

## Youth river cadres as an efforts to improve clean and healthy behavior in the floating market environment.

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### ABSTRACT

People who live on the banks of the Martapura River have diverse habits in managing daily rubbish, such as dumping garbage into Temporary Trash Disposal (TPSS), being burned, or discharged into rivers, because some Large communities still choose to throw trash into the river. The establishment of the independence of young people to be respected and protected by the environmental sustainability of the river. This research using operational research methods. The study began with the formulation of an innovative and creative experiment by the concept of the YORICA (Youth River Cadres) program. The implementation of the YORICA program consists of 5 activities namely Socialization and Discussion (Lidi), film screenings and action, fierce gymnastics (movement and brain training), waste recycling program, and Jali program (protecting the environment). The implementation of socialization and discussion activities (sticks) showed an increase in the knowledge of the cadres in the amount of 21 people (70%). There was a significant increase in knowledge in the activity participants with a p value of 0.027 < 0.050. Film and action screenings are supporting activities of the socialization and discussion activities in which a variety of ways and media in the process of delivering information can increase the cadre's understanding, attitudes and behavior towards a better direction. Galak Gymnastics is carried out in between the activities of cadre empowerment as part of familiarizing cadres to carry out physical activities, experiences related to these exercises can be transmitted to the surrounding community. The Incense Program (Waste Recycling) shows that there is an increase in behavior change for the better for the community. Where based on data it is known that an increase in positive behavior by 19 people (19%). The Jali Program (protecting the environment) is the last program in which YORICA cadres are directed to guard their rivers in the ways determined at the discussion stage. The Health Service and Primary Health Service can provide waste collection facilities, as well as the transportation of rubbish from TPS (temporary landfills) to landfill (landfills) at densely populated points and river banks as part of supporting the community not to litter.

**KEYWORDS:** Yorica, Edgac, Floating Market.

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## I. INTRODUCTION

There are 5,590 major rivers and around 65,017 tributaries, and 500 lakes in Indonesia. According to the Banjarmasin City Environment Agency in 2016, the river water that divides the city of Banjarmasin is of poor quality due to the high level of pollution. The level of water quality remains at the level of minus 155 alias heavily polluted. Because of this role, it is very suitable if river water quality is used as an indicator of environmental quality. River pollution that occurs at this time is increasingly diverse and causes serious environmental problems that often cause conflicts in the community. Scarcity and difficulty in obtaining clean and suitable water is a problem that often arises in various places every year.

Based on statistics from the Ministry of Environment and Forestry in 2014 which stated rivers in South Kalimantan had been polluted by seven parameters, namely Total Suspended Solid (TSS), Dissolved Oxygen (DO), Biochemical Oxygen Demand (BOD), Chemical Oxygen Demand (COD), Total Phosphate (TP), Fecal Coli and Total Coli. Restoring the function of the river also occurs in the Martapura River. People on the banks of the Martapura River use the river for bathing, washing, drinking, and cooking, as well as a place to urinate and even defecate (BAB). The community takes the river to dispose of garbage. There are several reasons that cause residents to throw trash into the river. Throwing, throwing garbage into the river, more practical and free of charge, disposing of garbage disposal facilities in the river and has become a culture<sup>1</sup>.

According to research conducted by Taguh et al in 2017, quoting people who live on the banks of the Martapura River have diverse habits in managing daily rubbish, such as dumping garbage into Temporary Trash Disposal (TPSS), being burned, or discharged into rivers, because some Large communities still choose to throw trash into the river. The results of this study stated that as much as 40.39% of the people throw trash everyday into the river. The type of waste released by the community consists of solid and liquid waste, types of household waste such as plastic, bottles, and also used laundry water. Most of these communities have reasoned that it has become a habit of disposing garbage by throwing garbage into the river, besides that it also concerns the area they still do not have adequate waste disposal facilities and infrastructure so that people prefer to throw their daily garbage into the river<sup>2</sup>.

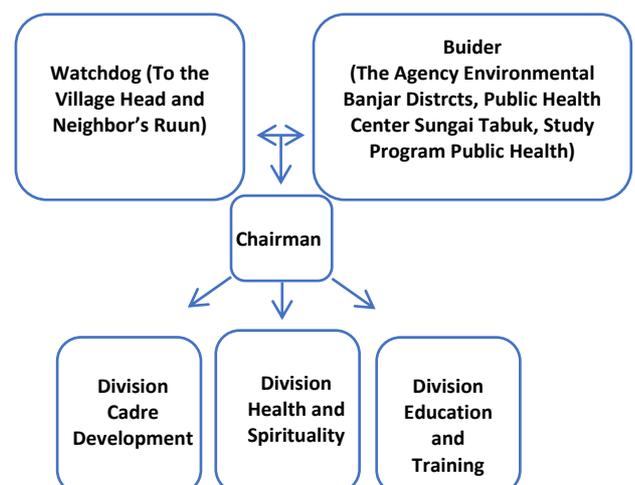
Based on that, be required the development of a program to provide a solution and creative innovation with the YORICA (Youth River Cadres) program. This program as an effort to increase Clean and Healthy Behavior (PHBS) in the Lok Baintan Floating Market Environment in Banjar Regency. This program aims to improve Clean and Healthy Behavior (PHBS), increase awareness of the importance of maintaining and preserving the river environment and as an effort to improve health status and so that people around the river banks can live more productive and prosperous lives. With the establishment of YORICA

(Youth River Cadres) as a promotive and preventive effort in overcoming problems that can arise as a result of the polluted river environment that is known to be dangerous for the people living in the river environment.

