

APRON BENGKUNG

Azhani Hasibah binti Ab Karim*¹, Zaini binti Madarshah²

¹Sijil Asas Jahitan Kreatif, Kolej Komuniti Raub, 27600 Raub, Pahang, Malaysia

²Diploma Rekabentuk Fesyen, Politeknik Ibrahim Sultan, 81700 Pasir Gudang, Johor, Malaysia

*Corresponding author e-mail address: azhanihasibahabkarim@gmail.com

ABSTRACT

The use in the workshop needs to be emphasized in terms of the design of the clothes worn to protect the wearer and ensure their own safety because they put themselves in a safe state, protected from danger and disaster. Therefore, a new design of clothing in the workshop needs to be made to complete personal protection while in the workshop and still comply with the Safety and Health Act in terms of personal safety. The purpose of this study was to analyze the use and self-protection of students while doing work related to the Fashion and Clothing Certificate. A literature review was conducted to obtain knowledge about clothing and personal protection in accordance with the prescribed act as well as to increase student productivity. The method of simulation, observation and interview is used in this study by referring to the list of clothes set in the act. The analysis of the results of the study is able to evaluate the good wearing practices of students during the workshop through designs that use a combination of two types of clothing, further increasing the productivity of students producing practical assignments and having a positive effect on the teaching staff, the community and the country.

Keywords: Student wear in the workshop, personal protection, clothing combination

1. Introduction

The Twelfth Malaysia Plan-RMK12 was presented by Prime Minister Datuk Seri Ismail Sabri Yaakob [18] in the Dewan Rakyat on 12 October 2021, with the theme of a Prosperous, Inclusive, Sustainable Malaysian Family in terms of regenerating the economy, strengthening security, well-being and inclusivity as well as boosting sustainability [18]. In this RMK-12 on the Second Focus: Boosting Economic Growth in the 31st number mentions the availability of talent or quality talent is very important for the development of the country. While the situation of the COVID-19 pandemic has had an impact on teaching, learning, research and the provision of administrative support services in public universities (UA) around the world [6]. These sudden changes lead to a situation self-adjustment and finding initiatives using the resources around to produce the best impact in various aspects of learning (AKEPT, 2021). Therefore, the design of personal protection while doing practical tasks is designed to achieve an efficient and efficient level of safety management.

The National Education Philosophy also explains that education in Malaysia is a continuous effort towards further developing individual potential in a comprehensive and integrated way to create integrated and harmonious people in terms of intellect,

spirituality, emotion and body based on faith and obedience to God. This effort is to produce a generation with knowledge, skills, noble character, responsibility and the ability to achieve personal well-being as well as contribute to the harmony and prosperity of the family, community and country.

In Malaysia, there are several types of schools including regular high schools, science high schools, technical and vocational high schools. Teaching and learning activities in this secondary school are divided into two, namely theoretical and practical activities. During the practical, students will gain skills in the use of machines and tools [20]. According to Yahya Emat [19], practical training is very important in providing students with the skills they need when they work in the industrial sector, in addition to students having the opportunity to gain skills, safety aspects are also emphasized in the teaching and learning process. The students should use the facilities in the workshop for the protection of themselves and others. Awareness of self-protection needs to be instilled in every student so that safety-conscious attitudes can be practiced during practical assignments and further practiced after entering the world of work [20].

Safety is defined as a state of freedom from injury, fear, pain or loss which requires appropriate action from all parties [14]. Negligence that occurs will cause accidents and efforts are made to prevent them from happening. Accidents that occur can cause disability, injury and loss of life. The cause of accidents is due to personal negligence and efforts to wear personal protection while doing practical tasks can prevent accidents from happening.

According to Zurida [21], wearing in the workshop includes general clothing, protective equipment and protective clothing. General clothing includes clothing that is not too tight or not too loose, hair is always short and neat, while for women hair should be neatly tied or wear a hijab and tucked inside the shirt. Wearing jewelry such as necklaces and watches should be avoided. While protective equipment is safety protective equipment such as face shields and protective clothing is safety shoes, gloves, aprons and face shields. Therefore, compliance with the use in the workshop reduces the risk of accidents. Realizing the importance of personal protection in the workshop, the design of the protective clothing also includes aspects of health, especially in the back.

