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DOES A GREEN LIFESTYLE APPLIED AT STATE ISLAMIC UNIVERSITY RADEN INTAN LAMPUNG TOWARDS A SUSTAINABLE ECONOMY?

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Abstract
Environmentally friendly waste management (green waste) and the participation of the green community (green community) in creating a green lifestyle are two of the eight attributes for creating a green lifestyle. The problem that the author examines is how the application of green waste in the green lifestyle of students and how the green community participates in creating a green lifestyle? The purpose of this research is to determine the application of environmentally friendly waste management (green waste) and the participation of the green community (green community) in creating a green lifestyle. The research used a qualitative descriptive approach and data collection techniques through observation, interviews, and documentation. Data analysis was carried out simultaneously with data collection. The results of the study stated that the participation of green communities as a driving force for the implementation of a green lifestyle on the Raden Intan State Islamic University campus has a significant effect on environmentally friendly waste management by State Islamic University students Raden Intan. This can be seen from the change in the attitude of caring students towards their waste. The key to the success of implementing green waste on this campus lies in sorting the waste according to its type and nature, even though this waste management is not perfect because there has been no effort to reduce waste piles.
Keyword: Green lifestyle, Green waste, Sustainable lifestyle.

1. Introduction

Indonesia is the fourth most populous country in the world. The high birth rate causes population growth in Indonesia to be fairly fast. However, the high population growth also creates problems for the environment. Nature must work hard to provide carrying capacity for humans. In line with (Jackson, 2011; O'Neill et al., 2018) the Institute for Essential Services Reform said that today, the tendency for people to live as comfortable as possible encourages the emergence of life habits or lifestyles that have an impact on the environment. (Ivanova et al., 2016, 2017) explain the habit of using private vehicles, especially cars compared to public vehicles, travel by air, use of air conditioning, use of computers, and other entertainment devices are forms of life habits that contribute to the acceleration of global warming. According to (Mungkasa, 2020; Utami Azis et al., 2019) according to the Green City Development Program (P2KH) of the Ministry of Public Works and Public Housing (PUPR), there are 8 attributes to create a green city (Cohen, 2011). First, land use and spatial planning aim to create a space that is safe, comfortable, productive, and sustainable (green planning and design). Second, the plan to develop green open space as the lungs of the city and water catchment areas. Third, the development of network-based transportation and the use of non-motorized transportation (walking, bicycle) and mass transportation (green transportation). Fourth, the application of green buildings (green building). Fifth, the participation of students

(green community). Sixth, the utilization, and development of renewable energy (green energy). Seventh, environmentally friendly waste management (green waste). Eighth, sustainable water management (green water).

Of the eight attributes above that are possible to be applied within the scope of the Universitas area is the participation of students (green community). Utilization and development of renewable energy (green energy). Environmentally friendly waste management (green waste). The role of students (green community) in creating a green lifestyle is very important (Rogelj et al., 2018; Brojen et al., 2018) because students here are the subjects that determine the success of the green lifestyle itself. Students are asked to participate in creating an environmentally friendly lifestyle. Because all existing ideas will not be implemented without a student community that plays an active role in realizing a green lifestyle (Binder & Freytag, 2013; Dunn et al., 2011; Pandelaere, 2016). The utilization and development of renewable energy (green energy) are necessary for a green lifestyle (Binder & Blankenberg, 2017; Kaiser et al., 2020; Vita et al., 2019). As is well known, humans are now very dependent on fossil fuels. Apart from the fact that fossil fuels are non-renewable natural resources, their combustion products also produce carbon monoxide which causes pollution (see (Lümmen & Røstbø, 2020; Scribano et al., 2021; Valdés-López et al., 2020)).

The relationship between green lifestyles and subjective well-being has been an active area of research in recent years. Starting about a decade ago (see (K. W. Brown & Kasser, 2005; Owen & Videras, 2006) for early studies by psychologists and economists, respectively), considerable evidence has accumulated that green behavior and attitudes are positively associated with subjective well-being (for surveys see, eg, (Kasser, 2017; Welsch et al., 2020)). But not all types of green lifestyles are associated in the same way with well-being (Binder & Blankenberg, 2017; Laffan, 2020) and some studies find negative associations or fail to find robust associations at all (Binder et al., 2020; Suárez-Varela et al., 2016).

