

Purun Bag Decoration Training for Women of Dharma Wanita Members as Part of Work-Life Balance

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Article Info

Article history:

Received: December 29, 2024

Accepted: July 18, 2025

Published: December 20, 2025

Keywords:

Decorative purun bags

Hobbies

Increasing income

Work-life balance

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Abstract

Dharma Wanita members who work on campus from Monday to Friday experience boredom. Prolonged boredom will lead to stress at work. Constant stress can negatively impact mental or physical health. Another problem faced by Dharma Wanita members is a lack of income. The aim of this community service activity is twofold. First, teach a new hobby to reduce stress levels at work. Second, it gives participants the possibility to earn additional income. The implementation method used is training and mentoring. There are two main activities of PDWA. The first is training to decorate basic-level purun bags, and the second activity is training to decorate advanced-level purun bags. The first activity, Purun Bag Decoration Training for Women Members of Dharma Wanita, was held on Friday, August 23, 2024. This activity took place at the Sari Patin Depot, Jl. Brigadier General H. Hasan Basry Kayu Tangi. This activity went smoothly. The second stage of activity, namely Advanced Level training, will be held on October 18, 2024. The results of this activity are two. Participants feel relaxed and ultimately reduce stress at work. The second result is still potential because the process of a hobby becoming income takes a long time. From this activity, it can be concluded that most participants are able to decorate as they have been taught, but to become a source of income, they still need a lot of practice.

To cite this article: Swandari, F., Said, L. R., Fariany, G. R., Ariffin, Z., Claudia, M., Prihatiningrum, Y., Rusniati, R., Fatimah, S., & Rizky, S. (2025). Purun bag decoration training for women of dharma wanita members as part of worklife balance. *Bubungan Tinggi: Jurnal Pengabdian Masyarakat*, 7(4), 861-869.

INTRODUCTION

The Faculty of Economics and Business (FEB) at Lambung Mangkurat University (ULM) is located on Jl. Brigjen H. Hasan Basry Kayu Tangi Banjarmasin. FEB has several programs that are almost all in demand by the public. The number of teaching staff is approximately 113, and the number of employees is around 20. The female lecturers, female staff, and female spouses of the employees are members of Dharma Wanita Faculty of Economics and Business, or DW FEB ULM. In general, Dharma Wanita is an organization consisting of wives of government employees (PNS) in Indonesia. This organization aims to support its husbands' duties and play an active role in national development. However, in some government offices, including FEB ULM, Dharma Wanita members also include employees with several employment statuses. The Dharma Wanita members referred to in this paper are female lecturers and employees

working at FEB. However, the training also included Dharma Wanita members, the wives of employees, as special invitees.

Dharma Wanita members who work on campus from Monday to Friday, of course, experience boredom. Prolonged boredom will lead to stress at work. Stress is often experienced by people who work in companies ([Riza et al., 2021](#)). Continuous stress can have a negative impact on mental or physical health, leading to hypertension, heart disease, and other conditions. Stress can also reduce performance ([Handayani, 2020](#)). Here are some signs that someone is stressed: difficulty focusing and paying attention to tasks, physical and mental fatigue, migraines and headaches, elevated heart rate and blood pressure, low self-confidence and poor thinking, reduced decision-making ability, and increased anxiety and sadness at work. Other sources of stress have also been identified by many researchers, including [Hidayati & Harsono \(2021\)](#) and [Dafinci et al. \(2020\)](#). Someone who is stressed because of work can be termed work-stressed.