In Malay cultural customs, *berbengkung* is a practice practiced and plays an important role in terms of beauty and health such as deflating the stomach and shrinking labor for women after giving birth, shaping the body so that it is slim and also as a cloth binder at the waist [9]. There are three categories of *bengkung*, which are health *bengkung*, beauty *bengkung* and *bengkung* decoration or clothing accessories. Therefore, the study focused on the combination of apron and health *bengkung* as personal protective clothing in the workshop. Written documentation is done based on observations throughout the study. According to Mc Niff [7], action research as an approach to improve or improve the quality of education through change by encouraging teachers to become more aware of their own practices, to be critical of those practices and ready to change them in the Basics of Leadership and Teacher Professional Development [10].

2. Methodology

The research method carried out in this study covers the literature highlights that are appropriate to deepen the constructive study of bentkung apron so that its effectiveness can be seen. The literature was highlighted by searching the international electronic journal databases Google Scholar and Scopus. The data collection method uses several constructs that have been identified and discussed in this study using simulation, observation and interview methods.

2.1 Methods of Data Collection

2.1.1 Observation

Observation involves a process that takes place directly and allows for effective data collection. Researchers are able to give and obtain descriptive explanations for each observed behavior [4]. The observational method comes from ethnographic research aimed at learning the perspective of the population being studied in the context of the participants themselves.

Through observation, the researcher can observe a certain behavior based on the variables that have been identified and the researcher plays the role of an observer of changes in behavior, listening, seeing behavior either from afar or up close that occurs systematically, focusing on accurate records, valid and reliable. According to Kerlinger [8], there are several categories of observation which are behavioral categories, behavioral units, observer interpretation levels, generalization and usage as well as behavioral sampling. The categories detail the characteristics of behavior that need to be observed and recorded. Accordingly, observation specializes in behavioral sampling according to the type of incident that has been determined as research data. Participant observation is used where the researcher becomes one of the members in the group to be observed and at the same time the researcher makes observations. In the observation of these participants, the researcher plays two roles, namely as a researcher and also a participant so that the findings obtained from the planned activities are more valid, reliable and make preliminary expectations for the possibility of hidden information.

Observation helps the researcher to build a theory and gain new understanding which is called theoretical reconstruction to change the assumption of oneself or others (existing theory). Following that, observations were made to students of the Fashion and Clothing Certificate code SFP 10033 subject of Embroidery according to the schedule that has been set at the Special Education Workshop, Raub Community College throughout one semester.

The use of a video recorder helps to record the activities that occur during the observation between the target group or between the target group and the advantage of this audio recording is that it can show the study data consecutively throughout the study period.

2.1.2 Interviews

The interview method was used in this study and Patton [23] stated that there are three types of interview techniques which are formal interviews, informal interviews and open interviews. While Fontana and Frey [24] and Merriem [25] also stated three types of interviews which are structured interviews, semi-structured interviews and unstructured interviews. A semi-structured interview was used in this study because it is flexible and this situation allows the respondent to describe what he thinks to the researcher.

3. Result and Discussion

3.1 Apron and Bengkung Combination Designs as Personal Protective Clothing

As a result of the highlights of the research literature, there are several constructs that are suitable to be used in this study as characteristics in the design of self-protection. Descriptive analysis is used based on the literature highlights that are described in depth and according to the activity planning in the class schedule throughout the semester as well as answering the main questions in this study. Next, the focus of the study is achieved through the study framework at the end of this study.