Green Metric World University Rankings is one of the programs from the University of Indonesia for ranking universities around the world regarding the university's commitment and actions towards greening and environmental sustainability. State Islamic University Raden Intan is one of the participants from hundreds of universities that are members of the UI Green Metric Networks. The Sustainable and Environmentally Friendly Campus Development Team (TPKBBL) conducted drinking water treatment, procured incinerators, and made State Islamic University the first campus in Sumatra to have high-tech waste processing equipment, procurement of golf cars as an emission-free transformation tool, and many others.

2. Literature review

1. Green Lifestyle

A green lifestyle is the lifestyle of someone who carries out life activities in a way that balances humans and nature (K. W. Brown & Kasser, 2005; Jacob et al., 2009; Welsch et al., 2021). According to the U.S. Environment Protection Agency in (Richardson et al., 2012) a green lifestyle means making sustainable choices about what we eat, how we travel, what we buy, and how we use and dispose of it. Furthermore (Kasser, 2017) explains that the Green Lifestyle is a lifestyle that makes this earth a partner in everyday life, not just an object of exploitation to

meet the needs of life. From some of the statements above, it can be concluded that a green lifestyle is a behavior of everyday life that has a positive impact on the surrounding environment in line with the opinion (Binder & Freytag, 2013; Dunn et al., 2011; Pandelaere, 2016). Starting from small things, such as reducing the use of plastic bags by carrying a small bag every time you shop (Miao et al., 2011), throwing trash in its place, reducing the use of tissues and paper (Akerlof et al., 2010), carrying a place eat so that it reduces the use of styrofoam, and other small things in daily behavior but has a big impact.

Consumers can play a role here by adopting "green lifestyles", aiming for science, voluntary simplicity, sustainable consumption, or other ways of being part of a "green economy". However, to the extent that "green lifestyles" (or ecologically-sustainable behavior) are costly or lead to reduced consumption, they seem to imply the sacrice of some of the well-being that one imagines will result from consuming the goods the modern consumer is so used to. But is a "green lifestyle" really associated with sacri_ce and ordeal? Within a narrow standard economic framework, lower incomes (and consumption of goods) translate into lower welfare ((Mas-Colell et al., 2010). When adopting a broader view of societal progress (Beyond GDP", Binder & Blankenberg, 2017; Binder & Freytag, 2013; Stiglitz, 2010) however, it is no longer prima facie clear whether adopting a green lifestyle will prove detrimental under these alternative currencies of welfare.

2. Green Community

A green Community is an intentional approach to growth that strives to protect the natural drainage of the land and the streams within a watershed. Apart from the individual identity, social or group identity influences ongoing behavior. Attitudes, beliefs, and behavior of people are influenced by the social group to which they belong (Tajfel, 2010), even more than their personal identity (Onorato & Turner, 2004). People tend to imitate behavior that reinforces their group identity and ties to the group. Conservatives and Republicans are less likely to trust scientific evidence and are less likely to show concern about climate change than liberals and Democrats (Brulle et al., 2012; Hardisty et al., 2010; Mccright & Dunlap, 2011).

In implementing a green lifestyle, the participation of the green community is very important. Because the role of the green community determines the sustainability of other green lifestyle components. The role of students is a continuous two-way communication process to increase students' full understanding of the environmental management process. Participation in the emotional and mental involvement of a person in a group situation, namely the availability to take part in setting common goals, as well as a willingness to take responsibility for the achievement of common goals (Kidwell et al., 2013). Green Community cannot be separated from green lifestyle activities, because a green community is an activity implementation unit that can make this green lifestyle materialize. So it can be concluded that a green community is a group of individuals who have the same concern and interest in the environment and move to create an environmentally friendly lifestyle.

(Yang et al., 2019) findings indicate beneficial associations between community greenness and blood pressure in Chinese adults, especially for women. Air pollution and body mass index only partly mediated the associations. Furthermore (Lee et al., 2019) found Greenness of the residential neighborhood was associated with

lower problematic behavior scores in children, especially aggressive behavior and attention problems. older adults used community green spaces primarily to walk (40.3%) and for vigorous activities (35.2%), such as dancing or chi gong. Only 9.0% of older adults were sedentary. Besides, there were more female older adults (58.9%) than male older adults (40.9%) participating in activities in the green spaces. Older adults rely on their neighborhood to support their needs (Broniarczyk et al., 1998). For some participants in this study, the decision of where to live in Taipei was influenced by the proximity of community green spaces (Bjornsdottir et al., 2012).

