

# Women's Double Burden: Environmental Responsibility and Gender Inequality

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## ABSTRACT

Women's double burden is a complex global phenomenon, where women often bear double responsibilities in both the domestic and public spheres. This research analyzes how this double burden is exacerbated by environmental responsibility and reinforced by gender inequality. Through a literature review and case studies, this research reveals the complex dynamics between gender, environment, and work, and their implications for women's well-being.

**Keywords:** Gender, inequality, patriarchy,

## ABSTRACT

Beban ganda perempuan merupakan fenomena global yang kompleks, di mana perempuan sering kali memikul tanggung jawab ganda baik di ranah domestik maupun publik. Studi ini menganalisis bagaimana beban ganda ini diperburuk oleh tanggung jawab lingkungan dan diperkuat oleh ketidaksetaraan gender. Melalui tinjauan pustaka dan studi kasus, studi ini mengungkap dinamika kompleks antara gender, lingkungan, dan pekerjaan, serta implikasinya terhadap kesejahteraan perempuan.

**Keywords:** Gender, Ketimpangan, Patriarki,

## 1. Introduction

Double burden (double burden) means that one type of sex receives more workload than the other type. The reproductive role of the female is often considered to be a static and permanent role. Although there has been an increase in the number of women working in the public sector, this has not been accompanied by a decrease in their number in the domestic sector. Their best efforts have been to reassign the work to other women, such as domestic helpers or other members of their families. However, the responsibility still lies with the women. As a result, they experienced double the burden.

Micherller et al (1974) stated that the dual role is expressed with the concept of curttural duralismer, namely the existence of the concept of domestic sphere and public sphere. The dual role is the participation of the battle involving the role of tradition and transition. Traditional or domestic roles include roles as wife, mother and household manager. Meanwhile, the role of transition includes changes in the development of various workforce, community members and development people. The double burden of women is implied in: (1) the role of work as a housewife (reflecting the feminine role), although it does not directly generate income, productively working undercuts men (head of the family) to earn income (subordinate); and (2) acting as a breadwinner (additional or primary). The double role of women is the role of women on one side of the family

as an independent person, housewife, raising children and as a wife, and on the other side as a member of society, as a worker and as a citizen which is carried out in a balanced manner.

Double load on a road is a problem that is often faced in work places. Women often have to choose between not getting married and having a successful career, or getting married and being a good housewife. The presence of people who help with domestic work or babysitting provides a great opportunity for the executive struggle to get a much bigger income or to get more pressure in actualizing themselves. In essence, the problem of dual roles in combat is not in the role itself, but rather the consequences or impacts it has on the family. In the context of a patriarchal society, women are the ones who fight in the domestic (reproductive) area and men are in the public (productive) area. The condition of being scattered is a natural part of the reality of the relationship pattern between men and women. Therefore, when a woman works or carries out activities in the public sphere to earn a living, she is still obliged to carry out household work (household responsibilities still fall on the woman). Women have a role as a housewife which is an absolute role that cannot be eliminated simply in our patriarchal society culture. Even indirectly every woman will definitely become a housewife and have a soul of leisure. Therefore, when women work, what happens is that they continue to carry out their role as a housewife.

Based on the above considerations, it can be concluded that double tyres are tyres that are received by one type of sex more than the other type of sex. This double burden occurs when one type of kerlamin sheds the dura mater simultaneously, namely the public dura mater and the domestic dura mater. The double burden falls into the category of clashing gender injustice, which is generally experienced by fighting people. Poor women experience miserrization, where they have to be responsible for household chores and the economic failure of their household. The increasingly pressing economic conditions have resulted in women having to participate in economic activities to increase income or support the family economy. In general, factors that encourage women to work include: Economy, Economic factors are one of the many factors that encourage women to pursue a career. Family problems that cannot be met by a husband will directly or indirectly encourage a woman who becomes a wife to work to find a living for her family. In addition, fighters who feel they have too many additional losses will be very interested in pursuing a career so that their losses can be reduced easily.