Research is done on the appropriate design and fabric for aprons and aprons to be applied to personal protective clothing. Findings during interviews conducted with Fashion and Clothing Certificate students revolved around the shape of the design, fabric and accessories on the curved apron design. The comfortable design form of the Tunic cut type (Fig. 1) is the main choice among students because it provides comfort and ease of movement. In addition, the tie at the waist serves as a buckle on the apron. This can be seen from the efficiency of fabric management for various human body shapes and the need for competence to produce designs and patterns in clothing fashion [2][13].



Fig. 1. Tunic Cut [16]

Can be seen here, bengkung is a complement in dressing. In general, bengkung is a cloth that covers the stomach and waist. It is also called barut, which is wrapping cloth [15]. The barut is available in the form of a bandage that has many ropes to tie or five

and a half meters long and a quarter meter wide and is tied and knotted in the abdomen to tighten the sagging muscles. The use of barut helps mothers look neater and slimmer [5]. For the designs in this study, barut or bengkung is used on the waist to give good effectiveness to the wearer. According to Siti Zainon Ismail [12] bengkung as a belt, which is a cloth that wraps the stomach, functions to tidy up the cloth, overlap the sides and tighten the waist.

Analysis was also made about fabric used is a fabric that meets the characteristics of personal protective clothing, which is easy to handle and suitable as a curved apron. If it was born around the 15th century, the fabric to be made into a bengkung consisted of cindai cloth, fabric made of gold thread that symbolized status with the use of calligraphy motifs inscribed with Al Quran verses and large prayers were also written. This belt is only used by Malay dignitaries and warriors such as Hang Tuah. In addition, the belt plays a role in Malay clothing which is a symbol of custom and tradition for kings, dignitaries and kingdoms in Malaya. In fact, the complete custom and dress is still inherited to this day and is worn by His Majesty the King as the official dress of the Malaysian government [9]. Now bengkung can be found in various styles and the type of fabric used is adapted according to its use.

Accordingly, a study from Br Mcd J [3] strongly recommends the use of bengkung in helping to recover spinal patients with limited response notes in the short term of its use. The material from the stretchy fabric is used in the production of the bend in order to provide a back support device that provides comfort and full support for the spine as shown in Fig. 2.



Fig. 2. Application of spine support tool on clothing design [22]

In making an apron bengkung design, also noticed is the design is similar with apron. Design is planning related to arrangement, structure, whether form, construction or pattern [15]. In this study, first reference is made to the bengkung design found in the Malay community in Malaysia. According to the data and sources from the literature review explaining the various types of design, it is has different type and way of use. It can also be seen basically, the square-shaped bengkung is basically right [9]. Today, bengkung still maintains its rectangular design and is diversified using different fabric variations and is used for external and internal health treatments in addition to restoring or maintaining the body to its original shape.

The influence on bengkung design also takes into account principles in religion. This can be seen from history after the arrival of Islam to Malaya in the 13th century, bengkung was changed to a looser but still according to the body shape. Over time, the use of bengkung is not used all the time and is only used for certain periods. This

follows the teachings in Islam in terms of clothing should cover the private parts, bengkung designs for women after giving birth are also designed to be simpler and easier to wear according to the times.

According to Annisah Barakbah [1], traditional bengkung ties can curb excessive food intake, keep the stomach from being hungry while working, and keep the waist and stomach from hurting while doing heavy work. A proper circumcision is believed to preserve a woman's internal and external health. Following the passage of time, the wrapping method became more and more complex to a certain extent, along with the development of technology, bengkung has been modernized into underwear to keep the body shape, a tool to deflate the stomach, prevent the entry of wind and it is easy to remove hot and dirty wind.

Changes in the design occur significantly along with technological changes in the manufacturing of clothes not just for beauty, but to provide support for the spine. Types of bengkung for health can be seen in Table 1. It is divided into three types, namely long bengkung or Javanese bengkung, shoe string bengkung and wheel bengkung [1]. In terms of the bengkung design, all of them are based on a rectangular shape and the difference between the three is in terms of length, the use of decorative processing and the fabric used. Bengkung in table 1 is a traditional bengkung in Malay culture.

