

## Conference Paper

### Empowerment Group of Women Farmers in The Abon Making Business With The Basic Materials From The Heart of Banana in Village Dompjong Bendungan Sub District Trenggalek District

<sup>1</sup> Tukiman \*, <sup>1</sup> Ertien Rining, <sup>2</sup> Andre Yusuf Trisna

<sup>1</sup> State Administration Study Program, Faculty of Social Science and Political Science, Universitas Pembangunan Nasional “Veteran” Surabaya, East Java

<sup>2</sup> Departement of Food Technology, Faculty of Technology Industry, Universitas Pembangunan Nasional “Veteran” Surabaya, East Java

---

#### Abstract

Rural communities as poor people have complex problems, namely the factor of being economically poor, socially marginalized, and forgotten in function and dignity. Furthermore the education factor where the level of education of rural communities is still largely low. Education is important because with empowerment, the community will increase their personal and group capacities. One of the rural communities in Trenggalek district is a group of women farmers (KWT) in the village of Dompjong. In an effort to increase the income of farming families, among others, is the participation of farmer women groups in seeking additional income, both in the activities of making cassava chips and banana chips, banana floss in this village has the potential to be developed, but due to limited human resource capabilities (lack of power ) especially concerning knowledge of increasing production and marketing, the home industry of banana heart floss in Dompjong Trenggalek village has not been maximized and cannot be processed properly. Even though Health benefits for our body is to prevent the risk of stroke, prevent cholesterol, can nourish the stomach, and can be consumed for diabetics and many more benefits that are owned by the heart of this banana. The purpose of this dedication activity is to provide knowledge and insights to partners about making good and true banana heart floss and taste buds, and provide insights on marketing management so that an appropriate marketing network development model can be obtained. Whereas the target of this community service activity is the empowerment of women farmer groups (KWT) in the development of the banana heart floss business as an additional source of income for the family of women farmer groups (KWT) in Dompjong Village, Bendungan District, so that more comprehensive knowledge can be achieved on how to process abon production banana heart floss includes effective and correct marketing methods.

**Keywords:** Empowerment, KWT, banana heart floss

---

#### Introduction

Making shredded business with banana heart ingredients in the village of Dompjong, Bendungan District, is an innovation in empowering the Women Farmers Group (KWT), which has developed livestock and agriculture businesses such as cow's milk of various flavors and various flavors of cassava chips and others. This is seen as important for the community in the village of Dompjong, especially farmer women's groups, in an effort to increase income and family welfare; because it is predicted / in the sense that it will

---

Correspondence Author

Email Address: tukiman\_upnjatim@yahoo.com, ertien.riningnawangsari@yahoo.com, andreusuf.tp@upnjatim.ac.id

---

**How to cite this article:** Tukiman, Rining, E. and Trisna, A. Y . (2019). Empowerment group of women farmers in the abon making business with the basic materials from the hearth of banana in Dompjong village, Bendungan sub district, Trenggalek district. *4<sup>th</sup> International Seminar of Research Month*. NST Proceedings. pages 252-258. doi: 10.11594/nstp.2019.0435.

continue to be evaluated that making shredded from the heart of a banana can increase production. Besides the group of farmer women will be able / empowered to increase production sourced from banana heart ingredients which of course is also accompanied by an increase in income, it is necessary to explore other potentials that are very possible to also be able to increase the income of farmer families, namely the empowerment of farmer women groups in the business of making shredded with basic ingredients from the heart of a banana in Dompyong Village, Bendungan District, Trenggalek Regency.

Business of making Shredded With Basic Material From Banana Heart in Dompyong village, Trenggalek District. Therefore we need a touch from other parties to develop the business of making Shredded Banana Heart.

