

Conference Paper

Skills Improvement of Villagers Tambakrejo District Gurah Via Herbal Product Manufacturing Training

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ABSTRACT

The outputs of this activity include the first, namely: improve the knowledge, skills and motivation of the target partners in particular women from RT 01 RW 02 Tambakrejo Village in utilizing herbal plants used for the manufacture of herbal drink products. Second is to make preparations for making simple herbal products and their maintenance can be implemented by the government. There are several steps that will be carried out to achieve the output targets, namely: (1) the first meeting explained the material about utilization of herbal plant planting and nursery training, (2) meeting the second is making various kinds of herbal drinks, and (3) the third meeting is effective marketing that may be used to increase income in society. The results of the activities that have been carried out are: can provide knowledge about the manufacture of herbal products in the form of drinks taken from the herbal plant. Service empowerment program This community is expected to be able to assist target partners in evaluating problems and increase the productivity of target partners.

Keywords: Community service, herbal drinks, community income

Introduction

Data for Basic Health Research in 2010, shows that 50% of the Indonesian population uses herbal medicine both to maintain health and to treat illness (Research and Development of the Indonesian Ministry of Health in 2014). These data indicate that, herbal medicine as part of traditional medicine, has been accepted by the people of Indonesia. Therefore, herbs and traditional medicines need to be encouraged to become one of the treatment options and disease prevention. Herbal medicine and traditional medicines must also be encouraged to become superior commodities that can make a positive contribution to increasing community economic growth (Nursiah et al., 2019).

Along with the level of public awareness of health, the use of drugs derived from plants or treatment in traditional or natural ways is more popular, because it is relatively cheaper and has minimal side effects compared to using modern drugs or drugs made from chemicals. The use of traditional medicine for health maintenance and disease disorders is still very much needed and developed, especially with the high cost of treatment and the price of medicines (Mila et al., 2015). In the use of plants as medicine, it can be drunk, affixed, to wash/bath, inhaled so that its use can fulfill the working concept of cell receptors in receiving chemical compounds or stimuli (Bahalwan & Mulyawati, 2018).

Plant processing is very important because with good processing it will produce healthy food/drinks. If the processing technology is not correct then the results will be toxic to humans. There are several techniques for processing herbs or medicinal plants, namely by boiling, brewing, making them as powders or encapsulated medicinal plant extracts. Consciously or not, how much

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influence herbal medicine has on our bodies, especially for medicinal purposes, is also influenced by the form of herbal medicine we consume.

Various medicinal plants in Kediri can be used as traditional medicine. The appeal to the people of Kediri, especially the PKK women in Tambakrejo Village, to always preserve medicinal plants around their homes is one form of preserving the culture and local wisdom of the community. The problem with these PKK women, most of whom work as housewives, is that on average they do not know how to process herbs into good and correct herbal drinks so that the content of these herbs is not lost during processing. Therefore, a community service activity was carried out in the form of socializing the correct way of making herbal drinks. The targets in this service are women members of PKK RT 2 RW 1 Tambakrejo Village, Kediri Regency. The mothers will know how to make the right herbal drink by using medicinal plants around their house.

Material and Methods

Time and place of devotion

The activity was carried out in RT 1 RW 2, Tambakrejo Village, Gurah District, Kediri Regency. The implementation time of this program is from 10 July to 10 July 2022.

Method and design

The method used in the implementation of the socialization of the correct way of making herbal drinks is as follows:

Table 1. Methods of implementation of service activities

Activity	Method	Informaation
Distribution of pre test	Scoring kuis	To measure the understanding of participants before the community performs service
Providing insight and information about the benefits of medicinal plants	FGD (Focus Group Discussion)	Participants ask questions about how to make a drink true herbs
Know the theory of how to make herbal drinks that are correct and dangerous when the processing technique is wrong		
Post test sharing	Quiz scoring	To measure participants after the community understands service

Results and Discussion

Results achieved from service activities

Participants of the community service program were initially given theoretical knowledge regarding the procedures for making good modern herbal drinks by paying attention to safe and hygienic packaging options. In addition, a standard formula for the manufacture of traditional drinks is also provided based on literature books that have been collected by the proposing team based on empirical efficacy carried out by several regions in Indonesia. The material is given using lecture and discussion methods. Participants can ask questions in the middle of giving the material. This is done with the aim that participants can understand the material being given.

The preparation stage for the implementation of community service activities in Tambakrejo Village, Gurah District, Kediri Regency, namely the licensing and socialization stages of activities

carried out two weeks before the implementation of community service. Licensing and socialization are carried out verbally and directly meet the Head of the RT which is planned as a place of service. In this socialization activity, a general description of the activities, objectives, and discussions with the Head of the RT was carried out so that permission was obtained to carry out community service activities in their working area. Preparation for the implementation of this activity was attended by a team of proposers and the head of the RT who will be involved in community service activities.

This activity was attended by 20 participants who were members of PKK RT 1 RW 2 Tambakrejo Village, Kediri Regency. The activities carried out were in the form of socializing the correct way of making herbal drinks. Before and after this service activity, questionnaires were distributed which were used as a benchmark to determine the understanding of PKK mothers about the material presented. Submission of material is done through lectures using leaflets. The method used is FGD, previously divided into small groups to facilitate discussion (Figure 1-2). The expected result by holding this activity is to increase knowledge about how to make herbal drinks correctly, which so far people are still wrong in processing herbal drinks so that they can damage the content contained in the herbal ingredients used.



