldo, V. (2022). The financial protection of Indonesian migrant workers and its economic consequences. *Economic Annals-XXI*, 196(3–4). <https://doi.org/10.21003/EA.V196-02>
- Alunaza, H., Cantika, S., Anggara, D. M., Umniyah, A., Putri, K. A. S., & Manurung, G. N. (2022). Analisis Diplomasi Indonesia-Malaysia Dalam Menangani Praktek Penyelundupan Pekerja Ilegal Di Perbatasan Aruk Kalimantan Barat. *Journal of International Relations (JoS)*, 1(1).
- Dewi, E. R. (2018). Metode Pembelajaran Modern Dan Konvensional Pada Sekolah Menengah Atas. *PEMBELAJAR: Jurnal Ilmu Pendidikan, Keguruan, Dan Pembelajaran*. <https://doi.org/10.26858/pembelajar.v2i1.5442>
- Liow, J. (2003). Malaysia's illegal indonesian migrant labour problem: In search of solutions. *Contemporary Southeast Asia*, 25(1), 44–64. <https://doi.org/10.1355/CS25-1C>
- Sahureka, D. (2024). Relasi Sosial NGO PERMAI Dalam Pemenuhan Pendidikan Terhadap Anak Migran Yang Tidak Berdokumen Di Pulau Pinang Malaysia. *JURNAL PENELITIAN MAHASISWA*, 3(1).
- Suharto, B. (2021). *Laporan Kinerja Konsulat Jendral Republik Indonesia Penang - 2020*. Penang.
- Zulianto, M. (2024). Digital Platforms and the Formation of Networked Communities: The Case of Indonesian Migrant Workers in Taiwan. *Conflict, Justice, Decolonization: Asia in Transition in the 21st Century (2024)*, 12(24).