Banana trees are plants whose pod productivity is not affected by seasonal changes. Until now the most utilized part of a banana tree is the fruit. But there are other parts of a banana tree that have not been used optimally, but that part is the heart or flower of a banana. Banana heart is usually cut so as not to inhibit fruit growth and prevent disease in banana plants, so it is considered a waste. We can observe this from the relatively low price of banana hearts, which is only Rp. 2,000.00 - Rp. 3,000.00 per piece in traditional markets. Consuming processed banana heart suitable for diet, good for diabetics, smooth digestion, if consumed regularly can reduce the risk of stroke. The content in every 25 grams of banana heart is 31 kcal, 10.5 grams carbohirat, 3.25 grams of fat and 1.2 gram of protein. In addition there are also mineral content (phosphorus, calcium, and iron) and vitamins (A, B1, and C) and food fiber (Karyono, 2015).

Women's empowerment is a process of awareness and capacity building towards greater participation to have power and supervision in decision making and transformation (transformation action) so that women are able to produce something useful (Karl, 1995 in Man Yee Kan, 2002).

Separating the chain of poverty is considered to be free from powerlessness and free from poverty, grow strength and have independence. Empowering women as a continuous process to increase the ability and independence of women in an effort to improve the welfare of their families.

Rural communities as poor people have complex problems, namely the factor of being economically poor, socially marginalized, and forgotten in function and dignity. The factor of education is that the level of education of the rural community is still largely low. Education is important because community empowerment will increase personal and group capacities through the Agricultural Business strategy in the framework of Increasing Production and Poverty Alleviation. (Sudaryanto, T. and Rusastra, I.W., 2006).

The function of groups for individuals is to provide training and support for their members, assisting the psychological development of individuals by providing a platform for intellectual and emotional development. Whereas the function of groups for organizations is that positive cooperation between workers is needed so that there is high enthusiasm, which can be an important factor to increase production, awareness of carrying out tasks, so that it will strengthen the organization.

Community education is a process whereby education efforts are realized in an integrated manner with the efforts of local residents to improve social, economic and cultural conditions that are more beneficial and empowering the community. Therefore, we need a model of empowering women peasants through life skills education based on productive economics with the utilization of local potential in an effort to improve the welfare of rural communities. (Nugroho, 2009).

One of the rural communities in the Trenggalek district area is the community in Dompyong village, Bendungan District. In an effort to increase the income of family farmers in the village of Dompyong, among others, is the role of women farmers in looking for additional income, both in the activities of making various flavored cassava chips, making banana chips of various flavors. Historically, villages in Dompyong Village are already known for their coffee, cow's milk, cassava and banana farming, so that the city of Trenggalek besides cow's milk and cassava actually has the potential to be developed and because of this potential, the women of Tani women were moved to process agricultural products including bananas that were processed and processed to become "Shredded From the Heart of a Banana" as an additional source of family income.

The topography of Dompjong Village is in the highlands or mountainous areas with an area of 1.782 Ha. While the total forest area reaches 1.269 Ha, office areas reach 2.5 Ha, shopping or business areas around 0.75 Ha, and tourist areas with an area of around 30.14 Ha.<sup>90</sup>

To enter the area of Dompjong Village, you can pass two paths, namely through Depok Village and Sumurup Village. The distance from Dompjong Village to the district capital using a motorized vehicle takes about 45 minutes, however if it is taken on foot or a non-motorized vehicle can take about 6 hours. While the distance to the provincial capital takes about 4 hours by motorized vehicle.

Dompjong village has a population of 3.725 people divided into a total of 1.867 men and a population of 1858 women.

Dompjong Village is an area consisting mostly of settlements, agriculture, plantations, and livestock. Most of the residential areas are modern style houses and some are traditional. For agricultural areas, many farmers use land to grow rice, corn and bananas. For plantation areas include coffee, clove, pulses, cassava, and many more. Whereas for farms, the majority of the people choose to raise dairy cows. In addition, there are also small businesses such as Ndilem coffee powder entrepreneurs, fried chips, gingerbread, shops, as a side business of the people of Dompjong Village.

Sources of need for water in Dompjong Village are obtained from springs and rivers. To fulfill the need for drinking water and water for bathing, the majority of the people of Dompjong Village use spring water from mountain water that is flowed using residents' housing pipes. Some use well water and PDAM water by paying a monthly fee. Meanwhile, to irrigate the fields and fields the farmers rely on river water and rain water as a source of irrigation.