In this proposed activity. Through the YORICA program, it starts with a preparatory stage that involves the community in the Lok Baintan Floating Market area. At this stage also determined the parties to be involved are the Banjar District Environmental Agency (BLH), the local Puskesmas, the Community Health Study Program (PSKM), community leaders, RT heads, cadre candidates, and the Community Service Team. In this program, the Lok Baintan Floating Market community, especially teenagers, will play a role to improve the PHBS of the community specifically about throwing trash in their place, hand washing with soap, using healthy latrines, which are the problems in the Lok Baintan Floating Market Area.

## II. MATERIALS AND METHODS

This research using operational research methods. The study began with the formulation of an innovative and creative experiment by the concept of the YORICA (Youth River Cadres) program is the formation of cadres who come from young people (teenagers) who are willing to be educated, and are taught matters related to PHBS especially in improving community behavior in the Lok Baitan Floating Market environment to behave clean and healthy. Before a series of YORICA activities were carried out, the dedication team determined the organizational structure of YORICA's management. The formation of this organizational structure explains the division of cadres' tasks and helps show how YORICA's activities can be integrated. The following is the organizational structure design for cadres.



The concept applied in this program is education and empowerment accompanied by the team, to the community especially teenagers to love the river environment through social activities such as the collection of rubbish on the riverbanks and rivers gradually using the tools, and prevention to the community which will throw garbage or things that trigger the emergence of pollution of

river water. These social activities are realized through various YORICA activities programs which are also expected to be one of the efforts to achieve the Germas program in the community that is being carried out by the government. These programs include the following:

#### **Lidi Program (Socialization and Discussion)**

The socialization program aims to convey the purpose and purpose of coming to the village service. Besides that, the socialization was also to introduce prospective local cadres about the importance of protecting the surrounding environment, especially on the river. The socialization given was about the importance of protecting the river environment, so the young cadres who were there were given provisions to know how to protect the river and to know what the negative impacts were when doing things that could damage the river, as well as giving knowledge about positive impacts if we can guard the river. Furthermore, the activity continued with discussion, the discussion aims to bring all parties involved closer together. Discussion Discussions were conducted in the form of question and answer activities from prospective cadre children to the teams about the waste problem in their river environment. The participants were also directed to give their opinions on the state of the Martapura River according to their views. The discussion also aims to provide them with critical input and suggestions on how to protect their environment, this discussion is held once a week so they can find out what developments they have made. In this program will be interspersed with pre-test and post-test to determine the level of understanding of the target.

#### **Film and Action Screening**

This media is in the form of film screenings that provide knowledge about activities to maintain a good river environment, so that it not only provides understanding in the form of stories but teaches visually directly with the aim that prospective cadres better understand the behavior of maintaining a good river environment and improve PHBS behavior in the environment. After the screening of the film, an action will be taken, in which cadres are asked to repeat the health message that has been taught. For YORICA cadres who successfully repeat the message well, they will get attractive prizes.

#### **Galactic Gymnastics (Motion and Brain Training)**

This gymnastic activity is carried out on the sidelines of the activity. The activity was guided by gymnastic instructors and was followed by the entire community in Lok Baintan Village, the children of prospective cadres, as well as those involved in the program activities. This activity aims to improve the fitness of the community, prospective cadre children and the parties involved. After gymnastics will be carried out other sports activities such as soccer games, chess, and other games that can improve the fitness of participants' activities.

#### **Incense Program (Waste Recycling)**

The program was participated by YORICA cadre youth candidates. This program aims to empower existing cadres of the Martapura River in Lok Baintan Village to become creative youths. This program is in the form of recycling activities. Waste that is recycled or used is rubbish produced by the local community. The program aims to make the waste that will be thrown into the river can be used as goods that can be sold or used for the needs of the village itself. Existing trash must be separated according to type so that it can be processed into useful goods and can be sold for the benefit of the village itself. One of the items that must be processed is the recycle bin which will be used in the JALI program.

#### **JALI Program (Protect the Environment)**

In this program, YORICA cadres will be given the task of protecting the environment, especially the river environment. The YORICA cadres are directed to guard their river in ways that have been determined at the discussion stage, one of which is by reprimanding anyone who will throw garbage into the river. In this program, cadres are also given the task to decorate the village environment and put recycled waste bins (which have been processed in the Incense program) at predetermined locations.

