



## Socialization Awareness of Healty Living and Mentoring the Making of Creative Products Using Domestic Waste in Mayasopa, Singkawang in 2017

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**ABSTRACT**

*Service activities in the community in the form of socialization awareness of healthy living and advocacy make creative products using domestic waste aims to provide skills to the public regarding the management of household waste into environmentally damaging waste and can be used to make a variety of creative products of high value. Besides these activities also aim to provide an understanding and knowledge of the importance of raising the awareness of health and living a healthy lifestyle, create and encourage people to adopt healthy life. The target audience for the activities of PKK PPM is Mayasopa villages totaling 26 people. Socialization and mentoring are done by lectures, demonstrations, discussions, and exercises with frequently asked questions. The availability of sufficient expertise in mentoring and socialization creative product making healthy lifestyle, the enthusiasm of the participants, the support of the Village, RT, and RW to the implementation and support of STKIP Singkawang fund is supporting the implementation of this PPM activities. The constraints faced by the participants are yet to have prior knowledge about the making of the product and determine the implementation schedule of activities because trainees have busy each of them work in the fields, gardens and more.*

*The benefits can be obtained by the participants of this PPM among others, can .memahamipentingnya health and a healthy lifestyle at the same time adopting a healthy lifestyle. Moreover, this activity provides awareness on the PKK in the Village Mayasopa how to take advantage of used goods into a product that can improve the economics of the family.*

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### INTRODUCTION

Environmental problems are often the case these days has become a problem that threatens not only the survival of living beings that exist in the region but also threatens the survival of all living things on earth in. Oleh because it takes the active role of all elements of society to solve existing environmental problems. Most wastes was thrown away, except for newspaper and aluminium cans which were

regularly recycled, while furniture and electrical items were reused by giving away or trading-in (M. S. Aini, A. Fakhru'l-Razi, 2010)

Lack of knowledge and poor people's behavior in the management of plastic waste can cause environmental and health problems (Ririn Setyowati, 2013) As a result of the increasing level of consumption and other activities it also increased waste. Waste generated from the activity and private consumption is often called the domestic waste. Domestic waste into environmental problems due to the quantity and level of danger of disrupting the lives of the living. Industri addition to producing products also produce waste. And when industrial waste is discharged directly into the environment will cause environmental pollution. Waste is waste resulting from a production process both industrial and domestic (household, better known as junk), whose presence at a particular time and place undesirable environment because it has no value economies. Domesctic waste basically has two common forms that are; solid and liquid, with three basic principles of processing waste treatment technology.

Disposing of various types of garbage into the container it is unwise because it would complicate the valuable waste segregation can still be used. garbage should be included in different containers according to its kind". To that managers should provide a container for each type of waste eg organic waste, inorganic waste, and trash that has full dangerous. In general, waste is the result of a production process that comes out in the form or raw materials that had been able to use. That is nature itself issued the waste but the waste has always been and will be used by other creatures. This principle is known as the principle Ecosystem (ecological system) in which living things in a food chain will accept waste as new raw materials.

Garbage is a very complex environmental problem because it will have an impact on economic problems, political and social culture. And its management has become an increasingly urgent problem in almost all regions in Indonesia because if not done a good handling balance will result in adverse environmental changes and unexpected that can pollute the environment both on land, water, and air. Therefore, to solve the pollution problems required handling and control of waste. Handling and control will become increasingly complex and complicated by the increasing number of species and the composition of litter in line with the rapid advancement of culture.

In an effort to handle the government requires awareness and community participation in the implementation of waste management, for the preservation of the environment is our obligation. For example, waste paper and coffee packets that have been abandoned if we can by recycling / recycle into something good that has benefits and economic value. Recycling or recycling is to return a product or leftovers from a production process into the production cycle. Waste is in addition to improving earnings also help preserve the environment "reveals that of environmental sustainability can support the development of environmentally sound". Household waste is waste or unused something liquid, gas, and solid. Household waste in the form of solids such as plastics, old newspapers, where Baygon, cardboard and other things that are not utilized can eventually pollute the environment. In the village Mayasopa, East Singkawang there has been no public awareness in processing the household waste. The information obtained during an interview with the Mayasopa, that generally they only dispose of waste non-organic waste by burning. Reuse, recycling and reduce the wastes consider as the only methods to recover those waste generated; however, the implementations still have much room for improvement (Tam V, 2006).

Mayasopa Society, East Singkawang majority of the population worked as farmers rubber and gardening, but the PKK mother had averaged only at home. Based on interviews conducted previously also showed that they have no skills other than from the gardening and farming. So practical, household income only comes from gardening and farming.

The purpose of this public service activities is to introduce and give knowledge to partners in a household waste processing alternative solutions in the problems faced by the community and as a business with the potential to be developed.

## METHOD

As for the instructors and speakers in this activity are lecturers and students STKIP Singkawang who have experience in mentoring a healthy lifestyle and manufacture of creative products from household waste.

### A. Implementation Method

Service activities method used in this activity are Lecture, Demonstration and Exercise. Lecture method was chosen to convey the concept of making creative products made from household waste in the District Singkawang Mayasopa East Village. Before making any creative product certainly used goods from household waste will be processed using the system 3R (*Reduce, Reuse, Recycle*) after the completion of the waste that has been being processed into a variety of items recycled creations that are useful and selling power. A trainee who is a resident of Village Mayasopa received an explanation from the lecturer regarding waste management mentoring household goods into goods of various creations, but if participants are having difficulty, participants can ask questions directly. Lecture method also makes use of laptops and LCD for displaying material through powerpoint given the relatively large training materials and training time is limited. Material furnished with pictures of the former management procedures household goods into a variety of recycled creations. Utilization of laptops and LCD help training participants to easily understand the waste management into a variety of creative goods.