Work-related stress means experiencing stress in relation to your job or workplace. This can involve a variety of stressors, such as excessive workload, difficult relationships, or lack of support, and can lead to both mental and physical health problems. Work stress also negatively impacts employee performance (Sugiarti, 2018). Work stress also increases the intention to leave the job ([Haholongan, 2018](#)). The causes of stress in workers are quite diverse ([Buwana et al., 2022](#); [Lady et al., 2017](#)). The causes of workplace stress can be categorized as follows. Physical environment: refers to external aspects of the physical environment, such as noise, vibration, lighting, temperature, humidity, and so on. Job demands: work activities can cause stress: excessive work shifts, excessive task loads, and exposure to high work hazards. Task characteristics, such as the adequacy between the worker's abilities and the requirements of a position, the communication style between leaders and the team, the level of autonomy over work, and the complexity of functions, are also factors to consider. Role performance: greater responsibilities in intermediary or managerial positions, and ambiguity regarding role distribution or conflicts among coworkers, also lead to the emergence of work-related stress situations. Interpersonal and group relationships. This is about the relationships between subordinates, superiors, coworkers, and customers. Career development: employees who feel insecure in their position, stuck in the same role, or perceive promotions approved by management as unfair may experience increased levels of stress. New technology: digital natives must face the challenge of managing new technological changes; on the other hand, its high connectivity also requires constant attention, which can burden workers. Organizational structure or climate: Highly centralized systems, overly bureaucratic processes, authoritarian leadership, or a lack of leadership can also cause workplace stress.

A preliminary interview with a female employee in the General Affairs department revealed that her work throughout the week is quite exhausting and leaves her feeling bored. The employee was very enthusiastic when the idea of attending a training on decorating purun bags was presented. Decorating purun bags is a hobby that can help people feel relaxed and ultimately reduce stress at work. Another problem faced by DW members is the lack of income. Some of them still have to take on extra work to increase their income. The increased skill in decorating purun bags can ultimately be utilized to boost income. This is because the decorated purun bags have a relatively high selling value ([Swandari et al., 2023](#); [Swandari et al., 2024](#)). Purun is a type of grass (*Lepironia articulata*) that is often used as a weaving material, especially in swampy and peat areas. Purun has a straight, hollow stem and no leaves and is often used to make various crafts, such as bags, hats, and mats.

The problems faced by partners include the following. First, there are not many facilities or activities that can be used to reduce stress levels at work. Second, there are no facilities to increase the income of employees or educational staff at FEB ULM. The aim of this community service activity is twofold. First, teach a new hobby to reduce stress levels at work (reduce boredom). Second, it gives participants the possibility to earn additional income.

METHODS

The implementation method used is to provide training and mentoring to participants who are members of Dharma Wanita. This method is the same as that used by [Kenedi & Islami \(2023\)](#), [Oksal et al. \(2024\)](#), [Putri et al. \(2024\)](#), and [Prastawa et al. \(2024\)](#). The main material used is a woven bag made from grass or purun. Bags are semi-finished materials, obtained from craftsmen in the Banjarbaru area of South Kalimantan. The team has varnished the bag. The main material used on the bag will be colorful satin ribbons. The equipment used is thread, a needle, scissors, and matches.

How to decorate a purun bag is divided into 2: first, rose decoration, and second, tulip decoration. How to decorate with roses is as follows. The first is to make the middle rose petals by folding the ribbon to form a small flower. The small flowers are then attached to the purun bag by sewing. The larger rose petals are then created by embroidering a ribbon onto the purun bag around the previously applied small rose petals. The next stage is to embroider the stems and leaves. At this stage, the decorating process is complete. The completion stage, such as installing furling, is not included in the training activities. How to decorate with tulips is as follows. First, embroider the flower part by embroidering the tulip petals in a pile to form a flower. The next stage is to embroider the flowers and leaves. The next stage is to attach the tulip pot using pot-shaped decorations made from burlap sacks.