The weakness factor is self-existence, high education and the ability of the warrior requires him to be more active in society. The self-existence that exists in the warrior will of course make the warrior have the ability to remain active in society. In addition, job opportunities are also increasingly widespread for the warriors. The turrurt combat chooses to work because it is a high social relationship and the workplace can overcome this problem. In them, there is a desire for social acceptance and a social identity that is obtained through the work community. The third factor is Social Reasons, Reasons or social factors that encourage fighters to pursue a career are generally the desire to participate in an active environment. The habit of fighters who always want to be in their circle will be able to follow what is done by their circle. If a fighter mingles with career fighters, it is not impossible that the fighter will follow their career. Fighters also want to have a high social status, one of the achievements of which is by pursuing a career. Fighters who are active in their lives will feel lacking if they do not pursue a career and have a certain profession.

Even as the role of women in the workplace continues to evolve, the challenge of creating a fair environment for all individuals remains. Patterns of gender inequality and traditional roles embedded in society in some areas can have negative effects on workplace dynamics. Gender inequality at the recruitment and selection stage is a critical aspect of the workplace process that is exclusive to women and does not facilitate job accessibility and career advancement for them. Bias can also be experienced when assessing responses. Some bias is introduced when assessing applicants based on gender. Traditional roles that affect qualifications and assessment of applicants involve ability.

Family demands and traditional roles that are still attached to combat can be obstacles to achieving equality in the workplace (Grerernhaurs & Berurterll, 1985). The double burden of work and family responsibilities sometimes results in women struggling to fully commit to their careers (Zainal et al., 2020). Women often have additional roles at home, such as household chores or caring for children and other family members at home (Berham et al., 2020). The lack of work-life balance can cause many women to hesitate to seek work outside the home that has high time demands (Obrernovic et al., 2020).

Gender equality can be achieved by creating a work-family climate, involving the implementation of programs and policies that minimally reduce time constraints that can disrupt family life by encouraging employees to share time with their families with little conscientiousness towards careers and managerial constraints on work-family life balance (Michaeliders et al., 2023; Soomro et al., 2018). Work-family climate will reduce employee work stress to be higher, organizational commitment to career stress (Hamilton & Great Britain. Erqural Opportunities Commission., 2005; Mondy & Mondy, 1998; Mwashita et al., 2020).

Dual roles in battle have actually occurred frequently since ancient times in the lives of society, and this has finally been considered a common or normal thing. This is a gender injustice. This situation is truly worrying because it can become a destructive habit for subsequent generations.

Marriage is often considered as a source of income that is often felt by women, this is because some families rely on one of the genders and one of them is a woman who has to work outside and at home, this can also increase stress and depression and physical fatigue, one of the causes is baby blurers, this disease is a maternal unemployment disease experienced by a woman when she already has a child, they have to think about what to eat tomorrow and how to eat and the consequences of a child who wants to be given affection, this is what causes maternal unemployment such as baby blurers.

In a study conducted by Turwur (2018) in the Konawer Serlatan village, Southeast Sulawesi Province, it was seen that the conditions of the women who work as split traders are quite concerning because the salary is not commensurate with the life they live, which can be said to be quite minimal. Even though the wages are minimal, the split traders continue to work because of the decline in the economic hardship of their families. In fact, conditions like this are quite difficult for a fighter because they have to raise their dignity and status. This is also very difficult to improve the quality of life of their family because they continue to live in poverty and deprivation.

Candraningrurm (2018) explained that this happened because of economic pressures and increasing household losses which caused many women to work to increase family income. In poor families, the role of men in the public sector is expected to help overcome family economic problems, and the role of women in the domestic sector is expected to realize family welfare. The contribution of the fighting in the agricultural sector is actually even greater when their role as unpaid family workers or farm laborers is taken into account.

Therefore, if we look at the life of the village community, we can conclude that there are several very patriarchal family relationships, and not a few women there still consider that the affairs of the kitchen, well and bed are their responsibility. Meanwhile, men are depicted as creatures whose degree is higher than that of the warrior. This is reflected in activities such as farming, as carried out by most Soka warriors who choose to wake up early in the morning so they can prepare food for their families and go to the rice fields. Then in the afternoon they return to the house and prepare food for the family, a routine they do almost every day.