Green community is a community that is pioneered by young people who care about the sustainability of the city environment, which is an asset, potential, and investment of students in realizing an environmentally friendly city. This community plays a role in implementing green waste in implementing a green lifestyle.

3. Green Waste

Green waste is a systematic, comprehensive, and sustainable activity that includes waste reduction and handling (Eades et al., 2020; Viretto et al., 2020). Waste handling that is carried out must have an environmental perspective so that this waste management does not cause other impacts (Eades et al., 2020; Shi et al., 2013) for students or the environment. By definition, waste is all types of waste material either from humans or animals which are usually solid (Bary et al., 2005; Boldrin & Christensen, 2010; Hanc et al., 2011). Generally, these materials are thrown away because the owner feels that they are worthless, worthless, and unwanted goods. (Berg, 1985; Kazerooni Sadi et al., 2012) classifies waste into:

1. Decomposing naturally (Duncan et al., 2014; Pennings & Sleuwaegen, 2000; Orr et al, 2005) is waste that can be broken down naturally. Microorganisms break down waste into water, carbon dioxide, and minerals that nourish plants and affect soil quality.
2. Here for a long time is waste that cannot be decomposed and destroyed naturally and must be recycled or burned (Nischal & Gahlawat, 2017).
3. Handle carefully (Chen et al., 2010; Li et al., 2005) is garbage that can burn or explode, or poison humans and the environment, known as hazardous waste. Usually in the form of waste products from industrial production, but household products used for cleaning are also considered hazardous waste when disposed of.

According to (Kazerooni Sadi et al., 2012) to reduce waste and save energy and costs, the 4Rs need to be applied, namely:

1. Reduce (Ara Begum et al., 2010), which is reducing the use of unnecessary products to save inventory or reduce waste generated.
2. Reuse, namely using products that can be reused (Duran et al., 2006; Yuan et al., 2011).
3. Recycle, namely recycling or using waste into valuable items(Poon et al., 2004).
4. Replace according to (Tam et al., 2005), namely switching to products that do not damage the environment.

(Chen et al., 2010; Liu & Wang, 2015; Tirado & Michel, 2010; Wu et al., 2020) stated that waste management can be done through the following things, namely:

a. Composting

It is the easiest method to handle household organic waste into something more useful, see the composting process (Gong et al., 2017; L. Zhang et al., 2013; Lu Zhang & Sun, 2014).

b. 3R (Reuse, Reduce, Recycle)

It is a method that has several options, namely: Reuse, which is the reuse of waste that can still be used with the same function or other functions. Reduce, which is reducing everything that can cause waste later. Recycle, which is processing waste into new products (Peng et al., 1997).

c. Waste to energy

Is a waste management method by making waste as an alternative fuel (Cucchiella et al., 2017; Malinauskaite et al., 2017; Moya et al., 2017; Šomplák et al., 2013).

3. Method

In this study, the method used by researchers is descriptive qualitative research (Creswell & Poth, 2016). Qualitative description is a research approach based on the philosophical principles of naturalistic inquiry (Kim et al., 2017; Lincoln, 2007). The principles of qualitative description include the introduction of a variety of shared experiences and the nature of human interaction that is inseparable interactively (Creswell & Poth, 2016; Lincoln, 2007). Descriptive qualitative research aims to make descriptions or paintings of the facts and characteristics of a particular population or area in a systematic, factual and thorough manner (Creswell & Poth, 2016; Willis et al., 2016). The variables studied were limited or certain, but were carried out extensively in a population in the area (Sousa, 2014; Willis et al., 2016). Data collection techniques are the most important in research, because the main purpose of research is to get data. Data collection can be collected in various settings, various sources, and various ways such as observation, documentation, interviews (Sousa, 2014; Willis et al., 2016).