The majority of Dompjong villagers work in agriculture and animal husbandry, some work as employees, traders and home industry entrepreneurs. Dompjong village has productive land that can be used by the community as a field to meet their daily needs. The geographical condition of Dompjong Village, which is at an altitude of 729 meters above sea level to 900 meters above sea level with an average temperature of 27 degrees Celsius, is a very suitable location for raising dairy cattle.

The people of Dompjong Village can be said to have a low income because the expenditure and income are not balanced. Moreover, people who only rely on agricultural products, income is very minimal. When relying on agricultural products, farmers have to wait for yields for about 3-4 months, the yields they want to sell are very cheap, as well as corn is only sold at Rp. 3.000 per kg, moreover the cassava yields whose prices drop dramatically, which is about Rp. 300 per kg.

The community finally prefers to rely on the results of dairy farming, where milk from milk can be taken every day at a price of Rp. 4.600 per liter. One cow can produce 10-15 liters per day. Developing dairy cattle is considered more profitable compared to the acquisition of agricultural products. Paddy field is around 49 Ha, field / yard is around 95 Ha, plantation is 127,5 Ha and forest is 1.258.2.

The population of dompjong is 2.259 people. The majority of Dompjong villagers work in agriculture and animal husbandry, both dairy cattle and beef cattle. The number of farmers is around 614 men and 526 women and residents who earn a living as farmers are around 512 men and 430 women. About 98 men and 12 women worked as farm laborers.

No less important are the activities carried out by women or women in the village of Dompjong Bendungan District. The dam in supporting the Women Farmers Group (KWT) in looking for additional family income is by making cassava chips, banana chips, and others that actually there are still many other potentials that can be developed; in an effort to increase income such as shredded banana heart.

## Research Method

The method of implementing PKM activities on Empowering Women Farmers Groups in making Abon with basic ingredients of jatung banana in Dompjong village, Bendungan District, Trenggalek Regency, is described as follows:

The Proposing Team collaborates with the Argosari farmer women's group (KWT) in Dompjong Village, Bendungan District, Trenggalek Regency (Ibu Yatini), the problem is that Partner Products

(Farmer Women's Groups) have not been able to make a populous shredded banana heart, while shredded ingredients are based on heart ingredients. Bananas are very numerous, so it is very important to do Training and Assistance and practice to make shredded banana hearts in accordance with the concept of taste & hygiene of food products. Furthermore, a limited or less extensive Marketing Network, it is very important to do training and mentoring and marketing management practices, Packaging & Labeling. Monitoring and assistance after training.

## Result and Discussion

Knowledge of production development in making jantung banana floss with the right composition / dough, so that it can produce flavors that are able to compete with other shredded meat. Therefore we need a concept / recipe for how to make a banana heart floss with the right mixture. Marketing Management. The problem of marketing is a matter of principle in relation to increased production. Therefore we must look for suitable management and suitable marketing networks in order to develop a shredded business strategy with banana heart ingredients that can promise to be developed; including packaging and labeling

In the implementation of PKM activities on Empowering Women Farmers Groups in making Abon with basic ingredients of banana hearts in Dompjong village, Bendungan District, Trenggalek Regency, is described as follows: Ingredients Making Banana Heart Floss:

1. 2 large banana hearts.
2. ½ ounce of brown sugar.
3. 5 cloves of garlic.
4. 7 cloves of onion
5. 1 spoon of the coriander.
6. 1 lemongrass segment.
7. 2 bay leaves.
8. 2 orange leaves.
9. 1 tablespoon of salt.
10. 1 tablespoon of sugar.
11. 4 red chillies.
12. 2 cayenne peppers (to taste).
13. Flavoring.
14. 1 ½ lt coconut milk