#### **Evaluation**

The assessment of the success of this activity can be seen from the changes in the knowledge and behavior of children in the application of PHBS and the formation of the Sungai Pahlawan cadre. Changes in knowledge seen from the results of the pretest and posttest. Behavior change is seen from changes in children's habits. The sustainability of the program is carried out by the Basirih Village and elementary school educational institutions in the Basirih Village to increase PHBS behavior at school and at home as well as instilling a love of river sustainability.

### **III. STATISTICAL ANALYSIS and GRAPHICAL PRESENTATION**

The analysis used to determine the average difference before and after intervention is performed by Paired t test (Dependent T-Test) if the normal distribution and Wilcoxon test if it does not meet for the paired t test. Variable knowledge before and after the intervention is not normal because of significant  $(0.027) < 0.05$ . The results of the analysis using the Wilcoxon test with the hypothesis:

$H_0: d = 0$  (no difference in knowledge of the cadre before and after the event).

$H_1: d \neq 0$  (there is a difference of cadre knowledge before and after the event).

## IV. RESULTS

Based on 30 analyzes of teenagers who participated in the socialization and discussion (Lidi) activities, most of them still lacked knowledge about waste management and physical activity totaling 24 people (80%). From the results of data analysis, it is known that the knowledge of adolescents who participated in this socialization and discussion activity was less on the type of waste, some 20 respondents (83.3%) stated that there were 2 types of waste, even though it included organic, inorganic, and B3 waste. In terms of the impact that can be caused from littering, there are still many that are wrong, which is as much as 17 (70.8%).

Based on table 6.1 It is expected that after carrying out socialization activities and discussions to teenagers who will be empowered to become a cadre, these young people need further knowledge about the original 24 people (80%) who are still lacking knowledge, after the activity is carried out to only 3 people (10 %) whose knowledge is still lacking or an increase of 21 people (70%). Also from the results of data analysis using the Wilcoxon test It is estimated that there is a difference between the previous and conducted Lidi activities (Socialization and Discussion) with a p-value of 0.027 which means it is smaller than the value of the negligence of 0.050 so that H0 can be replaced with the word there is a difference in knowledge between pretest with knowledge during the post test.

## V. DISCUSSION

Educational activities such as socialization and discussion are carried out with the aim of increasing knowledge and skills of the community, especially health cadres as one of the first steps in supporting health programs in the community. Under the National Health System, health is not only the responsibility of health workers but also requires community participation. To realize the degree of public health an integrated and comprehensive health effort is organized in the form of individual health efforts and public health efforts<sup>3</sup>. Based on the results of research by Pratiwi (2016) it was mentioned that there was an increase before and after education, which shows the average value of the knowledge of health cadres increased 0.94 points after the education<sup>4</sup>.

The percentage increase in the value of cadre knowledge by 13.8% of the average value of initial knowledge. Pre-test results data and then analyzed statistically. The results showed that the pre-test and post-test values were significantly different ( $p = 0.002$ ) so it can be concluded that the provision of counseling to health cadres was able to significantly increase cadre knowledge by increasing the value of 13.37% of the initial knowledge value. Education is a learning experience to influence understanding, attitudes, and behavior<sup>5</sup>. reported that training using certain media or certain methods could improve the knowledge, attitudes and practices of health

cadres compared to the control group. (Pratiwi, Nuryanti, Utami, Warsinah, & Sholihat, 2016) also reported that group education was also able to increase public knowledge about health. Health education is a form of educational activity that can influence knowledge and attitudes. With education activities in the form of counseling, respondents will receive learning and information that results in a change in behavior including knowledge and attitudes<sup>6</sup>.

Therefore, this educational activity needs to be continuously developed as one of the supporters of the success of efforts to improve clean and healthy living behavior. With the increasing level of knowledge of health cadres, in this case teenagers on the banks of the Martapura river, it is hoped that they will be able to increase the knowledge of the Lok Baintan Village community as a concrete step to improve the quality of life of the community and control environmental pollution by appropriate waste management.

## VI. CONCLUSION

The implementation of the Yorica program consists of 5 activities namely Socialization and Discussion (Lidi), film screenings and action, fierce gymnastics (movement and brain training), waste recycling program, and Jali program (protecting the environment). The implementation of socialization and discussion activities (sticks) showed an increase in the knowledge of the cadres in the amount of 21 people (70%). There was a significant increase in knowledge in the activity participants with a p value of  $0.027 < 0.050$ . Film and action screenings are supporting activities of the socialization and discussion activities in which a variety of ways and media in the process of delivering information can increase the cadre's understanding, attitudes and behavior towards a better direction. Galak Gymnastics is carried out in between the activities of cadre empowerment as part of familiarizing cadres to carry out physical activities, experiences related to these exercises can be transmitted to the surrounding community.

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