Interview indicators include:

1. Application of green waste in a green lifestyle at State Islamic University Raden Intan Lampung.
2. Green community participation in green application
3. Lifestyle

Tabel 1. Object condition based on gender

No	Gender	Jumlah	Presentase
1	Male	10.386	49.8%
2	Female	10.661	50.2%
		21.047	100%

Tabel 2. Object condition based on age

No	Age	Jumlah	Presents
1	17 – 25 years old	13.011 person	56%
2	26 – 40 years old	5.984 person	27%
3	>41 years old	2.052 person	17%

Total	21.047 person	100%

Determination of research informants in this study using a purposive technique, namely research informants are selected based on considerations, criteria or characteristics determined based on research objectives. Many researchers have described aspects of qualitative description including sampling (Ridder et al., 2014), data collection (Patton, 2014), and qualitative and thematic content analytic strategies (Clarke & Braun, 2018; Hsieh & Shannon, 2005; Ridder et al., 2014). The criteria used to determine research informants are those who have the competence and authority to provide relevant information (Polkinghorne, 2005; Rennie, 2012; Wertz, 2011). Sandelowski explains that researchers use qualitative descriptions using a variety of sampling, data collection, and data analysis strategies, but the overall goal, achieved by analyzing data with qualitative content analysis, is to describe on the surface or a real level an individual's experience in his own words (Sandelowski, 2010). Checking the validity of the research results by means of: Creadibility, Transferability, Dependability and Confirmability (Creswell & Poth, 2016; Smith & Shinebourne, 2012; Sousa, 2014).

4. Data analysis and result

The application of green waste in a green lifestyle at State Islamic University Raden Intan Lampung.

a. Understanding of Green Lifestyle

Understanding of the concept of a green lifestyle or green lifestyle is still very minimal. Most of the respondents understand what a green lifestyle is, even though it is still in a very simple concept, namely an environmentally friendly lifestyle, a lifestyle that cares about the environment, and an environmentally friendly lifestyle. This is reinforced by a statement from Lucy during an interview when asked what she knows about the green lifestyle. Lucy answered that a green lifestyle is a lifestyle choice for someone who cares about the environment by making nature a friend.

This caring behavior towards the environment can be seen when researchers make observations, at State Islamic University Raden Intan Lampung takes good care of the campus environment. Because this campus looks clean even though there is still some trash that can be seen flying in the wind. The efforts of students to plant plants in pots hung on the terraces of the classroom and the presence of a garden in front of the campus entrance also shows that a greening area is a real form of student concern for the environment.

Only a few respondents really understand the green lifestyle concept and understand how to implement it in everyday life. As stated by Rita during an interview at the MAHARIPAL secretariat, who said that the waste sorting that he does is a form of green lifestyle activities in the Green Campus program. Because by sorting the waste it means that there is already an effort to minimize the waste that is just wasted.

b. Student behavior patterns that reflect a green lifestyle.

Most of the respondents felt that they had implemented a green lifestyle in their campus activities, although not in their entirety. The focus of the green lifestyle application of most respondents lies in managing the waste

produced. This is in line with Suhaimi's statement during an interview, who said that he adopts a new green lifestyle which is limited to collecting plastic waste to be deposited in a waste bank.

However, based on observations, each student activity unit also utilizes its secretariat yard as a greening area even though only by planting plants in hanging pots, and the condition of the flowing water channels is not inundated by garbage. This proves that the behavior pattern of most respondents has led to a green lifestyle. And only a small proportion of respondents felt they did not apply a green lifestyle or green lifestyle in their daily lives.

c. How to apply a green lifestyle

The way each respondent applies a green lifestyle in their daily lives is very diverse. Almost all of the respondents interviewed carried out waste sorting as a simple step in implementing a green lifestyle. The sorted waste is usually sorted based on organic and inorganic waste. Most of the respondents also gave additional answers, in addition to sorting waste before disposal, they also cooked their own food as a step to implement a green lifestyle at home. As explained by Joice during an interview when asked how to implement a green lifestyle in his daily life, Joice explained that to implement a green lifestyle in his daily life, Joice always made it a habit to bring a bottle of drinking water to campus. This is intended to reduce the use of plastic waste when buying bottled water. Joice also said that he made it a habit to cook himself so that the food his family consumes is guaranteed quality, cleanliness, and health.

Some of the rest choose another way to implement a green lifestyle in their daily lives. Like Muhasan, who applies plastic waste reduction as a way to implement a green lifestyle. This is done by choosing refill packaging when shopping so that less waste is generated.

d. Participation as a member of MAHARIPAL

Most of the respondents are registered as members of MAHARIPAL. The background of participation for each respondent is different. Some respondents are members of MAHARIPAL because they want to take advantage of the waste they produce every day, especially plastic waste. This can be seen when researchers make observations where students are seen bringing a lot of garbage to the MAHARIPAL secretariat to make deposits and weigh the waste they collect. After the waste is weighed, the amount and price of the waste they deposit are recorded. So that the waste can be useful and provide economic value for MAHARIPAL members. Some others said their background as members of MAHARIPAL started from a sense of concern for their environment. There is a sense of worry about seeing their environment full of garbage scattered about.