Training is carried out in two stages. The implementation carried out was providing training and mentoring to participants who were members of Dharma Wanita. This method is the same as that done by [Kenedi & Islami, \(2023\)](#), [Oksal et al., \(2024\)](#), [Purtina et al., \(2024\)](#) and [Talebe et al., \(2025\)](#). First, training in decorating purun bags at Level 1 and Level 2. Level 2 is intended for those who truly want to enhance their skills to the advanced or expert level. Participants in the advanced-level training are expected to continue producing and selling purun bags. The main activities of PDWA are two. First, the basic-level Purun bag decorating training, and second, the advanced-level Purun bag decorating training. The first activity, the Purun Bag Decorating Training for the Dharma Wanita FEB ULM members, was successfully held on Friday, August 23, 2024. The second activity was held on Friday, October 18, 2024. Both activities took place at Depot Sari Patin, Jl. Brigjen H. Hasan Basry Kayu Tangi.

The number of participants present was around 30. The participants consisted of members of Dharma Wanita FEB who are lecturers and educational staff, members of Dharma Wanita who are the wives of lecturers, and several special invitees who also attended the event, including some FEB students who plan to participate in an entrepreneurship competition abroad. This training activity went smoothly with an enjoyable atmosphere. However, not everyone was able to produce good embroidery. Only a few participants completed the task well. Participants with these criteria are considered capable of advancing to the Level Advance training class. Most participants agree that hobbies can serve as a useful break for work-life balance. The collaboration was carried out as planned. The partner helps organize participants for the training activities. The partner also supports/motivates the participants to attend and follow the training well.

Evaluation of the success of the activity is carried out by assessing the results of the participants' work. This method is similar to the term expert judgment or expert assessment. This method is a method for getting opinions from experts in a particular field. The experts referred to here are the trainers for this activity.

RESULTS AND DISCUSSION

Purun is a wild plant found in Kalimantan. Purun plants (*Lepironia articulata*) are used for weaving by the people of Amuntai, North Hulu Sungai Regency, for generations, passed down from their ancestors ([Nadilla et al., 2023](#)). Purun is a herbaceous plant that grows in swamps and is characterized by high tensile strength. For Banjar women, purun is closely linked to culture, handicrafts, and improving the family economy ([Wadi et al., 2022](#)). Purun is used as a material for traditional craft products ([Fitriah & Malinda, 2022](#); [Turang & Turang, 2021](#)). Purun bags are handcrafted products made from woven purun grass. This product is multifunctional, as it can be used as shopping bags, hampers, and souvenirs ([Firdaus et al., 2023](#); [Safitri & Harahap, 2025](#)).

This section is for Participants in this activity. They can be grouped into 4. First, the group of DW participants who work full-time at FEB. Second, the group of DW participants who work full-time but outside FEB. Third, the group of participants who do not work outside the home and are retirees. Fourth, a group of students is preparing for the Entrepreneurship competition in Malaysia. The groups that are used as main partners in this community service are the first and second groups. The total is 30 people. In the next stage, the 30 participants filled out a questionnaire with the following questions. Questionnaire results are shown in Table 1.

Table 1 Questionnaire for participants

Questionnaire	Answer	
	Affirmative	Percentage
Do you work full-time?	29	96.67
How many working days in a week? Between 5-6 days?	30	100.00
Does your work take a lot of time?	14	46.67
Have you ever felt bored with your daily work routine?	21	70.00
If you are bored with your work routine, what do you do? Doing hobbies?	30	100.00
Do you think that doing a hobby can make you overcome work boredom?	30	100.00
Even though you work, do you still have time for your family?	30	100.00

Table 1 shows that most participants are full-time workers. Most people sometimes feel bored with their daily work routine. Workers will take up various hobbies when they feel bored. Hobbies mentioned include traveling, listening to music, sewing, crafts, shopping, reading novels, and watching films. Another point illustrated by Table 1 is that there is a relationship between boredom and its alleviation through pursuing a hobby. Therefore, this community service program provides training in decorating purun bags so that it can become a hobby choice. The training participants took a group photo, as seen in Figure 1.