Table 1. *Bengkung Kesehatan* [1][9]

JENIS BENBKUNG	DOKUMENTASI BERTULIS
 <p>Sumber 1 : Bengkung tali kasut, Majalah Pa&Ma Koleksi Khas; Berpantang Cara Alami (2011). Bengkung, ms.43</p>	<p>Reka bentuk / Jenis : Empat segi tepat</p> <p>Fabrik : Kain kapas atau kain belacu yang nipis</p> <p>Fungsi Utama : digunakan oleh wanita ketika berpantang. Cara dengan memasukkan tali pada setiap lubang yang telah disediakan seperti menganyam tali kasut.</p> <p>Saiz : S, M, L, XI</p> <p>Perincian : Mempunyai lubang tali dan satu tali panjang</p>
 <p>Sumber 2 : Bengkung roda, Ensiklopedia perbidanan melayu; sebuah perbendaharaan ilmu perubatan dan penjagaan kesihatan-Anisah Barakbah (2007)</p>	<p>Reka bentuk / Jenis : Empat segi tepat</p> <p>Fabrik : Kain kapas</p> <p>Fungsi Utama : digunakan oleh wanita ketika berpantang. Cara dengan mengikat tali-tali tersebut</p> <p>Saiz : S, M, L, XL</p> <p>Perincian : Bertali panjang sebanyak 12 tali, di kiri dan kanan bengkung</p>
 <p>Sumber 3 : Bengkung panjang atau bengkung Jawa, Ensiklopedia perbidanan melayu; sebuah perbendaharaan ilmu perubatan dan penjagaan kesihatan-Anisah Barakbah (2007)</p>	<p>Reka bentuk / Jenis : Empat segi tepat</p> <p>Fabrik : kain kapas sepanjang 15 meter</p> <p>Fungsi Utama : digunakan oleh wanita ketika berpantang. Lilitan bermula dari bawah pinggul sehingga ke bahagian bawah payudara dengan menyimpul kain dibahagian hadapan.</p> <p>Saiz : 15 meter yang paling panjang</p> <p>Perincian : Tiada</p>

In general, an apron is a piece of fabric and personal protective clothing that is used to cover part of the body so that the clothes used do not get dirty or damaged. Aprons are usually used when working such as cooks, doctors and laboratory workers. The use of an apron is also bound by the condition that it is able to protect the body from dirt, liquids and dangerous substances with long-lasting, comfortable, light and easy features. The use of apron bengkung design is very good practice among those who emphasize the health of body posture while doing daily activities that involve heavy work such as unloading goods, farming and so on.

Therefore, combining two types of clothing, namely apron and bengkung, has produced a design that is practical, comfortable and characterized by innovation from existing designs on the market.

4. Conclusion

The use of bengkung is always maintained so that this practice remains a tradition from generation to generation and it is an invaluable asset in the beauty and health care of Malays in Malaysia. Its very effective concept wraps around the body to take care of the body and gives a good effect until now. Therefore, the use of bengkung brings good effects to the body [9]. While the design of the apron with the bent is as a spine support to provide comfort to the user by obscuring the appearance of the problematic part of the bent. The use of bengkung on the design of the apron is able to accommodate the spine structure, especially for wearers who care about healthy body posture while doing heavy daily work such as unloading goods, gardening and others [22].

