

ESTABLISHMENT AND ASSISTANCE OF INDEPENDENT CARE FOR THE USE OF FAMILY MEDICINAL PLANTS FOR SOCIETY

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ABSTRACT

Health Effort Based Human Resources is a real fact of community participated in health development that can trigger the community empowerment activities, such as Family Medicinal Plants (FMP). FMP are several kinds of selection plants that could be planted in the yard or home environment. The existence of this plants in the home yard are important, especially for the family with lack of access to the health services. This was a community service; community empowerment entitled "Establishment and Assistance for Independent Care for the Use of Family Medicinal Plants (TOGA) in the Community" in Tempursari Hamlet, Karanganyar, Sambungmacan, Sragen Regency. The aims were to improve the community and cadre knowledge and ability about the utization of FMP. There were 16 people involved in this community service. The instruments were pre-posttest questionnaire and observation cheklist. The analize was used frequency distribution, graph for the pre-posttest value, and also give a module about the Family Medicinal Plants (FMP) and 5 kinds of medicinal plants to the participants. The result showed mean of pretest was 71,56 and its increase to 84,69 in posttest, it showed the achievement of the Communication Information and Education (CIE)implementation and the dissemination that the minimum score level of posttest was 75. It means, there were the raising level of community knowledge about FMP and the utilization. It is recommended to the public health center to held the workshop and founding the cadre and community about FMP and the utilization.

Keywords: CIE, FMP Utilization, Community

ABSTRAK

Upaya Kesehatan Bersumberdaya Manusia merupakan wujud nyata peran serta masyarakat dalam pembangunan kesehatan sebagai pemicu kegiatan pemberdayaan masyarakat, salah satunya adalah TOGA (Tanaman Obat Keluarga). TOGA merupakan beberapa jenis tanaman obat pilihan yang dapat ditanam di pekarangan rumah. Keberadaan TOGA di lingkungan rumah sangat penting, terutama bagi keluarga yang tidak memiliki akses untuk pelayanan kesehatan. Nama kegiatan pengabdian masyarakat ini adalah Pemberdayaan Masyarakat

“Pembentukan dan Pendampingan Asuhan Mandiri Pemanfaatan Tanaman Obat Keluarga (TOGA) pada Masyarakat” di Dusun Tempursari, Karanganyar, Sambungmacan Kabupaten Sragen. Tujuan dari kegiatan ini adalah untuk meningkatkan pemahaman dan kemampuan kader posyandu beserta masyarakat mengenai pemanfaatan TOGA. Pengabdian masyarakat ini melibatkan 16 orang tokoh masyarakat dan warga. Instrumen yang digunakan lembar pre-test dan post test serta lembar checklist. Kemudian dianalisis menggunakan distribusi frekuensi untuk data demografi dan grafik untuk nilai pre-test dan post-test. Tim memberikan 5 (lima) macam TOGA serta modul penggunaan TOGA. Hasil pengabdian masyarakat menunjukkan nilai pre-test rata-rata peserta adalah 71,56 dan meningkat pada post- test sebesar 84,69 yang menunjukkan ketercapainnya pelaksanaan KIE (komunikasi, informasi dan edukasi) dan sosialisasi dengan indikator nilai post test minimal sebesar 75. Berarti terdapat peningkatan pengetahuan masyarakat tentang TOGA dan pemanfaatannya. Puskesmas diharapkan dapat menyelenggarakan workshop dan pembinaan tentang TOGA serta pemanfaatannya kepada masyarakat terutama para kader.

