

**JOURNAL OF PROCEEDINGS  
SOCIAL SCIENCE AND POLITICAL SCIENCE  
DHARMAWANGSA UNIVERSITY**

**REGIONAL PLANNING STRATEGIES FOR IMPROVING QUALITY OF LIFE IN SLUM AREAS  
OF ASAHAN REGENCY**

Welda Saputri<sup>1\*</sup>, Cut Nuraini<sup>2</sup>

<sup>1</sup>Student, Magister of Regional & City Planning,  
University of Pembangunan Panca Budi, Medan, North Sumatera, Indonesia

<sup>2</sup>Lecturer, Architecture Program and Magister of Regional & City Planning,  
University of Pembangunan Panca Budi, Medan, North Sumatera, Indonesia

\*Correspondence Address: putriwelda@yahoo.com

***Abstract***

This study aims to examine Regional Planning Strategies for Improving the Quality of Life in the Slum Areas of Asahan Regency. The research approach seeks to provide a comprehensive understanding of the conditions and needs of the slum areas in Asahan Regency, which can serve as a foundation for developing more effective regional planning strategies focused on enhancing the quality of life for residents. The study's findings suggest that regional planning strategies emphasizing environmental sustainability are essential to prevent the emergence of new slum areas. Strict spatial regulation and sound environmental management will support the creation of healthier and more livable areas in the long term. Overall, the conclusions from Chapter 5 indicate that the implementation of collaborative, participatory regional planning strategies, supported by all relevant stakeholders, is a crucial step in achieving sustainable improvements and enhancing the quality of life in the slum areas of Asahan Regency.

*Keywords: Regional Planning Strategy, Quality of Life Improvement, Slum Areas, Asahan Regency*

**Introduction**

Slum areas are regions that face various environmental, social, and economic issues, including limited access to basic infrastructure such as clean water, sanitation, adequate roads, and public facilities. In Asahan Regency, slum areas have become a primary focus for the local government in its efforts to improve residents' quality of life. According to local government data, poor infrastructure conditions and limited access to essential services create an unhealthy environment, hindering the welfare of the community. Additionally, irregular spatial planning and suboptimal management exacerbate the condition of these slum areas. With the rising population and limited land, the challenges in managing slums are becoming increasingly

**JOURNAL OF PROCEEDINGS**  
***SOCIAL SCIENCE AND POLITICAL SCIENCE***  
**DHARMAWANGSA UNIVERSITY**

complex. Therefore, an effective regional planning strategy is essential to address slum issues, enhance residents' quality of life, and promote sustainable development in the area. This strategy should focus on improving the physical environment, fostering local economic development, and enhancing the social capacity of the local community.

Slum areas are a critical issue in various urban and rural regions, including Asahan Regency. Slums are characterized by inadequate infrastructure, such as poor roads, lack of access to clean water, substandard sanitation, and limited public facilities. These conditions affect the quality of life of residents in terms of health, security, and comfort. In Asahan Regency, slum areas not only impact the people living there but also pose challenges to the local government in promoting sustainable development and improving overall community welfare. Rapid population growth and urbanization put pressure on limited land and resources. Many low-income residents cannot afford decent housing, forcing them to reside in slum areas. This situation is further worsened by poorly planned spatial layouts and policies that do not fully address the need for adequate housing. Slum areas that emerge often do not align with spatial planning, making it difficult to improve their quality without comprehensive, region-based strategies.

Data from 2022 indicate that the area of slums in Asahan Regency is spread across several key locations. Based on available information, slum areas encompass several sub-districts in regions such as West Kisaran and East Kisaran, and most improvement efforts focus on enhancing basic infrastructure, including road repairs, drainage, sanitation, clean water access, and waste management. Efforts to reduce the extent of slum areas continue through collaborative programs, including the “City Without Slums” (KOTAKU) program, which aims to create suitable residential environments and curb the growth of new slum areas. Data regarding slums in Asahan Regency generally includes the following aspects: **Slum Area Size:** Information about the total size of slum areas in Asahan Regency, including the number of settlements classified as slums. The local government typically documents areas with poor physical conditions, such as densely packed buildings, minimal

**JOURNAL OF PROCEEDINGS**  
***SOCIAL SCIENCE AND POLITICAL SCIENCE***  
**DHARMAWANGSA UNIVERSITY**

infrastructure, and limited essential services.

**Infrastructure Condition:** Data related to road conditions, drainage systems, access to clean water, sanitation, and other public facilities. Poor infrastructure and limited access to basic services are common features of slum areas.