As said by Yuni during the interview, her participation as a member of MAHARIPAL was based on the presence of a Temporary Garbage Disposal Site in front of the State Islamic University Complex, Raden Intan Lampung, which caused an unpleasant smell. Starting from this, an idea emerged of how the waste was no longer wasted just like that and could actually provide benefits for State Islamic University Lampung students.

Only very few respondents are not registered as members of MAHARIPAL. These respondents felt that participating in the activities held by MAHARIPAL was just a waste of time.

e. The effectiveness of green activities carried out by MAHARIPAL.

All respondents said that the green activities carried out by MAHARIPAL were very effective in making their environment clean and free of scattered garbage. Because garbage is no longer useless objects, but now it can be used properly. This is reinforced by Muhasan's statement during an interview who said that his environment has become free of trash because trash that was previously only thrown away can now be utilized by being deposited in a garbage bank.

MAHARIPAL's success with the Waste Bank program led to the emergence of a policy requiring each Faculty to have a waste bank to manage the waste generated by students. Also, now the entire academic community of State Islamic University Lampung has started to care for the environment. At the beginning of the MAHARIPAL activity, many students were indifferent to the activities held, but students who were previously indifferent to MAHARIPAL activities are now members and routinely deposit their garbage in the MAHARIPAL garbage bank. As told by Ms. Rianti (lecturer) during an interview, a friend used to tease her when collecting plastic waste around the Faculty. However, her friend's attitude changed when she learned that the garbage collected by Mrs. Rianti produced rupiah after it was deposited at the MAHARIPAL waste bank. Now that person has been registered as a member of MAHARIPAL and is active until now in depositing waste.

f. MAHARIPAL program

All respondents considered the waste bank and recycling activities as MAHARIPAL's successful programs in making their environment a green environment. The waste bank program provides many benefits for MAHARIPAL members. For example, the members deposit garbage every Friday. Depositing plastic waste makes student waste can be used properly. Apart from that, depositing waste also provides additional income for each member who deposits their trash. Based on observations, the amount of money received depends on the amount and type of waste deposited.

5. Discussion

1. Application of green waste in a green lifestyle at State Islamic University Raden Intan Lampung.

In waste management, it requires legal certainty, clarity of responsibility and authority of the Government, regional government, as well as the role of students and the business world so that waste management can run proportionally, effectively, and efficiently. This becomes the basis of consideration for the enactment of Law No. 18 of 2008 concerning Waste Management Environmentally friendly waste management is carried out as an effort to deal with the problem of waste generation in the State Islamic University Raden Intan environment. According to Law No.18 of 2008 concerning waste management Article 1 Paragraph 5, Waste management is a systematic, comprehensive, and sustainable activity that includes waste reduction and handling. The activities of State Islamic

University Raden Intan waste management are implemented by sorting household waste. Good waste management begins with the process of sorting the waste from the source, where previously students were given socialization about the process of sorting the waste from the source. Waste sorting is a very simple process where waste generation in the household must be separated between organic and non-organic waste. In addition to source sorting, the transportation process must also be carried out periodically because wet (organic) waste is perishable, especially wet food ingredients (for example, leftover rice, pieces of meat, fat, etc. Periodic transport of waste piles is the process of regularly transporting waste in a certain time where Organic waste must be transported a maximum of every 2 days and Non Organic waste can be transported every 3 to 4 days.

By using a means of conveyance/transportation of waste that is adequate and following the requirements and conditions of the area as well as available road access. Within the State Islamic University itself, garbage collection is carried out three times a week by a garbage cart car donated by the government. In line with the statement (Reyes-Torres et al., 2018; Som et al., 2009; Vandecasteele et al., 2016) waste management carried out by students consists of composting, recycle and utilization of waste into energy. The difference lies in the absence of reuse and reduction activities in waste management at State Islamic University.