Figure 1. Submission of materials by method ceramah (Sumber : Personal Documentation)

The training participants were given the opportunity to be able to make their own one of the herbal drink products that had been exemplified earlier. This is expected to be able to directly provide experience to participants and immediately discuss the things they feel become an obstacle during the process of making herbal drinks. The speaker's assessment of the training participants was very good due to the high enthusiasm of the participants when giving the material to the implementation of making herbal drinks.

The next activity is the presentation of how to make packaging designs on containers that will be used during the product packaging process. Based on the activities to increase knowledge and insight about modern herbal medicinal drinks, the participants seemed very enthusiastic about participating in the first event. This is evidenced by the many responses to questions asked by participants about making herbal drinks based on their experience and special tips during the production process.

Based on the results of the questionnaire distributed (Figure 3), it was found that the level of knowledge of partners about herbal drinks before counseling was only 50% who understood herbal drinks from 20 participants. After counseling through the lecture method, the partners' understanding increased to 100%, which means that they all understood the knowledge about herbal drinks. The results of the level of technique for making herbal drinks before counseling was carried out by 25% and after counseling, the understanding of partners increased to 100%. The

results of the partner's level of understanding about the equipment requirements used for making herbal drinks before counseling was carried out by 15% and after counseling increased to 100%. Based on this, the average knowledge of partners before counseling was 30% and after counseling increased to 100%.



Figure 2. Participants during the Discussion Session (Source: Personal Documentation)

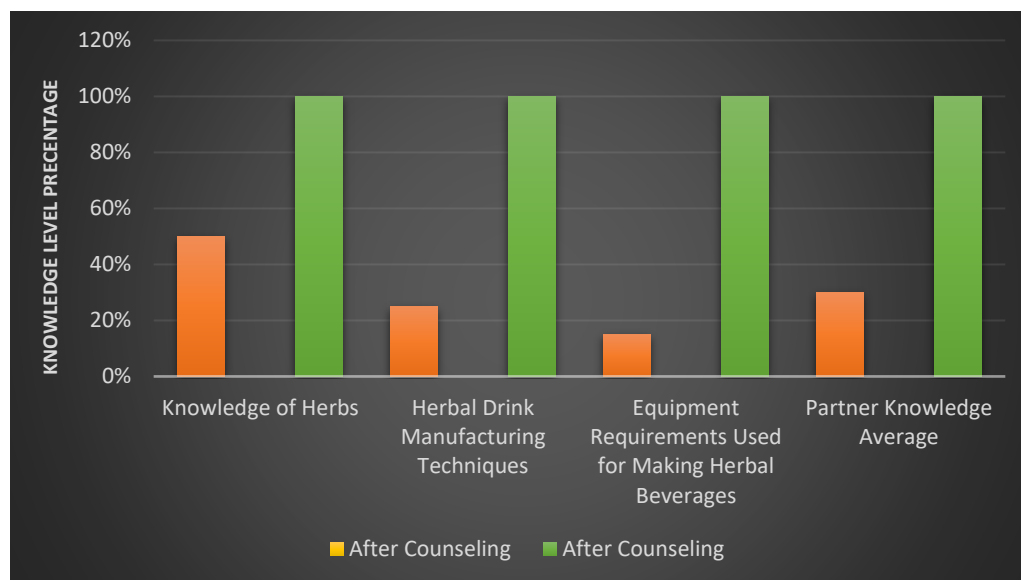


Figure 3 Knowledge of participants before and after counseling

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Table 2 Activity Success Indicators

Criteria	Indicator
Participation rate	The training activities were less attractive to the partner community because of the invitations that were distributed only 20 people attended.
Participants' level of understanding of the training material	This is reflected in the process of increasing understanding of how to make herbal drinks. Participants were very active in discussions, asking questions, and conveying ideas. Participants were very serious and enthusiastic about participating from the beginning to the end of the event
Impact of counseling	Participants know how to make herbal drinks properly and correctly so that the content contained in these herbs is maintained
Material suitability	In the opinion of the participants, the training materials were very interesting. Good and communicative way of delivery so that it makes it easier and attracts participants to follow and understand the material about how to make herbal drinks properly and correctly

In general, this service activity was successful when seen from several indicators contained in Table 2. There were several factors that drove the success of this event, namely that this activity was designed with high involvement from service partners. The problems raised and identified are obtained directly so that community service partners are very enthusiastic when participating in each stage of community service. The resource persons who provided the training were very communicative and very good so they could integrate with the participants both formally and informally. The inhibiting factor is the very few community service partners who take part in the activities so that information is not evenly distributed about how to make herbal drinks properly and correctly

Conclusion

The conclusion of this service activity is that the method used in this activity has been able to increase the knowledge of partners, namely residents of RT 1 RW 2, Tambakrejo Village, Gurah District, Kediri Regency regarding knowledge about how to make herbal drinks properly and correctly. This can be seen from the increase in the average percentage of knowledge to 100%, initially only 30% of the total 20 participants. Saran

Activities like this are very much needed by PKK women in Tambakrejo Village to increase their understanding of how to make herbal drinks properly and correctly, so that people understand more about making herbal drinks so that the content contained in these ingredients is not lost. For this reason, it is necessary to carry out socialization and other practices with various themes and not focus on making herbal drinks but also marketing techniques.

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