References

- [1] Anisah Barakbah (2007). *Ensiklopedia Perbidanan Melayu; Sebuah Perbendaharaan Ilmu Perubatan dan Penjagaan Kesihatan*, Utusan Publications & Distributors Sdn. Bhd
- [2] Arasinah Kamis, Suriani Mohamed, Zaliza Hanapi (2016). *Fashion and Clothing Instrument for Malaysian Fashion Lecturers: An Analysis of the Instructors. Competency Scale*
- [3] Br Mcd J (1975). *Manipulation in Treatment: Flow Back Pain: A multicentre Study*
- [4] Betty Chiew Mee Hui (2011). *Refleksi Pembelajaran Tentang Teknik Menyemak Data Dalam Pelaksanaan Penyelidikan Tindakan Bertajuk Pengenalan Fraction Computer Dalam Membantu Murid Tahun Lima Menguasai Pecahan Yang Berbeza Penyebut. Jurnal Penyelidikan Tindakan Ipg Kbl Tahun 2011, 5, 46-52*
- [5] Dr. Siti Hasmah Mohd. Ali (1987). *Wanita, Adat Dan Kesihatan. Jilid 1 & Jilid 2 Dewan Bahasa Dan Pustaka, Kementerian Pendidikan Malaysia, Kuala Lumpur*
- [6] George Kwadwo Anane, Paul Kwadwo Addo, Abraham Adusei And Christopher Addo (2020). *Impact of the COVID-19 Pandemic on the Work of University Administrators in Ghana” (Journal of Commonwealth, Council for Educational, Administration and Management-CCEAM: Volume 48, Number 1*

- [7] Jean Mc Niff (1988). *Action Research: Principles and Practice*.
- [8] Kerlinger, F. N. (1973). *Review Of Research In Education*
- [9] Norizan binti Sajar, Arba'iyah binti Ab. Aziz, Asliza binti Aris (2015). *Reka Bentuk Bengkung Alam Melayu*. ICOMHAC2015 eproceedings
- [10] Noriati A. Rashid, Boon Pong Ying & Wong Kiet Wah (2010). *Asas Kepimpinan dan Perkembangan Profesional Guru*. Selangor: Oxford Fajar (2010).
- [11] *Pengurusan Bakat Berasaskan Kompetensi:Kepimpinan Pentadbir Universiti, Akademi Kepimpinan Pendidikan Tinggi (AKEPT): 2021*, 14-15.
- [12] Siti Zainon Ismail (2006). *Pakaian cara Melayu*. Penerbit Universiti Kebangsaan Malaysia, Bangi
- [13] Tayyab Naveed et al (2020). *Influence of Woven Fabric Width and Human Body Types on the Fabric Efficiencies in the Apparel Manufacturing*.
- [14] Teuku Iskandar (2005). *Kamus Dewan Edisi Keempat*. Dewan Bahasa dan Pustaka
- [15] Teuku Iskandar (1997). *Kamus Dewan Edisi Ketiga*. Dewan Bahasa dan Pustaka
- [16] Tunic Cut. Retrieved from <https://www.bing.com/images>
- [18] YAB Dato' Sri Ismail Sabri Yaakob. *Teks Rasmi Ucapan YAB Perdana Menteri Pembentangan Rancangan Malaysia Ke Dua Belas. 2021-2025*, 1-4
- [19] Yahya Emat (2005). *Pendidikan Teknik dan Vokasional di Malaysia*
- [20] Zainudin, Khairul (2010). *Amalan Keselamatan Bengkel Di Kalangan Pelajar-Pelajar Tingkatan 3 Aliran Kemahiran Hidup Semasa Melakukan Kerja-Kerja Amali Di Sekolah Menengah Kebangsaan Taman Universiti, Johor*" (Universiti Teknologi Malaysia Institutional Repository
- [21] Zurida Shoheh (2012). *Dokumentasi Keselamatan*
- [22] Norazim Bin Saiman (2017) *Rekaan Apron Dengan Mengaplikasikan Ciri-Ciri Korset/ Alat Sokongan Pesakit Tulang Belakang*. Project report (BSc.) - Universiti Malaysia Sarawak
- [23] Patton M (1980). *Qualitative Evaluation Methods*. Beverly Hills: Sage Publications
- [24] Fontana, A., & Frey, J. (1994). *Interviewing: The Art of Science*. In N. Denzin, & Y. Lincoln (Eds.), *Handbook of Qualitative Research* (pp. 361-376). Thousand Oaks, CA: Sage Publication, Inc
- [25] Merriam, S.B. (1998). *Qualitative Research and Case Study Applications in Education*. Jossey-Bass Publishers, San Francisco