### *How to make Shredded Banana Heart:*

1. The first step we have to do is to heat the water first and we add the powdered beef broth to boiling, then we add the banana heart and boil it until it is tender, wait for a few minutes until the banana heart becomes soft. Later, if you have it, you can immediately lift it up and drain it.
2. Shredded heart of a banana that has been cooked to its shape like shredded (if necessary, repeat slowly).
3. Then stir-fry the spices that have been mashed until the aroma is fragrant, enter the heart of the banana that has been pounded earlier, we cook while stirring evenly until the spices blend and soak. Heat the oil, then fry the banana's heart until it turns into a yellowish brown color and until it dries, then if it is new we can remove it and drain it again. After that we can turn off the fire.
4. The last step is we squeeze the rest of the oil contained in the heart of the banana using an oil drainer, or if you want it simple, we can drain the shredded heart buns until the oil is completely reduced or used up, and the shredded heart of the banana becomes dry. banana on a plate, then mix the brown sugar that has been melted according to taste.

### *Shredded Banana Heart Characters*

1. Texture: For fried products, crispiness indicates freshness and high quality. Crispy food should be hard, easy to bite, and give a crisp sound.
2. Color: Frying and curing influences the color of the banana heart floss that is produced by chocolate, caused by a non-enzymatic browning reaction.
3. Odor/ Aroma: The aroma of food generally determines the delicacy of food and has a lot to do with the sense of smell.

### *Machine specifications for processing banana heart floss*

1. Table Spinner Machine
  - Dimensions: 550 x 400 x 600 mm.
  - Movers: EM1 / 4 HP 220 V1 PH.
  - Capacity: 3-5 kg / process.
  - Function: Drain oil so that shredded dried
2. Hand sealer functions as a food machine that is used to glue plastic in a smaller size and shape than the adhesive machine that is usually used. The way it works is by utilizing the heat generated by using electricity which makes the plastic stick and also airtight inside the plastic.
3. Shredded Meat Machine is a tool that has the function to shred beef, goat, chicken, fish, or other types of meat Shredded Meat Machine is a tool that has the function to shred beef, goat, chicken, fish, or other types.

### *Financial Analysis of Banana Abon Heart Beverage Business*

1. Purchase equipment
  - Spenner Rp.1,600,000.
  - Compost and Gas Rp. 500,000
  - Pan Rp. 74,000
  - Stirrer Rp. 50,000
  - Containers/ Pans Rp. 300,000
  - Table Chairs Rp. 400,000
  - Additional Equipment Rp. 500,000
  - Total Investment / Fixed IDR 3,424,000
2. Depreciation
  - Storefront 2% x Rp. 1,600,000 Rp.32,000
  - Compost and Gas 2% x Rp. 500,000 Rp. 10,000
  - Pan 2% x Rp. 74,000 Rp. 1,480
  - Stirrer 2% x Rp. 50,000 Rp. 1,000
  - Containers / Pans 2% x Rp. 300,000 Rp. 6,000
  - Table Chairs 2% x Rp. 400,000 Rp. 19,880
  - Additional Equipment 2% x 500,000 Rp. 10,000
  - Total investment / fixed depreciation Rp. 80,360
3. Ariable Cost
  - Days cooking oil 6,800 x 30 Rp.204,000

- Garlic Rp. 5,700 x 30 days Rp. 171,000
  - Shallots Rp. 2 600 x 30 days Rp. 78,000
  - Salt Rp. 4,400 x 30 days Rp. 132,000
  - Galangal Rp. 6,600 x 30 days Rp. 198,000
  - Meat Broth Rp. 22,000 x 30 days Rp. 660,000
  - Banana Heart Rp. 60,000 x 30 days Rp. 1,800,000
  - Bay leaves Rp. 3,600 x 30 days Rp. 108,000
  - Others Rp. 14,000 x 30 days Rp. 420,000
  - Total Variable Cost Rp. 3,771,000
4. Total Operating Costs
- Depreciation fee of Rp. 80,360
  - Variable Costs Rp. 3,771,000
  - Total Variable Cost Rp.3,851,360
5. Total Sales Revenue
- Sales per day 44 packs x Rp. 7,000 x 30 days Rp.9,240,000
6. Sales Benefits
- Total Revenue Rp.9,240,000
  - Total Operating Costs Rp.3,851,360
  - Total Variable Costs Rp.5,388,640
7. Estimated Return on Investment
- Investment Cost Rp.3,424,000
  - 30 day sales profit Rp.5,406,400