In addition, the injustice experienced by the fight in the employment sector is mostly based on ideology that the fight will bring a bad impact on the work order. Therefore, Nofianti (2016) in her research said that the ideological basis of culture, race and politics often places the fight on the grounds for the emergence of errors such as chaos. Again, there is an assumption that overly emphasizes the role of women in domestic issues, thus clashing with gender injustice in the realm of work, often positioning women as victims. In fact, there are quite a few who marginalize warfare in the economic order so that the work of warfare in the public sphere is only considered secondary and places it as the main activity in domestic affairs. Kursurmawati, (2013) in her research explained that this dilemma was also experienced by the struggle for independence in Batang which then had an impact on the low wages of the struggle and clashed with gender injustice.

## 2. Method

This study uses a curatorial methodology, this is because it helps researchers to dig deeper into the complex and dynamic phenomena related to a person's double burden of everyday violence. This view is carried out in order to provide a picture to the public that victims of double burden are very dangerous. It is hoped that this research can provide learning and provide significant solutions to society. This research design also adopts a case study approach to enable a more in-depth analysis of the community in question. Mattress

studies are a popular choice because of their flexibility in combining multiple data collection methods and allowing researchers to understand the specific contexts that influence ecological behavior.

In curricular research, data collection is not guided by theory but is guided by facts found during research in the field. Therefore, the data analysis carried out is inductive in nature based on the facts that are obtained and can then be constructed into a hypothesis or theory. So in curricular research, data analysis is carried out to build a hypothesis. Curative methods are used to obtain in-depth data, data structures that contain meaning. Meaning is real data, definite data which is the value structure behind the visible data, therefore in curricular research it does not emphasize generalization, but rather emphasizes meaning. Generalization in curricular research is called transferability, meaning that the results of the research can be used in other places, if the places have characteristics that are not very different.

### **Data Collection**

Data collection is carried out through a series of methods, namely curative and mattress studies:

The curatorial research method is a research method used to conduct research in natural object conditions, where the researcher is the key instrument, data collection techniques are carried out by triangulation, data analysis is inductive, and the results of curatorial research emphasize meaning more than generalization. In a case study, the researcher will conduct investigations, analyze, and consider various factors that may influence each other. The researcher does not become part of the context of the research object, but rather comes to the research object to conduct research.

### **3. Results and Discussion**

The double burden experienced by women is a complex issue involving interconnected social, economic, and cultural aspects. Women are often positioned as the primary caregivers in the domestic sphere, such as managing household tasks and raising children. However, on the other hand, economic demands compel them to participate in the public workforce. This combination of roles creates a heavy double burden, especially in societies with strong patriarchal norms. In such situations, women face not only physical burdens but also significant psychological pressures.

Environmental changes, such as climate change and natural resource degradation, further exacerbate these conditions. In many rural communities, women are responsible for managing essential resources such as water, fuel, and food. When access to these resources becomes challenging, women must work harder to meet their families' basic needs. This not only increases the time and effort they devote but also heightens the risk of physical and mental exhaustion. This situation illustrates how environmental responsibility often intersects with gender inequality, where women are placed in disproportionately unequal roles compared to men.

The impact of this double burden is deeply felt in women's daily lives. Many experience chronic stress, depression, and physical exhaustion due to the pressure of meeting expectations in two distinct spheres. The inability to achieve a balance between work and family life often leaves women feeling undervalued, both at home and in the workplace. Additionally, women frequently encounter workplace discrimination, such as unequal access to promotions, training, and decision-making roles. This injustice worsens their conditions, narrows their opportunities for growth, and reinforces their dependency on traditional roles.

In this context, empowering women becomes critically important. Relevant education and training can help women manage the double burden more effectively, both in domestic and public domains. Furthermore, policies that support gender equality, such as flexible working arrangements, family leave, and access to healthcare facilities, can help alleviate the pressures they face. At the community level, campaigns to change unjust cultural norms can foster a more inclusive and supportive environment.

Women's participation in decision-making is also crucial to addressing this issue. Women have firsthand experience in managing households and natural resources, giving them unique insights into designing effective policies. When women are given the space to contribute to policymaking, whether at the local or national level, the outcomes are often more inclusive and responsive to community needs.