The main activities of PDWA are two. First, the basic-level Purun bag decorating training, and second, the advanced-level Purun bag decorating training. The first activity, the Purun Bag Decorating Training for the Dharma Wanita Members of FEB ULM, was held on Friday, August 23, 2024. This activity took place at Depot Sari Patin, Jl. Brigjen H. Hasan Basry Kayu Tangi. Each participant was given training equipment consisting of a varnished purun bag, ribbons, large embroidery needles, sewing needles, and threads.

The training began with making the center of the flower, followed by creating the flower petals. Next, complete the flower with stems and leaves.

One of the members of the service team, Mr. Dr. Zakhyadi Ariffin, M.Si., conveyed the strategy for small entrepreneurs to survive. The way is by innovating. An example of the product is Sasirangan. The innovation carried out involves adding embroidery to its motifs, resulting in more beautiful Sasirangan Bordir. Other small businesses are also expected to do the same, continuously innovating their products. This training activity went smoothly with an enjoyable atmosphere. However, not everyone was able to produce good embroidery. Only a few participants completed the task well. Participants with these criteria are considered capable of advancing to the Level Advance training class. Most participants agree that hobbies can serve as a useful diversion for work-life balance.

The second phase of the activity was held on Friday, October 18, 2024, at Depot Sari Patin. The second phase was planned as advanced-level training, but because some prospective participants wanted to join the basic-level training, the basic-level training was also conducted again. The advanced-level training material involves decorating purun bags with tulip flowers. Starting with making flowers and stems, then attaching the pot. The flowerpot is made of synthetic burlap. The Activity Phase is shown in Figure 1.



Figure 1 Phase activities

The Advanced Level activity had fewer participants because fewer people registered. The venue still has available capacity, so the Basic Level training is being reopened. The Level Basic participants are members of Darma Wanita Feb who did not have the opportunity to attend a similar activity in the first round.

This community service activity is in collaboration with the Purun Cantiq team. Purun Cantiq is a group of participants who produce ornamental purun. Purun Cantiq is included in this service because there has already been collaboration between the service team members and Purun Cantiq. Decorative purun bags from Purun Cantiq can be seen on Instagram @fifiraharjo28. Purun decoration is shown in Figure 2.



Figure 2 (a) Decorative purun bags created by training participants with rose flowers and (b) Decorative purun bags with tulips

This community service activity yields three benefits for the community. The first benefit is the direct joy experienced throughout the activity. All participants carry out the tasks requested by the trainer happily and relaxed. Familiarity and active communication between participants are well established. The second benefit is additional skills; these are useful for reducing boredom and stress that may arise at other times. The third benefit, the skills provided, if honed properly, can be used to increase income. However, it is undeniable that a lot of practice is still needed before the participants' work is worth selling.

According to the community service team's observations, the participants were very enthusiastic about participating in the training. The participants felt satisfied because they succeeded in producing works of art according to their respective ideas ([Prastawa et al., 2024](#)). In general, this community service activity went relatively smoothly. The main obstacle was that some participants still felt awkward folding the ribbons into flowers. Another obstacle was the lateness of some participants. This made it difficult for participants to follow the trainer's instructions.

CONCLUSION

The work done from Monday to Friday often leaves employees mentally exhausted. The impact produced can be negative. At the very least, the employee feels stressed. Another issue is the lack of income for some members of the DW FEB. These two problems are being addressed through this community service activity, namely, training in decorating purun bags. The training is divided into two levels, namely Basic Level and Advanced Level. This can become a hobby that will make you relax. This activity is generally successful; the participants feel relaxed and gain new skills. In addition, if pursued diligently, it can become an additional source of income.

CONFLICTS OF INTEREST

The authors declare that there is no conflict of interest.

AUTHOR CONTRIBUTIONS STATEMENT

Conceptualization: FS, LRS; methodology: FS, R; assistance in carrying out activities: Z, SF, SR; writing preparation: FS; writing review and editing: MC, RYP, LRS. All authors have read and approved the version of the manuscript.

ACKNOWLEDGMENTS

The authors would like to thank LPPM ULM for funding this community service with contract number: 1313/UN8/AM/2024.

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