## Conclusion

Empowerment of Women Farmers Group in making Abon Business with basic ingredients from Banana Heart as a follow up to the development of milk production of various flavors, cassava chips and other existing businesses. Making this production will be able to increase income for farming families in the village of Dompjong Kecamatan Bendungan, so that better knowledge can be achieved about making shredded with banana heart base ingredients including how communication strategies in marketing the production of shredded meat based on banana heart ingredients which in the end the welfare of the farming community's family can be obtained. The solution to solve the problem of improving the economy of the village community by developing Abon production with the basic ingredients of banana heart is done in three ways, namely: knowledge of production in making abon with the basic ingredients of banana heart with the right composition / recipe, marketing management, and communication strategy effective and correct.

## Suggestion

In this research-based community service activity, it is necessary to implement a channel control strategy. In relation to this matter, the assistance provided by the team is integrated and ongoing assistance. The integrated assistance referred to is that the team will assist partners starting from training activities, production, to marketing. The team will assist partners from planning to the execution of community service activities including integrated web creation training and cyber marketing, whenever conditions allow



### Acknowledgement

The author express thanks to people, institutions or other bodies that have helped both in the form of facilities, funds or equipment for the success and smoothness of the service activities.

### References

- Almatsier, S. (2001). *Prinsip Dasar Ilmu Gizi*. Jakarta: Gramedia Pustaka Utama.
- Fachrudin, L. (1997). *Membuat Aneka Abon*. Yogyakarta: Kanisius
- Hardoko, P.Y.S., & Puspitasari, Y.E. (2015). Substitusi Jantung Pisang dalam Pembuatan Abon dari Pindang Ikan Tongkol. *Jurnal Perikanan dan Kelautan*, 20(1): 1 – 10.
- Hastanto, N., Kuswardhani, T., Lindriati. (2015). *Analisa Kelayakan Industri Abon Jantung Pisang*. Jember: Fakultas Teknologi Pertanian.
- Karl. (1995). *Gender Arsymetry in the Devision of Labor*. Department of Sociology. England: University of Oxford
- Karyono. (2015). *Manfaat dan Khasiat Jantung Pisang untuk Kesehatan*. Jakarta: Blogspot
- Ketaren, S. (1986). *Pengantar Teknologi Minyak dan Lemak Pangan*. Jakarta: Penerbit Universitas Indonesia.
- Kusumaningtyas, D.R., Rengga, W.D.P., Suyitno, H. (2010). Pengolahan Limbah Tanaman Pisang (*Musa paradisiaca*) menjadi Dendeng dan Abon Jantung Pisang sebagai Peluang Wirausaha Baru bagi Masyarakat Pedesaan. *Jurnal Penerapan Teknologi dan Pembelajaran*, 8(2): 1-7.
- Muchtadi, D. (2010). *Teknik Evaluasi Nilai Gizi Protein*. Bandung: Penerbit Alfabeta.
- Nugroho, G. (2009). *Enhancing Local Resource-based Indonesian Food Security*. Jakarta: Nugroho Wordpress
- Putro, B.E., & Rosita, T. (2006). *Membuat Dendeng Rendah Kolesterol dari Jantung Pisang*. Jakarta: Agromedia Pustaka.
- Sudaryanto, T. and Rusastra, I.W. (2006). Strategic Policies of Agricultural Enterprises in the Context of Increasing Production and Poverty Alleviation. *Journal of Agricultural Research and Development*, 25(4): 1-6
- Suryani, A.E.H., & Hidayat, E. (2007). *Membuat Aneka Abon*. Jakarta: Penebar Swadaya.