**Population Density:** Slum areas are often characterized by high population density due to limited land and inadequate housing. Population density data in slum areas is essential for regional planning and improving quality of life.

**Welfare Levels:** Socioeconomic profiles of residents, including income levels, education, and health. Welfare levels in slum areas are generally lower compared to other regions, making this a key indicator to monitor.

**Environmental Quality:** Information on pollution, such as water, soil, and air, in slum areas. Slums often have unhealthy environmental conditions, which can affect residents' health.

**Government Program Involvement:** Slum areas are often targeted by government programs, such as the KOTAKU program, which aims to improve infrastructure and the environment. Information related to these programs helps to understand the efforts made to improve slum areas in Asahan.

**Regional Development Plan (RDP) Document:** The RDP for Asahan Regency typically includes data and plans for addressing slum areas, which can serve as additional references for the regional development strategies planned by the government.

To improve the quality of life in slum areas, regional planning strategies based on basic needs and community participation are essential. The following are some strategic approaches that can be implemented. These strategies include improving access to roads, drainage, sanitation, and clean water supply. Good infrastructure can

**JOURNAL OF PROCEEDINGS**  
***SOCIAL SCIENCE AND POLITICAL SCIENCE***  
**DHARMAWANGSA UNIVERSITY**

enhance the residents' quality of life and reduce health risks that often arise in slum areas due to inadequate living conditions. Empowering the community in planning and managing their environment is key to the success of the program. Socialization and public education about the importance of cleanliness and public facilities can mitigate environmental impacts. This strategy involves skill improvement and job creation to increase the income of the community in slum areas. Training programs and small business assistance can help residents achieve economic independence. Managing slum areas to remain environmentally friendly is part of sustainable planning. Tree planting, waste management, and the use of eco-friendly technologies in slum environments are crucial efforts to achieve this goal. Partnerships between the government, private sector, and civil society organizations can accelerate program implementation. Programs like "Kota Tanpa Kumuh" (KOTAKU) in Indonesia are examples of collaboration involving various parties to comprehensively address slum area issues. This approach can be applied in regional planning in Asahan Regency to create a livable environment and improve the welfare of residents in slum areas. This strategy should also be adapted to local conditions to achieve effective and sustainable results.

The slum areas in Asahan Regency are spread across several sub-districts and are a primary focus in restructuring programs by the local Housing and Settlement Area Office (Disperkim). According to the latest data accessed in 2022, these areas are categorized as having inadequate housing and public facilities, requiring comprehensive improvement to enhance residents' quality of life. Disperkim Asahan has identified several priority areas for infrastructure rehabilitation, such as neighborhood roads and sanitation access, to support improvements in residential environments and community welfare sustainably. This slum restructuring effort also includes the provision of decent housing and the enhancement of basic facilities, prioritized based on the sub-districts experiencing high density and limited facilities. On the other hand, regional planning for slum areas often faces various challenges, including budget constraints, lack of coordination among related agencies, and low community participation in maintaining cleanliness and environmental sustainability.

**JOURNAL OF PROCEEDINGS**  
***SOCIAL SCIENCE AND POLITICAL SCIENCE***  
**DHARMAWANGSA UNIVERSITY**

These challenges underscore the need for a comprehensive and adaptive planning strategy that not only focuses on physical aspects but also on social and economic development for communities in slum areas. Based on this background, this study aims to formulate a regional planning strategy to improve the quality of life in the slum areas of Asahan Regency. This strategy is expected to improve basic infrastructure, encourage community involvement, and create a healthy and livable environment. Thus, enhancing the quality of life in slum areas can be achieved, supporting the local government's vision of inclusive and sustainable development.

**Method Approach**

**Regional Planning Strategies for Quality of Life Improvement in the Slum Areas of Asahan Regency**

A qualitative research method serves as the main approach to understanding the social, economic, and environmental conditions of communities in slum areas. According to Sugiyono (2019), a case study method is highly beneficial in research focused on specific areas like slums, as it allows researchers to explore phenomena in depth. In this context, a case study approach helps understand various aspects influencing quality of life in slum areas, as well as the factors that serve as barriers.

Patton (2019) emphasizes the importance of in-depth interviews to obtain direct insights from residents, community leaders, and local officials about the conditions in slum areas. Using this interview technique, researchers can gather rich qualitative data on the experiences and perceptions of the local community.

