

Pelatihan dan Pendampingan Gerakan Generasi Muda dalam Penerapan Eco-Green dan Pola Hidup Sehat

(Training and Mentorship for the Youth Movement in Implementing Eco-Green Practices and Healthy Lifestyles)

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ABSTRAK

Penanganan sampah dan pola hidup sehat masih menjadi persoalan di berbagai wilayah, termasuk di Kelurahan Kampung Kajian, Buleleng, Bali. Solusi yang ditawarkan adalah program pengabdian kepada masyarakat melalui gerakan penerapan *eco-green* dan pola hidup sehat. adalah Pimpinan Kelurahan merupakan mitra kegiatan. Tahapan kegiatan meliputi persiapan, inform session, pelatihan dengan beragam materi yaitu *eco-green* dan pola hidup sehat, pengembangan karakter, komposting, bijak konsumsi pangan, komunikasi bermedia, pesan bermakna, perubahan terencana, dan sinergi antar lembaga. Empat puluh orang mengikuti info session, dan 27 orang bersedia sebagai partisipan pelatihan. Data diperoleh melalui *pre-test* dan *post-test*, wawancara, observasi, dan pendampingan. Pendampingan dilakukan oleh Kader Program Keluarga Harapan dan Pengurus PKK. Pertanyaan *pre* dan *post-test* berisikan pengetahuan, sikap, dan perilaku dalam hal persepsi, niat dan aksi nyata mengurangi sampah, keterampilan *composting*, dan pola hidup sehat. Data diolah secara kuantitatif dan kualitatif. Hasil kegiatan menunjukkan terdapat perubahan perilaku pada sebagian besar indikator. Tingkat pengetahuan partisipan mengenai *eco-green* tergolong tinggi dengan rata-rata lebih dari 80% partisipan pelatihan menjawab dengan benar sebagian besar pertanyaan pada tahap *pre-test*. Perilaku *eco-green* dan pola hidup sehat meningkat pesat kemampuan teknis mengolah sampah dan aktivitas fisik. Peserta program pengabdian kepada masyarakat memiliki kepercayaan diri dalam gerakan *eco-green* dan menerapkan pola hidup sehat. Dapat disimpulkan bahwa pelatihan, pendampingan, dan kerjasama antar generasi mampu meningkatkan kesadaran, pengetahuan, dan aksi nyata mengurangi sampah dan menerapkan pola hidup sehat. Kegiatan ini mendukung SDGs 1, 2, 3, dan 12.

Kata kunci: *composting*, *eco-green*, masyarakat, perubahan perilaku, pola hidup sehat

ABSTRACT

Waste management and healthy lifestyle practices remain issues in various regions, including Kampung Kajian Sub-district, Buleleng, Bali. The proposed solution is a community service program through the implementation of *eco-green* initiatives and healthy lifestyle practices. The Head of the Sub-district served as the activity partner. The stages of the program included preparation, information sessions, and training with various materials, namely *eco-green* and healthy lifestyles, character development, composting, wise food consumption, media communication, meaningful messaging, planned change, and inter-institutional synergy. Forty participants attended the information session, and 27 participants agreed to take part in the training. Data were collected through pre-tests and post-tests, interviews, observation, and mentoring. Mentoring was carried out by Family Hope Program (PKH) cadres and PKK administrators. The pre-test and post-test questions covered knowledge, attitudes, and behaviors related to perceptions, intentions, and concrete actions to reduce waste, composting skills, and healthy lifestyle practices. The data were analyzed using quantitative and qualitative methods. The results showed behavioral changes in most indicators. Participants' level of knowledge regarding *eco-green* concepts was categorized as high, with an average of more than 80% of training participants answering most questions correctly at the pre-test stage. *eco-green* behavior and healthy lifestyle practices increased significantly, particularly in technical waste processing skills and physical activity. Participants in the community service program demonstrated confidence in the *eco-green* movement and in applying healthy lifestyle practices. It can be concluded that training, mentoring, and intergenerational collaboration are able to increase awareness, knowledge, and concrete actions to reduce waste and adopt healthy lifestyles. This activity supports SDGs 1, 2, 3, and 12.

Keywords: behavioral change, composting, community, *eco-green*, healthy lifestyle