Abstract. Family medicinal plants (TOGA) are selected types of medicinal plants that can be planted in the house's yard to improve family health. TOGA can be used as an alternative to traditional medicines that are easy to find, relatively inexpensive, and have lower side effects than chemical drugs. Some TOGA plants commonly used by the community are red ginger, basil, turmeric, turmeric, etc. This community service activity aims to provide counseling related to the use of TOGA for traditional medicine and training on how to make herbal medicine from TOGA. The method used is lectures for outreach to the community regarding TOGA and its use, as well as training on how to make herbal medicine properly and correctly. The resulting outputs are article publication in the mass media, video publication on YouTube, community service seminars, and publication in community service proceedings or journals.

Keywords: TOGA, Family health, digitalization

1 Introduction

Cagungan Hamlet is a hamlet in the Srandakan sub-district, Bantul Regency. Access to this hamlet is generally excellent because it is located in a strategic area. Most of the people of Cagungan hamlet make a living as farmers, laborers, traders, and employees.

In addition, this hamlet also has a farmer women's group (KWT) which is quite active in activities. This KWT consists of homemakers with the ages of 30 until 50 years old who could be more productive but have the desire to do many things to spend leisure time while not working. KWT women here also have agricultural land, which is widely used for growing crops, such as cassava, tomatoes, spinach, etc. The harvest will also be used together.

Even though they are pretty active in planting and exploiting agricultural crops, these community groups have yet to make much use of their land to grow family medicinal plants (TOGA). This area has never received information counseling related to TOGA plants, so they do not know correctly and precisely about how to use medicinal plants as traditional medicine. Even so, the people here have great potential in empowering TOGA plants because they have pretty large yards on average.

TOGA is a family medicinal plant consisting of various types of plants and is usually planted in the house yard, which is used as medicine (Nugraha and Agustiningsih, 2015). According to research, TOGA can improve family welfare, especially in the food sector (Mas'ula et al., 2023). TOGA can be used as material for maintaining preventive health or disease prevention, promotive or improving health status, curative or healing disease, and rehabilitative or health restoration. In addition, TOGA is considered to have less risk of side
effects than market drugs. TOGA can also be utilized by processing it into products with economical selling value.

Based on this situation analysis, this community service activity aims to empower the Cagungan hamlet community, especially the women of the KWT group, in the health and economic sectors through planting and utilizing TOGA. The activity was carried out by the service team in collaboration with KKN 038 students.

2 Methodology

The methods used in this service include:
1. Pre-test. Before the activity began, participants were given pre-test questions.
2. Dissemination of TOGA and its use in daily life
3. Training and assistance on how to plant TOGA and process it into high-value products
4. Discussion. In this stage, the participants carried out direct discussions regarding the material provided.
5. Post Test. At the end of the activity, the participants were again given post-test questions to assess participants understanding of the material provided.

3 Result and Discussion

This community service activity was held on Sunday, 12 February 2023, and was attended by around 20 participants from the Cagunan hamlet, Bantul. Participants were women from the Mekar Asri Cagunan Farmer Women's Group (KWT). This activity began by the administration of a pretest. Then, at the end of the activity, the participants were given a post-test. This is done to measure the ability of participants related to the material to be provided. The next activity was socialization to participants regarding the types of TOGA, its health benefits, and how to use it. TOGA (Family Medicinal Plants) is a nutritious plant that can be used as medicine or to increase immunity to prevent disease. In general, people here need to learn more about TOGA. In the TOGA socialization, the community is introduced to various types of plants included in TOGA. Some examples of TOGA often found in the surrounding environment are temu ireng, temulawak, ginger, and turmeric. The participants were enthusiastic about participating in this activity considering TOGA socialization had never been held in Cagunan hamlet. With TOGA in every house, it is hoped that later they will be able to use TOGA for health or to process it into herbal ingredients with economic value. Furthermore, participants were also given training on how to make TOGA useful, one of which is herbal tea.

4 Conclusion

This activity went well and smoothly. The education and training provided increase the level of knowledge of the Cagunan hamlet community regarding TOGA and its use.

References