Kata kunci: KIE, Pemanfaatan TOGA, Masyarakat

1. INTRODUCTION

UKBM (Human Resource Health Efforts) is a concrete manifestation of community participation in health development. This condition was able to trigger the emergence of various forms of UKBM, one of which is TOGA (Family Medicinal Plants) [1]. Family medicinal plants or commonly called TOGA, previously family medicinal plants were usually called living pharmacies. Family medicinal plants are several types of selected medicinal plants that can be planted in the yard or home environment. The medicinal plants chosen are usually plants that can be used for first aid or light medicines such as fever and cough. The presence of medicinal plants in the home environment is very important, especially for families who do not have easy access to medical services such as clinics, health centers or hospitals. Medicinal plants can be planted in pots or in the land around the house. By understanding the benefits and properties of certain types of plants, medicinal plants become the family's choice in choosing safe natural medicines [2].

Sambungmacan 1 Health Center is a health center located in Bedoro Village, Sambungmacan District, Sragen Regency. One of the working areas of this puskesmas is Karanganyar sub-district. Hikmat's research showed that the community's knowledge and behavior regarding the use of TOGA for health and family economics is still low. This is due to the low level of public knowledge about plant types and their benefits for health and improving the family economy [3].

Based on the results of interviews with the Sambungmacan 1 Community Health Center, data was obtained that in Karanganyar Subdistrict there is still little public interest in cultivating TOGA planting in home gardens. People prefer to use the nearest health facilities such as the nearest doctor's and midwife's practices. Apart from that, the Sambungmacan 1 Community Health Center, through the person in charge of the health promotion program, hopes that the community in this sub-district can cultivate and utilize TOGA as an alternative solution to the first health problem they experience.

Based on interviews with the person in charge of traditional medicine at the Harapan Raya Health Center, data was obtained that the Community Health Center had carried out outreach about planting TOGA in residents' homes. It is best to plant 10-15 types of TOGA per head of family. Apart from that, data was also obtained that the Tempursari area of Karanganyar village uses TOGA in the primary category, namely only around 637 out of 3428 families or 18.58% of residents plant TOGA in their homes. Apart from that, from survey results via questionnaires, only 5% of residents use TOGA as an alternative to deal with health problems.

Regarding the use of TOGA by residents, the recommendation given by Puskesmas Sambungmacan 1 is to re-socialize the aims and benefits of TOGA and provide motivation to cadres to maximize the implementation of the puskesmas program, because without assistance from the community, implementation in the field will not be maximized [4].

Based on this description, the team is interested in holding community service in the Karanganyar Subdistrict, Sambungmacan District with the title "Establishment and Assistance for Independent Care for the Use of Family Medicinal Plants (TOGA) in the Community" in Tempursari Hamlet, Karanganyar Subdistrict, Sambungmacan District, Sragen Regency.

1. METHOD

This service activity was carried out by means of socializing presentations regarding the use of Family Medicinal Plants (TOGA) for health as well as providing several TOGA in several residents' homes. This health presentation uses a lecture method with discussion and brings TOGA props/examples to support the material presented. Apart from that, TOGA was also given and planted to the community. The analysis method uses comparing pre and post test scores as well as home visits to observe families (community) in using TOGA to overcome the health problems they experience. The problem solving framework for this community service activity is as follows:

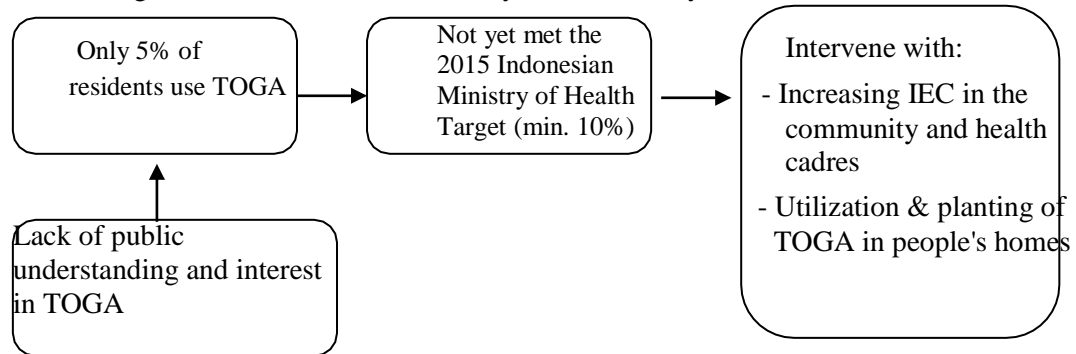


Figure 1 Problem Solving Framework

The evaluation method used can be seen in the table below::