In handling waste in the campus environment, MAHARIPAL has a waste bank that accommodates all waste management activities. Before carrying out waste generation handling activities, the collected waste must first be sorted based on its type or nature, such as wet and dry waste or organic and non-organic waste. This sorting activity has been carried out by the majority of students regarding the waste so that waste processing activities will be much easier. Non-organic waste or dry waste is managed using the recycling principle. Meanwhile, this organic waste will later be used as composting and alternative fuels such as biogas (D. Brown & Li, 2013; Hla & Roberts, 2015; Kabir et al., 2015).

To make it easier to understand the process of implementing green waste in a green lifestyle at State Islamic University Raden Intan Lampung, researchers describe it in the form of a chart.

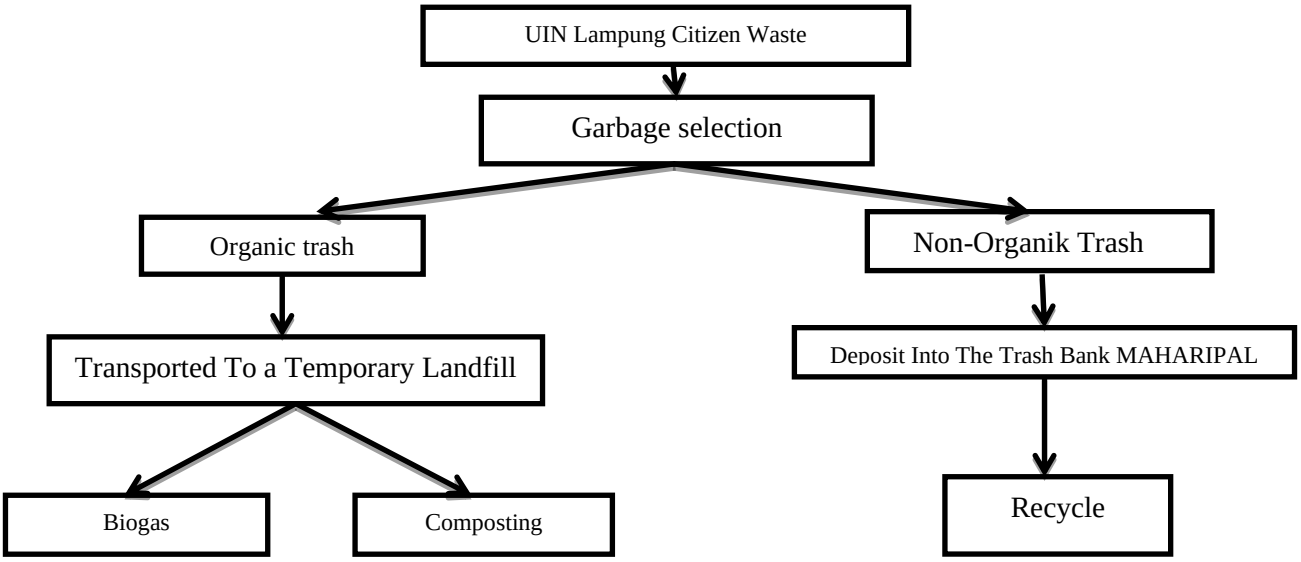

Figure 1. Proses Green Waste

Figure 1 illustrates the process flow of implementing green waste in the green lifestyle at State Islamic University Lampung. Sorting waste based on its nature or type is the key to implementing green waste management at State Islamic University Lampung.

2. Green community participation in creating a green lifestyle

The presence of MAHARIPAL at State Islamic University Raden Intan Lampung as a driving force with its green activities motivated students to join MAHARIPAL. The activities that MAHARIPAL does in utilizing waste through waste banks and recycling activities make students aware of the potential for waste which when processed will have benefits and economic value. MAHARIPAL's work agenda that brought many changes and provided many benefits for State Islamic University students made more and more students interested in becoming members of MAHARIPAL. In general, MAHARIPAL's work agenda consists of:

Tabel 1. Work Agenda MAHARIPAL

No	Work Agenda
1	Garbage Bank
2	Recycle
3	Education to schools
4	Composting and biogas production

Overall, State Islamic University Lampung students consider the program that is felt to be useful for students is the waste and recycle bank. The key to the success of green activities implemented by State Islamic University Lampung students as part of the green lifestyle lies in sorting waste which is part of waste management carried out in an environmentally friendly manner. In simple terms, MAHARIPAL's participation in implementing a green lifestyle on the State Islamic University campus can be illustrated through a picture like the following.

