
The Influence of the Waste Bank Program on Nutritional Fulfillment of Households in Belawan II

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Abstract. *This study discusses the influence of the waste bank program on fulfilling household nutrition in Belawan II. In this context, the problem of child nutrition is a major challenge, especially in urban areas with low economic levels. Medan Belawan District faces nutritional problems due to limited access to nutritious food and low community income, which often hinders the fulfillment of balanced nutrition for children and other vulnerable groups. In addition, this study also highlights the relationship between waste problems and child nutrition, where suboptimal waste management has a negative impact on environmental health and the quality of life of the community. This has the potential to hinder the growth and development of children who should get adequate nutritional intake. The waste bank program is expected to increase family income through better waste management, which in turn can improve access and quality of food consumed by households. Thus, this program not only functions as a solution to waste management, but also as an intervention that supports improving household nutrition in the community. This study uses a descriptive qualitative approach to describe the presence of the digital waste bank movement as a digital-based environmental movement that can have a positive impact on fulfilling household nutrition in Belawan II, especially amidst the challenges faced during the pandemic.*

Keywords Influence of Waste Bank, Fulfillment of Household Nutrition, Belawan II

1. INTRODUCTION

The waste bank aims to provide education to the community about tidiness, health, and environmental cleanliness by transforming waste into an economically valuable item (Rakhmadany et al., 2021: 27). On the other hand, the concept of the waste bank has developed as one of the creative solutions in supporting the economy of the community while also preserving the environment. The waste bank not only serves as a waste management facility but also has the potential to improve the welfare of the community through the conversion of waste into economic value.

Child nutrition issues are one of the main challenges faced by Indonesian society, especially in urban areas with low economic levels. Medan Belawan District, as one of the coastal areas, faces child nutrition problems due to limited access to nutritious food, low community income levels, and a lack of education related to healthy eating patterns. On the other hand, Belawan is also known as an area where some of the population has low income levels. This economic limitation often causes access to nutritious food to become a significant challenge. In fact, fulfilling balanced nutrition is very important to improve the quality of life, especially for children and other vulnerable groups.

The issues of waste and child nutrition are two interrelated issues and pose significant challenges for urban communities in Indonesia, including in the Belawan area of Medan. Belawan, which is a port area and trade center, faces the problem of suboptimal waste management, with the volume of waste continuously increasing along with the growth of the population and economic activities. Ineffective waste management impacts environmental health and the quality of life of the community.

On the other hand, child nutrition issues also become a serious concern in Belawan. Many children in this area experience malnutrition due to limited access to nutritious food, as well as a low level of awareness regarding the importance of a healthy eating pattern. This condition has the potential to hinder the growth and development of children who should receive adequate nutritional intake to support their physical and cognitive development.

This research aims to analyze the influence of the existence and utilization of waste banks on improving the nutritional quality of children in the Medan Belawan District. Through this study, it is hoped to provide insights into the effectiveness of waste bank programs as one approach to improving the welfare and health of the community.

2. LITERATURE REVIEW

In terms, Waste Bank consists of two words, namely Bank and Waste. According to Law No. 10 of 1998, a bank is an institution that collects funds from the community in the form of deposits and channels them to the community in order to improve the living standards of the people. A bank is a business entity whose main task is to act as a financial intermediary by channeling funds from parties with excess funds (surplus) to other parties in need of funds. The role of the Waste Bank can be seen in the theory of exchange.

The waste bank program is a community empowerment initiative to manage waste. The waste bank program is an initiative for waste management that involves the community in transforming waste into something of economic value. With this program, the community can exchange sorted waste for a sum of money, essential goods, or savings. This program not only aims to maintain environmental cleanliness but also has the potential to improve the economic welfare of families.

Meeting household nutrition is an important part of achieving overall family welfare. Good nutrition enables family members, especially children, to grow and develop properly optimal, supporting work productivity, and improving quality of life. The fulfillment of nutrition is influenced by various factors, such as income, knowledge

about nutrition, and food consumption patterns.

The relationship between the waste bank program and household nutrition fulfillment lies in the role of this program in directly increasing family income. The impact is not only on the increase in the amount of food consumed but also on its quality. Thus, the waste bank program can be a solution that contributes to addressing nutrition problems in areas with low economic levels, such as Belawan.

To test this relationship, it is important to see how community participation in the waste bank program can affect consumption patterns and food choices in households. In addition, factors such as education about nutrition, the ability to manage additional income, and the availability of nutritious food in the environment also need to be considered to understand the program's impact more comprehensively.

With this theoretical framework, the research can explain how the waste bank program not only functions as a waste management solution but also as an intervention that supports the improvement of household nutrition in the community.

3. METHODS

The method used in this research is a qualitative method to describe the research results comprehensively according to the conditions of the objects being studied (Nurhidayah, 2020: 5). This method produces written data, observed behavior, and spoken words. In using this method, researchers need to have prior knowledge before conducting the research so that they can ask questions and analyze the research objects well and clearly. This research aims to determine the influence of the Waste Bank on Household Nutrition Fulfillment, as explained in the background of the problem. The research location is at the Berkah Waste Bank in Medan Belawan, North Sumatra, located at JL. Riau No 65, Lingkungan 2, Belawan.