The method used in the demonstration is to show a process of making junk from household waste so residents/participants more easily understand the process of manufacture of a variety of recycled creations. Demonstrations were given by the team of devotion as a resource to the expectations of the participants/citizens training can perform well within their instructions given by informants.

Training method was chosen for participants to easily understand how to make the goods of various recycled creations from recycled materials household so that the goods be empowered to sell and useful, as well as a clean environment and protected from household waste.

### B. Activity Steps

The steps in socialization activities Healthy Lifestyle Awareness and Assistance Making Creative Products Made Basic Household Waste in Sub District of East Singkawang Mayasopa Year 2017 through the following stages:

1. Lecture about awareness of a clean lifestyle and benefits.
2. Lectures on household waste.
3. Lectures on household waste management and economic advantages.
4. Lectures on the management of household waste into various creations that can improve the economics of the family.
5. Discussion or question and answer on matters relating to household waste and its management.
6. Demonstration of the management of household waste into various creations that can improve the economics of the family.
7. Exercise makes various creations from household waste.

## RESULTS AND DISCUSSIONS

The implementation of PPM is done by five (5) people on the subject of being delivered, namely Introduction to a healthy lifestyle, awareness of healthy lifestyles, impact and utilization of household waste, facilitation of making creative products made from household waste, preparation of the base material creative products, creative product manufacturing steps, the resulting creative product.

This activity begins with the opening and continued with the presentation material. Delivery of content is divided into four sessions, namely (1) the opening and introduction of healthy lifestyles; (2) to shine

awareness of healthy lifestyles; (3) the material impacts and utilization of household waste; (4) facilitation of making creative products made from household waste.

Socialization of awareness of healthy lifestyles and mentoring of making creative products made from household waste that has been implemented is expected to increase the knowledge, skills, and foster a creative mindset. Socialization and mentoring are beneficial to the community in fostering creativity and awareness of the importance of healthy lifestyles and attempt what can be done to overcome the existing problems. On the other hand, this activity can help create jobs and reduce the problem of household waste.

#### A. Stages of Preparation

The village targeted in this program is the Mother-PKK and village girls Mayasopa District of East Singkawang Singkawang West Kalimantan Province. Mayasopa rural areas, in general, are bumpy, moderate to severe and mountainous with a slope of 15-65, the altitude ranges between 150-920 m above sea level. Distance Mayasopa to Singkawang about 20 km can be taken approximately 1-hour using two-wheeled vehicles or four wheels. Background livelihoods of surrounding communities are farming and gardening. And unemployment needs to be nurtured in this program in order to boost the economy in rural Mayasopa. The majority of the population are farmers work the rubber.

Mayasopa problems faced by society is because they are a major mainstay of the results of their rubber plantation. So when the price of rubber in the market goes down, that's what led to their earnings decline. So there must be other measures that are expected to boost the economy of local people coming from the processing of household waste into valuable products.

Under these conditions, the first event to do is collect the rubbish bins of household waste that is solid. The event was held 23 November 2017. Household waste collected include plastic, old cardboard, newspaper waste paper, plastic wrap, the fabrics are not utilized. On November 24, the activities carried out by collecting garbage, household waste bins that can be made creative products. Figure stages of preparation of solid household waste sorting that can be processed:



*Fig 1. Some activities in particular event*



*Fig 2. Some activities in particular event*

## B. Stages Extension

Outreach activities carried out on November 25 by the method of socialization activities is done by lectures, demonstrations, discussion, question, and answer. Training and assistance activities carried out on 25 November after counseling. Mother-PKK divided into groups for training make creative products. The materials used in the making of creative products is the worth of instant coffee packs, scissors, ruler, needles and sewing thread, plain fabric and zippers.

Several steps must be taken:

1. Participants prepare any brand plastic then the top and bottom open.
2. Participants then wash clean all drying with a cloth wrap.
3. Wrap cut into two equal parts.
4. Folding 1 cm into the lower and upper ends so that its width is only 2 cm.
5. Weave into four folds to form a propeller.
6. Combining the blades one by one and make the vertical angles.
7. Make a bag with the remaining folds form a triangle. Combining a triangular one with the other triangle. Start doing the sewing process. After the rope ready, sewing bags suit the desired location and final meeting zipper.



*Fig 3. Some activities in particular event*



*Fig 4. Some ceativity products in particular event*

## CONCLUSION AND SUGGESTION

### A. Conclusion

The benefits of a healthy lifestyle are to avoid the various diseases, especially diseases in internal organs and make the body healthy and sugar. Current community activities that do not fit with a healthy lifestyle such as eating foods *berpengawet* and fast. For that healthy lifestyle and raise awareness of the importance of health is needed. Trash is a material that is wasted or discarded from the source result of human activities and natural processes that do not have economic value.

### B. Suggestion

In writing this report, the authors have some expectations, namely:

1. It is expected that many parties participate in developing the business so that the inorganic waste is not a problem anymore for the community social and can create new jobs for the community.
2. It is expected that the reader does not throw garbage recycling waste anorganik.melainkan into items of value, so that environmental pollution can be reduced.

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