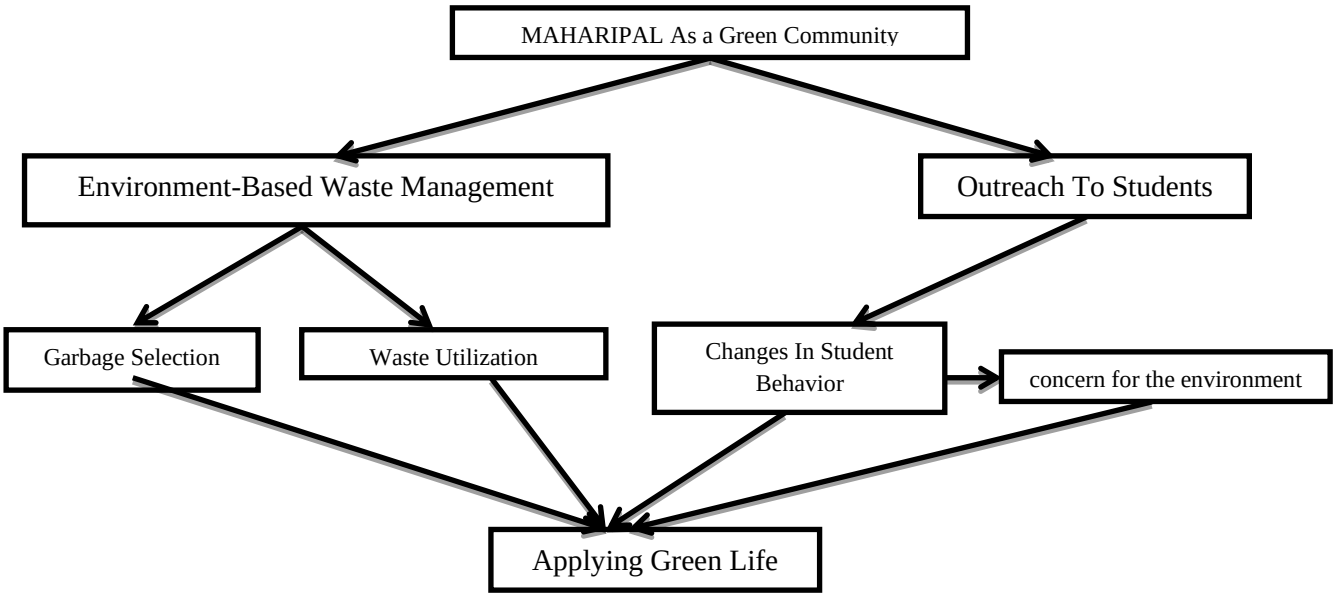

Figure 2. Partisipasi MAHARIPAL dalam menereapkan green lifestyle di UIN Lampung

In Figure 2, it can be illustrated that there is a relationship between MAHARIPAL's participation as a green community in implementing a green lifestyle at the State Islamic University Campus, which has an important role in inviting students to participate actively in carrying out green programs such as environmentally based waste management (green waste) so they can synergize to create students who apply green lifestyle as their lifestyle.

6. Conclusion

This research was conducted to determine how the application of a green lifestyle at State Islamic University Raden Intan Lampung. Based on the data collected and after analysis, the following conclusions can be drawn:

1. Waste management in an environmentally friendly manner (green waste) is running well. The key to the success of implementing green waste at the State Islamic University Raden Intan lies in sorting the waste according to its type and nature. Waste sorting is then continued with waste processing based on its type. Organic waste will be processed at TPS Merdeka as a biogas and compost. Meanwhile, non-organic waste must be separated again between waste that will be used as recycled raw materials and waste that will be sold to collectors, the results of which are used to pay for waste deposited by MAHARIPAL members to the waste bank. Waste management can be said to be incomplete because there has not been any effort to reduce waste generation.
2. Participation of MAHARIPAL as a green community at State Islamic University Lampung. The campus in implementing a green lifestyle (green lifestyle) has a very strong influence. This is due to the success of MAHARIPAL in inviting and disseminating activities to be held. Besides, the real work program provides benefits for students, both physical benefits such as an environment that is free from waste and much cleaner, as well as material benefits that make MAHARIPAL's role in implementing a green lifestyle at State Islamic University Raden Intan very influential.

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