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Life Skill Improvement of the Hydrokura Method on the Community at Astambul Subdistrict of Banjar District

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Abstract

In 2020 the volume of waste in Indonesia will increase fivefold. Approximately 91.83% of the people in the Astambul village was still throwing garbage in the river. Also, the organic waste produced by fruit trees reaches 500 kg/day even though almost all household did not have garbage disposal outside the house, which is 74 households (87.06%). Wrong littering behavior is due to the lack of management specifically that handle the garbage problem in Astambul and Kelampayan Ilir Village. This study aims to create a sustainable integrated management program for the community, namely the hydrokura method which is the development of organic compost as a local potential by utilizing waste to be effective and developing the life skills of the Astambul's people by performing organic compost as fertilizer for hydroponic plants such as vegetables and fruit. The results that have been achieved are already carried out counselling in the Astambul village with the theme of making organic compost and manufacture of bio-activator and activities of composting with takakura and planting hydroponic techniques from simple composting activity results. The output of this activity is increased knowledge by 78% and self-management commitment and formation of cadre organizational structures to increase life skills of the hydrokura method.

Keywords: Life Skill, hydroponics, takakura.

Introduction

Health is one of the most important elements of the quality of life in national development.¹ According to Blum theory, one of the factors that affect a person's health is the environment and health services.² The Ministry of Environment data in 2010 stated that the average volume of waste in Indonesia reached 200 thousand tons per day. If the waste problem is not immediately addressed, by 2020 the volume of waste in Indonesia will increase five-fold. It means 1 million tons of garbage in a day.³ Therefore, the management of waste is needed.

Law Number 18 of 2008 concerning Waste Management has regulated the way of managing household waste. The management method in question is to apply the 3R principles, namely reduce, reuse, and recycle.⁴ The purpose of this management is to be able to be reused so that it can reduce the pile of garbage and obtain economic value from waste.⁵ One program that utilizes the economic value of waste is by using the hydrokura method.

Based on priority issues from the results of Field Learning students of the Public Health Study Program of Lambung Mangkurat University, it was found that around 91.83% of the people in Astambul Subdistrict were still throwing garbage in the river. This arbitrary trash behavior is due to the absence of specific management that handles garbage problems in Astambul Kota Village. In addition, according to the head of Astambul Kota Village, it is estimated that organic waste produced by the fruit market reaches 500 kg/day.

According to Tien Aminatun research, the amount of organic waste produced per household per day averaged

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2.67 kg.⁶ Meanwhile, 1 kg of organic waste can produce 0.6 kg of compost.⁷ Thus, it is known that in a day a household can produce around 1.6 kg of compost and produce around 48 kg in 1 month. If 1 kg of compost is sold at Rp. 2,500/kg, then organic waste is produced home stairs per month worth 120,000 IDR, whereas village got income around 22,500 IDR/month of organic waste derived from the fruit market.

Potency value economical that is potency non-acceptance could be ruled out in effort create sustainability of management programs integrated garbage in a community.⁸ Based on the dedication activities carried out in 2016, there is potential economy on garbage, which is increasing income and fulfilment community needs both economic value, knowledge and skill value, and improving health value.⁹ The value of health and economy is obtained from the reduction of the amount of generation as much as 38 kg/day resulting from 2 kg/day from 19 cadres with economic value to those that have been obtained for 950,000 IDR with the sale of 1 package 30,000 IDR - 50,000 IDR. Therefore, a program is needed to develop organic compost as a local potential by utilizing waste to be effective and developing the life skills of the people of Astambul by performing organic compost as fertilizer for hydroponic plants such as vegetables and fruits.

The hydrokura method is expected that the people of Astambul village can get these benefits. Hydrokura method is one of the strategies in reducing the volume of waste by combining hydroponic method for farming and takakura method for composting. This method intends to empower the community so that the community can manage household waste, not throw garbage into the river, reduce the volume of waste in the environment, and increase public income. Judging from the successful implementation of community service that has been implemented previously regarding waste management self-management, there is an increase in community knowledge of 64.29% regarding waste management.

Waste management that is not handled wisely will cause environmental problems and pollution. The problem of the people in Astambul Subdistrict, especially in the Astambul City and Kelampayan Ilir Villages that are the focus of activities is the garbage problem that is still not well managed. If household waste is managed properly, household waste will produce an economic value that can increase public income.