Various researchers have suggested that human resources are disproportionately suffering from climate change and degradation. Just the environment. Some of the most affordable terms primarily include:

- **Increased Domestic Responsibility**  
Women are often responsible for the provision of clean water, fuel and food. Climatic changes and environmental degradation are increasingly affecting these gas resources, forcing environmental resources to work more to race and longer.
- **Higher Vulnerability**  
Women, especially in developing countries, often have more limited access to resources, technology and information. This means they are more vulnerable to the negative impacts of climate change, natural disasters, food shortages, and I 'm sick.
- **Low Participation in Result Taking**  
While women are often at the forefront of dealing with the impacts of climate change, they are often less involved in the process. s decision making is related to environmental policy.
- **Double Discrimination**  
Women who come from minority groups, such as indigenous women or women with disabilities, often experience double discrimination, both based on gender and other identity ideas.

### **Increasing Environmental Responsibility for Women**

In the context of climate change and environmental degradation, women often bear a greater burden. They are not only responsible for meeting domestic needs such as clean water, fuel, and food, but also face additional challenges due to limited resources. This burden is especially burdensome for women in rural areas, where access to modern technology and resources is very limited. This situation emphasizes that environmental responsibility is not only an ecological issue, but also a gender issue.

### **Psychological and Health Impacts**

The double burden not only affects women's time and energy but also has a direct impact on their physical and mental health. Stress, chronic fatigue, and depression are common due to the demands of carrying out dual roles simultaneously. In addition, social stigma and cultural pressures often make it difficult for women to get the emotional support or health services they need.

### **Involvement of Women in Decision-Making**

Although women are often the first to feel the impacts of environmental change, they are rarely involved in the decision-making process related to environmental policy. The absence of women in policy-making means that the resulting policies are often not responsive to their needs and realities. Therefore, empowering women through education, training, and access to strategic positions is an important key to creating inclusive policies.

Application Solutions to Reduce the Double Burden on Women require a holistic approach. Some strategic steps that can be taken include:

1. **Redistribution of Domestic Responsibilities:** Encourage a more equitable division of household responsibilities between men and women.
2. **Access to Technology and Resources:** Provide women with better access to technology that can ease their domestic work and environmental responsibilities.
3. **Gender-Friendly Policies:** Implement policies that support gender equality in the workplace, including flexible working hours and family support facilities.
4. **Gender Awareness Raising:** Engaging men in gender equality campaigns to create supportive cultural changes.

#### 4. Conclusion

The double burden on women is a complex phenomenon that occurs when women have to bear double responsibilities, both in the domestic (household) and public (work) spheres. This burden becomes even heavier when it is linked to environmental responsibility and gender inequality.

Important points that need to be underlined :

- Double tire  
Fighting often involves running the household, taking care of children, and working outside the home. These domestic tasks are often unseen and unappreciated, but they remain a primary responsibility in combat.
- Environmental responsibility  
Combat is often at the forefront of environmental preservation efforts, especially in rural communities. They are responsible for managing natural resources, producing food, and maintaining the balance of the ecosystem. However, their role is often not recognized and they lack access to the necessary resources and technologies.
- Gender inequality  
Gender inequality double-banded gernderrburrurk battle. Patriarchal social and cultural norms place women in subordinate positions, so that they have little control over their own lives. This inequality is also reflected in access to education, employment, and career decision-making.
- Impact  
The double burden of combat can have negative impacts on combatants' physical and mental health, as well as limiting their potential to participate fully in community life.

Addressing women's double burden not only has a positive impact on their well-being, but also contributes to the development of a more sustainable society. Gender equality is the first step to ensuring that women can contribute optimally in all aspects of life without being burdened by structural injustice. Ultimately, addressing the double burden on women requires a holistic approach. Gender equality must be prioritized in all aspects of life, from families to broader societies. By providing fair opportunities for women to thrive, not only will their quality of life improve, but the overall well-being of society will also benefit. Gender equality is not just about social justice but also about creating a more sustainable and inclusive world for everyone.

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