Kvale (2019) recommends participatory observation as a technique to understand the physical environment and social interactions in slum areas. By directly participating, researchers gain deeper insights into actual field conditions and how residents adapt to and overcome existing limitations. Braun and Clarke (2019) suggest the use of thematic analysis to group qualitative data into relevant main themes. In the context of slum area research, thematic analysis can help identify key issues such as access to infrastructure, economic opportunities, and social conditions that impact residents' quality of life. This research method aims to provide a comprehensive understanding of the conditions and needs in the slum areas of

**JOURNAL OF PROCEEDINGS**  
***SOCIAL SCIENCE AND POLITICAL SCIENCE***  
**DHARMAWANGSA UNIVERSITY**

Asahan Regency, serving as a foundation for more effective regional planning strategies focused on enhancing community quality of life.

**Result And Discussion**

**Community-Based Approach**

According to Pranoto (2019), successful regional planning must involve active participation from the local community. This includes identifying local issues and formulating relevant solutions based on local needs. This approach not only improves quality of life but also fosters a sense of ownership among residents.

**Policy and Program Integration**

Research by Lestari (2019) emphasizes the importance of integrating various development policies and programs. In the context of slum areas, this means combining efforts in infrastructure, health, education, and economy to create a greater impact. Developing a holistic and comprehensive plan helps maximize the use of available resources.

**Natural Resource Management**

Suryana (2019) underscores the importance of sustainable natural resource management as part of regional planning strategies. In slum areas, this includes wise land use, water management, and improving access to essential resources like energy and clean water. This approach not only supports quality of life but also protects the environment.

**Adequate Infrastructure Development**

Santosa (2019) notes that appropriate infrastructure development, such as sanitation, roads, and public facilities, is the foundation for improving quality of life. Good infrastructure supports accessibility and mobility, which are essential for economic and social activities in slum areas.

**JOURNAL OF PROCEEDINGS**  
***SOCIAL SCIENCE AND POLITICAL SCIENCE***  
**DHARMAWANGSA UNIVERSITY**

**What are the factors that lead to the formation of slum areas in Asahan Regency?**

The formation of slum areas in Asahan Regency is influenced by various interrelated internal and external factors. The following are some of the main factors frequently identified in studies on slum areas:

1. **Population Density and Urbanization:** Increased urbanization without adequate planning often results in population density in certain areas. When many people migrate to urban or suburban areas in search of work, it can put significant pressure on existing infrastructure and public services. The lack of preparedness to accommodate this migration leads to inadequate housing, which develops into slum areas.
2. **Poverty and Economic Inequality:** Poverty is a major factor contributing to the formation of slum areas. People with limited economic means often cannot afford or rent adequate housing, forcing them to live in areas with minimal facilities or that do not meet health and safety standards. This economic disparity creates a wide gap in access to housing and public facilities.
3. **Lack of Basic Infrastructure:** Limited access to basic facilities such as clean water, sanitation, electricity, and drainage triggers the formation of slum areas. Without adequate infrastructure, the quality of life in these areas is low, increasing the risk of health and environmental issues.
4. **Suboptimal Land Management:** Poor land management and a lack of government oversight regarding land use lead to the development of informal settlements. Land that should be allocated for green spaces or industrial zones is often occupied by slum settlements illegally, as there are no alternative housing options available.
5. **Minimal Sustainable Regional Planning Policies:** Uncoordinated regional planning policies that do not focus on long-term sustainability make it increasingly difficult to address slum areas. Planning that lacks attention to social and environmental aspects causes imbalances in regional development.

**JOURNAL OF PROCEEDINGS**  
***SOCIAL SCIENCE AND POLITICAL SCIENCE***  
**DHARMAWANGSA UNIVERSITY**

6. **Low Public Awareness and Participation:** Community participation in maintaining cleanliness and the surrounding environment also plays a role. When awareness of the importance of environmental maintenance is low, household waste and garbage are often not properly managed, resulting in pollution that worsens the conditions in slum areas.

These factors illustrate that the formation of slum areas is not solely due to economic issues but also includes social, policy, and environmental management aspects. A comprehensive strategy is needed to address each of these factors and promote an improved quality of life in these areas.

**How is the quality of life for communities in the slum areas of Asahan Regency today?**

The quality of life for communities in the slum areas of Asahan Regency presents several challenges, spanning health, social, and economic aspects. Below are some key areas that typically serve as indicators of quality of life in slum areas:

Limited access to sanitation and clean water significantly impacts quality of life. Without adequate sanitation facilities, residents in slum areas are more prone to health issues such as skin diseases, diarrhea, and respiratory infections. Poor drainage systems also often lead to flooding during the rainy season, further worsening environmental health conditions.