These problems relate to practical waste management science that has not received optimal guidance and supervision for rural communities and is developed and empowered optimally so that the problems that have existed so far will become economic potential. Based on community diagnosis and question and answer with village officials it is known that the amount of generation produced is 2 kg/day from 346 households with the amount of waste generation as much as 692 kg/day. The reduction of the amount of waste that has been done is as much as 38 kg/day resulting from 2 kg/day from 19 cadres with an economic value of which has been obtained for 950,000 IDR with the sale of 1 package of 30,000 IDR - 50,000 IDR.

Therefore, a program is needed to develop organic compost as a local potential by utilizing waste to be effective and developing the life skills of Astambul's people by doing organic compost as fertilizer for hydroponic plants such as vegetables and fruits. The community wants a solid waste management program with the hydrokura method. Judging from the success of the implementation of community service that had been carried out previously regarding self-management of waste management, there was an increase in community knowledge of 64.29% regarding waste management.

Materials and Method

The program implementation in Astambul Kota Village and Kelampayan Ilir Village cannot be separated from the participation of the community. In the implementation of this program, the community acts as the implementer of the program that has been implemented. Aside from being the executor, the community also acts as the main target in the use of the program results that have been carried out. In general, the method of implementing this community service program is as follows:

Preparation: The strategy used in this program is the Advocacy, Atmosphere Development and Community Movement. First, advocacy is carried out with the health agencies and the local village government. In this case is Public Health Center whose working area is located in Astambul Kota Village and Kelampayan Ilir Village. Advocacy is then carried out to the heads of the Astambul Kota Village and Kelampayan Ilir Village to support this program so that it can run according to goals, objectives and plans. Community development is carried out with the local community with support from

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community leaders and public health center to encourage the community to carry out waste management.

Implementation: Before conducting counselling and establishing a waste management post, cadres from the village community were formed as parties who would assist and supervise the running of the program.

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Evaluation: Assessment of the success of this program is seen from the ability of the community to make hydroponic plants and composting, ability to process, designing, selling organic compost and hydroponic crop yields as well as the community income coming from the method.

Findings and Discussion

The results that have been achieved are already carried out counselling in the Astambul and Kelampaian Ilir Village on August 27, 2018, with extension activities hydrokura waste management method (hydroponics and takakura) consisting of organic and composting activities making bio-activators and making hydroponics and compost by takakura method.

Counselling and establishment of waste management posts. Choosing cadres are managing hydrokura. The cadre of the Hydrokura post manager is from the local community in Istanbul Kota Village and Kelampayan Ilir Village. Cadres are chosen together with the local community and village officials. The chosen cadres are expected to have more time to manage hydrokura, have good communication skills with the local community, and have a commitment to carry out the tasks for the sustainability of the hydrokura program.

Based on this commitment a cadre organizational structure was made so that community empowerment activities could be implemented properly in self-management regarding the organic waste management of the hydrokura method. People in Astambul and Kelampaian Ilir Village very enthusiastic outreach activities and provision of material. This is evidenced by the fact that there is an increase in knowledge and skills related to waste processing by 78%.

Following is documentation of community partnership program activities in Astambul Kota Village:

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Figure 1. Counselling and Provision of Pre-Post Test



Figure 2. Head of Astambul Kota Village and cadres



Figure 3. Composting Training with the Banjar Regency Environmental Agency

Program Sustainability: The activity of counselling and the provision of skills will still be carried out even though the activities have been completed so that the continuity of the activity program by involving the community, students and lecturers of public health study programs is upright. Monitoring through selected cadres is expected to have more time to manage hydrokura, have good communication skills with the local community, and have a commitment to carry out tasks for the sustainability of the hydrokura program. Conducting hydroponics and compost with takakura method in order to get economic additions to the community and continue to teach teaching activities, selling organic compost and hydroponic crops.

Conclusion

Counselling was conducted at the Astambul Kota Village namely counselling of organic composting and manufacture of bio-activator and activities of composting with takakura and hydroponic planting techniques from simple composting activity results. The people of Astambul Kota Village were very enthusiastic about participating in counselling and material giving activities. This is evidenced by the results of self-management commitment and the formation of cadre organizational structures to improve the life of the hydrokura method skill. In addition, there was an increase in knowledge of 78%.

Ethical Clearance: Before conducting the data retrieval, the researchers conducted a decent test of ethics conducted at the Faculty of Medicine, Lambung Mangkurat University to determine that this study has met the feasibility. Information on an ethical test that the study is eligible to continue. The feasibility of the

research was conducted to protect the human rights and security of research subjects.

Source Funding: This study was done by self-funding from the authors.

Conflict of Interest: The authors declare that they have no conflict interests.

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