Table 1. Activity evaluation steps

No.	Form Activity	Design of Evaluation	Indicator	Achievement
1.	CIE (communication, information and education): socialization	Pre-Post Test regarding TOGA and its benefits for the health of cadres and society	Correct answer value (cognitive)	Minimum post test score is 75
2.	Giving and planting TOGA	Utilization of TOGA in society	Availability of TOGA in residents' homes	A minimum of 10 houses have been provided / TOGA examples are available

3. RESULTS AND DISCUSSION

Results of Community Service

CIE (communication, information and education) activities regarding the use of Family Medicinal Plants (TOGA) were carried out for 2 days starting with identifying the need for toga types in the community, preparation of IEC material and socialization and implementation in Tempursari Hamlet, Karanganyar Village, Sambungmacan District, held at 09.00 – 12.00 WIB attended by 5 community leaders including the Head of RT, RW, Posyandu Cadres and Religious Leaders in the area. The number of participants attending was according to plan.



Figure 2 CIE activities and outreach regarding the use of TOGA

Below are presented the characteristics of community leaders who participated in KIE activities (communication, information and education) and outreach regarding the use of Family Medicinal Plants (TOGA)..

Evaluation activities carried out to assess public knowledge about the use of Family Medicinal Plants (TOGA) were carried out with written exams in the form of pre-tests and post-tests. Below we will present the average public knowledge about the use of Family Medicinal Plants (TOGA).

Family Medicinal Plants (TOGA)

The image above shows the average pre-test and post-test scores of the community regarding the use of Family Medicinal Plants (TOGA). The participants' average pre-test score was 71.56 and increased on the post-test by 84.69. These results show the achievement of the implementation of KIE (communication, information and education) and socialization where the expected minimum posttest score is 75. This means that there is an increase in public knowledge about the use of Family Medicinal Plants (TOGA) after carrying out these activities..



Figure 3 Backdrop for Community Service Event

The activity of giving and planting TOGA was carried out in Tempursasi Hamlet, Karanganyar Village, Sambungmacan District. This activity was carried out for 2 days with the implementation of the activity starting from purchasing TOGA seeds, handing over TOGA seeds to people's homes and evaluating the activity. The indicator for implementing TOGA giving and planting activities is the availability of TOGA in 10 residents' houses with 5 (five) types of TOGA plant seeds for each house. It is hoped that people who get TOGA can be an example and invite other people to cultivate TOGA in every community's home. This activity is also equipped with providing TOGA modules or catalogs to the public so they can cultivate and utilize TOGA. The achievement of this activity was in accordance with previous planning.

Apart from that, as many as 8 (out of 10) families who were given TOGA seeds were able to demonstrate how to make TOGA potions according to the health problems they were experiencing. This means that the family's ability to utilize TOGA has exceeded the target of 80% (from 60%). TOGA concoctions made include making ginger concoction for cough and cold therapy, shallot concoction for fever and garlic for hypertension

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Providing TOGA plant seeds is also effective in the TOGA utilization program. Where people not only know how to use it, but people are also asked to cultivate TOGA so that people can use it in their businesses.

Health maintenance and disease treatment efforts. Providing TOGA seeds to the community and community leaders is also expected to mobilize the community so that community leaders become role models for the wider community for the use of TOGA, of course with guidance carried out by community leaders.

4. CONCLUSION

After carrying out community service activities for the use of family medicinal plants (TOGA), it was concluded that the community and cadres knew about TOGA and how to use it, as many as 10 (ten) residents' houses had been given and planted 5-6 types of TOGA seeds and the community had been able to carry out the method. use of TOGA as an alternative treatment for the health problems they experience..

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