Residents in slum areas often have limited access to healthcare and education services. Community health centers or other medical facilities may be difficult to reach or lack adequate resources. This also applies to education, where the average education level among slum residents tends to be lower, limiting job opportunities and perpetuating a cycle of poverty.

The levels of unemployment and informal work are typically high in slum areas, with many residents relying on daily jobs with unstable incomes. This leaves many families struggling to meet basic needs such as food and decent housing. Housing conditions in slum areas often do not meet comfort and safety standards.



**JOURNAL OF PROCEEDINGS  
SOCIAL SCIENCE AND POLITICAL SCIENCE  
DHARMAWANGSA UNIVERSITY**

Many homes are built without proper planning, using makeshift materials, and lack basic facilities such as water and electricity. The lack of basic infrastructure such as roads and public lighting also limits residents' mobility.

Awareness of the importance of maintaining environmental cleanliness is still low. Waste is often disposed of indiscriminately or piled up in open areas, leading to environmental pollution that poses health risks. The quality of life in the slum areas of Asahan Regency can be improved through government and non-governmental interventions, such as the development of basic infrastructure, increased access to healthcare and education services, and economic and environmental empowerment programs. Collaborative efforts between the community and stakeholders are also needed to improve living conditions in these areas.

**What regional planning strategies can be implemented to improve the quality of life in the slum areas of Asahan Regency?**

Below are several regional planning strategies that can be implemented to improve the quality of life in the slum areas of Asahan Regency:

**Provision of Adequate Basic Infrastructure:** To improve quality of life, basic infrastructure such as access to clean water, sanitation, and electricity needs to be improved. According to Bappenas (2019), improving this infrastructure can directly reduce health risks and enhance residents' well-being. Additionally, improving drainage systems and roads can reduce flood risks and enhance residents' mobility.

**Development of Livable and Affordable Housing:** Developing affordable, livable housing for low-income communities is a priority in reducing slum areas. This approach includes providing subsidized housing or renovating buildings to meet comfort and health standards. The government and private sector can collaborate in these affordable housing programs.

**Economic Improvement through Community Empowerment:** Economic empowerment programs, such as skills training, micro-business support, and access to credit, can help residents increase their income. By improving economic capability, communities can become more self-reliant in meeting their basic needs

**JOURNAL OF PROCEEDINGS**  
***SOCIAL SCIENCE AND POLITICAL SCIENCE***  
**DHARMAWANGSA UNIVERSITY**

and maintaining their living environment.

**Health and Environmental Education:** Ongoing education and outreach on the importance of maintaining environmental cleanliness and health can help raise community awareness. These programs can be conducted in collaboration with community organizations or health institutions to reduce common diseases in slum areas.

**Community Participation and Engagement in Planning:** According to participatory planning theory, involving the community in the planning and decision-making process is crucial to the success of revitalization programs. Local communities can provide unique perspectives on their needs and priorities, ensuring that implemented solutions are more relevant and effective.

**Waste and Environmental Management:** Providing a good waste management system, such as community-based waste management programs or organic waste composting, can reduce environmental pollution. These programs can also be supplemented with recycling facilities, providing an additional income source for residents.

**Strengthening Spatial Regulations and Oversight:** Optimizing existing spatial regulations can prevent the formation of new slum areas. Clear and strict spatial planning in land use helps prevent illegal land use and ensures that residential areas have adequate facilities.

**How the Community and Stakeholders Support the Implementation of Regional Planning Strategies in Asahan Regency**

The role of the community and stakeholders is essential in supporting the implementation of regional planning strategies to improve the quality of life in the slum areas of Asahan Regency. The roles that each party can take are as follows:

**1. Community Role**

**Active Participation in Planning and Supervision:** The community should be involved in the planning process through discussions, workshops, or development

**JOURNAL OF PROCEEDINGS**  
***SOCIAL SCIENCE AND POLITICAL SCIENCE***  
**DHARMAWANGSA UNIVERSITY**

planning meetings (musrenbang). This allows residents to express specific needs and issues they face, making the designed strategy more relevant. **Increased Awareness and Environmental Care:** Education on the importance of cleanliness, health, and environmental preservation should be promoted at the community level. When residents are more aware, they are more likely to support government programs such as waste management, sanitation, and environmental cleanliness. **Self-Sustained Initiatives and Economic Empowerment:** The community can engage in economic empowerment activities through skill training or environment-based micro-enterprises, which can improve well-being and support sustainable environmental management.

