

APPLICATION OF THE 3R (Reduce, Reuse, Recycle) CONCEPT TO PROTECT THE ENVIRONMENT

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Currently, trash is still a concern because air, soil, and even sea pollution is increasing. The case of the accumulation of waste that reaches the number of tons is a difficult problem to handle. Basically, plastic waste arises because of the high interest of producers and the public because of packaging that is very easy to produce, carry, and use.

Plastic waste in Indonesia itself has high number and is very worrying. According to data from the Central Statistics Agency (BPS), plastic waste in Indonesia reaches 64 million tons per year. A total of 3.2 million tons of which is plastic waste that is dumped into the sea. Meanwhile, 10 billion pieces of plastic bags are wasted in the environment per year or 85,000 tons of plastic bags.

Data from Geotimes in 2016 states that waste in Jakarta reaches 6,500 tons per day and 13% of this waste is plastic waste. In Bali garbage has reached 10,725 tons per day, while in Palembang the number has soared from 700 tons per day to 1,200 tons per day. This number puts Indonesia in second place as the country with the largest amount of plastic waste pollution into the sea, after China. Reporting from the Kontan page, in January 2021 the Indonesian Environmental Scientist Association (IESA) described several environmental issues and risks in Indonesia, including:

1. Environmental problems such as forest and land fires, floods, landslides, and climate change are predicted to continue. The Covid-19 pandemic which has an impact on the high number of layoffs has the potential to encourage land clearing in forest areas as a medium for growing crops to meet the needs of life.
2. The Job Creation Law can change the current governance pattern. The preparation of technical regulations must involve environmental and forestry governance stakeholders.
3. Changes in behavior during the Covid-19 pandemic have had a direct impact on waste management. Right now, we all need masks to protect ourselves from the spread of the Covid-19 virus. However, there needs to be mitigation efforts against the risk of re-transmission of the Covid-19 virus from waste masks that have been used.
4. Pressure on fiscal capacity that occurs at the local and central government levels has the potential to affect the availability of government budgets for environmental management, such as the management and provision of waste and waste facilities, flood prevention, green open space maintenance and other environmental management (Halal, 2021)

A healthy environment can support each individual to create a clean area that is protected from various kinds of pollution. A healthy environment is one of the most important components for human life. When we live in a place of residence by keeping it clean, we will also be comfortable living in that place. Without us knowing, the environment will also be protected from things that cause various health problems, will be protected from animals carrying seeds of harmful chemicals, as well as pollution. We must pay attention to several aspects in order to want to implement a healthy environment, such as: the existence of clean water, paying attention to food and drink, waste water management, and waste

disposal. However, there are still many people who are careless in maintaining a clean environment, and often they think it is not important

It can be proven by looking at the attitude of people who still often litter, we must avoid this attitude since we were children. However, many parents still litter so that their children imitate their actions. When they exercise that right, they don't feel the least bit guilty. Worse, many people often throw cigarette butts carelessly and even many motorcyclists do it. In fact, throwing away cigarette butts will not only make the environment dirty, but will also have an impact on ecosystem services. Just imagine if those who throw away cigarette butts are hundreds of millions of people. At least two-thirds of cigarette butts are found strewn on sidewalks or gutters, eventually ending up in the ocean. In fact, cigarette waste is classified as hazardous and toxic waste, equivalent to factory waste and can endanger human survival.

There are various ways to reduce plastic waste pollution, both by reducing the amount of single-use plastic to the 3R concept (Reduce, Reuse, and Recycle). The application of waste with the 3R concept (Reduce, Reuse, and Recycle) is a concept that is very helpful in the sustainability of changing an area so that it turns into a healthy environment. This concept is also very easy, simple, can be done by anyone and at any time, and does not require a long time.

The application of this system is also very good for managing waste from various types of plastic from safe to toxic. The meaning of this concept is:

1. Reduce is reducing waste which means reducing the use of products that have the potential to become waste.
2. Reuse is to reuse waste that can still be used, by reusing it, the waste that arises can be reduced
3. Recycle is recycling waste into a product which can be useful.

Reduce

By using this concept, we reduce the use of products that have the potential to pollute the environment. It's actually easy to do this, but you have to commit first because most people when they see good stuff and there are promos, they immediately go crazy. In addition, we can reduce the use of tissue and plastic.

This stage is a priority in making the environment a clean and healthy environment because if we can reduce single-use waste products, we don't need to go to the reuse and recycle stage. New problems will arise when the use of goods is difficult to recycle, so do not be surprised if this stage is always made a priority or the main step.

If we think that excessive use of paper has nothing to do with environmental health, we are very wrong. Excessive use of paper will also be fatal because the higher the demand for paper, the higher the number of trees that will be cut down to be used as raw materials for making paper. Therefore, it would be nice to always check the document file before printing it using a print review so that we can still save paper.

Reuse

Reusing waste that is still fit for use, for example, if we have clothes, pants, or other items that if we don't use them, we can donate them to an orphanage or we can give them to relatives in need. This concept not only reminds us to keep clean, but also teaches us to share with others. When we do two positive things at the same time, the reward is also doubled. We can also bring our own shopping bags from home so we don't need plastic bags from the store, the

selection of shopping bags must also be right, we can bring bags made of cloth. In addition, we can also bring our own food and drink bottles from home when we want to travel.

If we don't know that when the supply of shampoo or soap runs out, we will definitely buy it again and that is the same as not using the used product properly. We can use a bottle of bath soap or shampoo again and fill it by buying refill products.

By applying this principle, of course the spread of plastic waste will be reduced, just imagine if hundreds of people did this principle. Surely the waste will be reduced drastically and they can use it creatively and innovatively.

Recycle

The last concept is recycling. This concept itself is a recycling of waste so that it can be used as a product that can be reused and functional. We can use used drinking water bottles that can be used as small plant pots or use biscuit tins that can be used for piggy banks. Another example, if we have used cloth, it is usually in the form of various pieces of whole cloth. We can sew the used cloth into curtains. In addition, we can use plastic used to wrap food, drinks, or detergents to make a waterproof tablecloth. In addition, we can use plastic used to wrap food, drinks, or detergents to make a waterproof tablecloth

Products that can be recycled themselves are actually more flexible, and even have a high economic value. Utilization of unused waste so that it has value without polluting the environment can drastically reduce the spread of plastic waste. Moreover, if the product has a unique design and is very different from the new type of product. In fact, some parties make accessories from recycled tools that can be useful to boost the environmental economy.

But unfortunately, recycling in large quantities has not become a common activity in Indonesia. One of them is that there are still many trash bins that are differentiated between organic and non-organic waste in Indonesia.

If this problem is allowed to drag on and there is no real effort to keep the environment clean, then the waste will accumulate and will cause natural disasters which will certainly harm the community. Not only humans are harmed, but also other living things, various animals and plants also feel harmed. Even though the biggest contributor to environmental damage is humans, it is human activities that make life more miserable. We can pay attention to the high and low disaster risk of an area when we look at the level of environmental damage that occurs in that area. Therefore, public awareness and real action are needed to maintain environmental cleanliness (AQUA, 2021).

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