In this research, it was conducted using the method of multiple sources of data or various sources of data; among others, interviews with the Berkah Belawan Waste Bank, observations by observing the behavior of people who are the subjects of our research, namely the Berkah Waste Bank and those who are customers of the Berkah Waste Bank, documentation, and also the use of literature studies derived from scientific writings and relevant sources.

This approach is used because it is deemed appropriate for our research, which aims to describe how they perceive a social event that occurs in their living environment. This research uses a qualitative method aimed at understanding the phenomenon of what is

experienced by the research subjects, such as behavior, perceptions, motivations, actions, and so on, holistically and descriptively in the form of words and language, in a specific natural context and by utilizing various natural methods (Moleong, 2017: 6).

The data analysis technique is the technique of managing research data into information. The data analysis that was previously collected through observations, interviews, and documentation is described and explained using words so that it can explain the conditions and situations in the field. Thus, data management is very useful for providing information that is easy to understand and can be used as learning material for other researchers.

4. RESULTS

Waste Bank in Medan Belawan II

According to the Environmental Agency quoted by (Rakhmadany et al., 2021: 71-72), it explains that a waste bank is an institution for collecting waste that still has economic value that can be recycled by applying the 3R system (Reuse, Reduce, Recycle). This waste bank recycles waste, which is understood as the process of turning used materials or waste into new materials that can be reused, sold to collectors where it can be beneficial for economic enhancement (Anggraini, 2013: 22).

This study shows that the waste bank program has a significant impact on household nutritional fulfillment. Through This program, the community can utilize previously worthless waste into a source of additional income. Savings obtained from saving waste can be used to meet various household needs, including food needs. Thus, families have better economic capacity to buy nutritious food, which ultimately improves the nutritional quality of the household.

Belawan Berkah Waste Bank In addition to focusing on waste management and residents' income, the Belawan Berkah Waste Bank (BSB) also carries out free health checks on 100 residents. The Belawan Berkah Waste Bank is one of the fostered institutions of Gugah Nurani Indonesia.

This health check-up activity aims to provide direct benefits in the health sector, supporting the health of the wider community. In addition, the waste bank also encourages changes in community behavior in managing waste. Awareness to sort and collect waste not only provides economic benefits but also increases concern for the cleanliness of the surrounding environment.

5. DISCUSSION

Fulfillment of Household Nutrition

Waste Bank in Medan Belawan II plays an important role in supporting household nutritional needs, especially for families with economic limitations. With savings from waste, people can buy nutritious food that was previously difficult to reach. For example, savings can be used to buy vegetables, fruits, meat, or other basic necessities. This helps improve the quality of more balanced and nutritious food intake in the household.

Good nutritional fulfillment has a direct impact on the health of the family, especially children. With a more nutritious diet, the risk of malnutrition can be minimized, and children's growth becomes more optimal.

The Influence of Waste Banks in Medan Belawan II on Household

Economy Waste banks provide a significant economic impact on the community. The waste-based savings system allows families earn additional income without having to spend capital. These savings can not only be used to buy basic necessities, but also for other purposes, such as paying for children's school fees. Thus, the waste bank program helps ease the financial burden on households, so that they have more allocation to meet nutritional needs.

Positive Impact on the Environment

In addition to economic and nutritional benefits, the Waste Bank in Medan Belawan II also has a positive impact on the environment. By teaching people to sort and recycle waste, this program has succeeded in reducing the amount of waste dumped into the environment. Public awareness of the importance of maintaining environmental cleanliness has also increased. A clean environment supports family health, because the risk of disease caused by waste is significantly reduced.

Economic, Environmental and Social Synergy

Bank Sampah in Medan Belawan II is one of the integrated solutions that combines economic, environmental, and social aspects. In the context of fulfilling household nutrition, this program provides direct and sustainable benefits. The community not only gets additional income but is also involved in protecting the environment, which ultimately creates a healthier and more prosperous life.

6. CONCLUSION

Based on the research conducted, it can be concluded that the waste bank program in Belawan has a significant impact on household nutritional fulfillment and community welfare. This program has succeeded in changing the community's paradigm about waste, from previously considered worthless to an economically useful resource. Through the waste bank, the community can exchange the collected waste for various needs such as food, daily necessities, and even pay for children's education costs. This shows that the waste bank program directly supports the fulfillment of basic household needs, especially in ensuring access to nutritious food.

In addition to economic benefits, waste banks also have a positive impact on the environmental awareness of the Belawan community. This program encourages people to care more about waste management, sort waste, and dispose of it in the appropriate place. This step not only helps maintain environmental cleanliness but also reduces the accumulation of waste which is often a problem in urban areas. Socialization efforts carried out by waste banks also accelerate changes in community behavior, making waste management part of a daily routine that is oriented towards environmental sustainability.

On the other hand, the flexibility of the waste bank program in supporting family needs is also an important point. In addition to meeting nutritional needs, this program provides additional benefits such as helping with children's education costs. Thus, the waste bank not only solves one problem, but is able to become a multifunctional solution for the community, starting from economic, social, to environmental aspects.

Overall, the waste bank program in Belawan is an innovative step that not only helps improve the quality of life of the community, but also contributes to sustainable development goals, such as poverty alleviation, health improvement, and environmental preservation. This program can be a model adopted in other areas to create comprehensive and sustainable positive changes.

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