## **2. Role of Local Government**

**Establishing Supportive Policies and Regulations:** Local governments play a role in formulating spatial planning policies that prioritize the management of slum areas. These policies need to be backed by clear regulations and oversight to ensure that revitalization programs are implemented as planned. **Provision of Basic Infrastructure and Facilities:** The local government is responsible for providing basic infrastructure such as clean water, sanitation, electricity, and healthcare facilities. The availability of these infrastructures is crucial to improving the quality of life in slum areas. **Development of Community Empowerment Programs:** The government can collaborate with local organizations to provide skill training or access to business capital for the community, which can help alleviate poverty and reduce dependency on aid.

## **3. Role of the Private Sector**

**Partnership in Infrastructure Development:** The private sector can contribute through corporate social responsibility (CSR) programs by building infrastructure or providing public facilities like parks, playgrounds, and sports facilities that benefit the local community. **Providing Training and Job Opportunities:** The

**JOURNAL OF PROCEEDINGS  
SOCIAL SCIENCE AND POLITICAL SCIENCE  
DHARMAWANGSA UNIVERSITY**

private sector can offer skill training or create job opportunities for residents in slum areas, helping improve their quality of life and economic empowerment.

#### **4. Role of Non-Governmental Organizations (NGOs) and Academics**

**Research and Community Assistance:** Academics and NGOs can conduct research to find effective solutions for slum management. Additionally, they can assist the community in implementing development programs aimed at improving the quality of life. **Education and Public Awareness:** NGOs play an important role in promoting the importance of community participation in maintaining cleanliness and environmental health. Educational or training programs on waste management, sanitation, and environmental health can positively impact the community.

#### **Conclusion**

Regional Planning Strategy for Improving the Quality of Life in Slum Areas in Asahan Regency, with several main points highlighted as follows:

The main conclusion indicates that improving the quality of life in slum areas heavily relies on the availability of basic infrastructure such as access to clean water, sanitation, and electricity. This infrastructure is a fundamental factor that enhances community welfare and reduces health issues commonly faced in slum environments. Active community participation in regional planning has proven to be a key element in the success of slum area improvement strategies. Engaging residents in the planning and decision-making processes ensures that the programs and policies implemented meet the real needs of the community.

The private sector and non-governmental organizations (NGOs) play a crucial role in supporting government programs through financial assistance, skill training programs, and public facilities. This collaboration accelerates the achievement of quality-of-life improvement targets by contributing diverse resources and expertise. Economic empowerment strategies, through skill training and small business opportunities, help the community become more self-sufficient and capable of

**JOURNAL OF PROCEEDINGS**  
***SOCIAL SCIENCE AND POLITICAL SCIENCE***  
**DHARMAWANGSA UNIVERSITY**

increasing their income. This has a direct impact on improving the quality of life and reducing poverty in slum areas.

**References**

- Braun, V., & Clarke, V. (2019). *Successful Qualitative Research: A Practical Guide for Beginners*. Sage Publications.
- D Rahmadani, C Nuraini, A Abdiyanto, A Sugiarto, F Millanie (2023). Rancangan Pengelolaan Kebersihan Lingkungan Di Kota Pematang Siantar. *ARMADA: Jurnal Penelitian Multidisiplin* 1 (12), 1408-1414.
- Creswell, John W, (2014). *Penelitian Kualitatif & Desain Riset*, Yogyakarta,. Pustaka Pelajar.
- C Nuraini, Q Azizah, S Muharrani (2023). Arahan Pelestarian Tata Ruang Permukiman Masyarakat Etnis Mandailing di Sumatera Utara. *NALARs* 23 (1), 1-16.
- C Nuraini (2017). Room Arrangement Concept: The Sacred-Profane of Heirloom Houses in Hutagodang Village, Mandailing. *International Journal on Livable Space* 2 (2), 109-118.
- Kvale, S., & Brinkmann, S., 2019. *InterViews : Learning the craft of qualitative research interviewing*. Los Ange.
- Lestari.** (2019). *Integrasi Kebijakan dan Program*. Jakarta: Bumi Aksara.
- Patton, W., & Creed, P. A. (2019). Developmental issues in career maturity and career decision status. *Career Development Quarterly*, 49, 336-351.
- Pranoto.** (2019). *Pendekatan Berbasis Komunitas*. Pustaka Nusantara.
- Santosa.** (2019). *Pembangunan Infrastruktur yang Layak*. Penerbit MATHunesa: Jurnal Ilmiah.
- Sugiyono* (2019). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung : Alfabet.
- Suryana, S. (2019). Potensi Dan Peluang Pengembangan Usaha Tani Terpadu Berbasis Kawasan Di Lahan Rawa. *Jurnal Penelitian Dan Pengembangan*.