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The Training of Yard Utilization in Rural Areas for Family Medical Plant for PPK Cadres to Improve Community Welfare

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Abstract

The purpose of this community service activity is to provide understanding and training on the Utilization of Homeyards in Rural Areas for Family Medicinal Plants to the PKK Cadres of Pulau Semambu Village, Indralaya Utara District, Ogan Ilir Regency, South Sumatra. This activity is important because yard utilization is one of the efforts to meet family food needs, especially non-main crops, which can contribute to improving community welfare. The activity, attended by 25 PKK cadres, took place on August 20, 2024, at the Village Hall of Pulau Semambu, Indralaya Utara District, Ogan Ilir Regency, South Sumatra. The method of the activity is empowerment through counseling and assistance in utilizing yards for family medicinal plants, targeting the cadres of the PKK in Pulau Semambu Village. This community service activity is integrated with the Wetland Community Sociology course (3 credits) in the Sociology Department of the Faculty of Social and Political Sciences at Sriwijaya University. A total of 7 students were involved in this community service activity. The results of this activity show a 15% increase in the understanding of the target audience in the moderate and high understanding categories. The results were increased by comparing the pre-test (conducted before the material delivery and training activities) with the post-test (conducted after the activities were carried out). Based on these results, it can be concluded that this activity positively contributes to the community, especially to the PKK cadres. It is hoped that the PKK cadres can pass on knowledge, understanding, and skills in utilizing the yard land to other housewives.

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INTRODUCTION

Pulau Semambu Village has an area of approximately 1200 hectares/m2, with a topography of dry and wet peatland conditions and a relatively high humidity level. Administratively, Pulau Semambu Village is bordered by: To the North, Sungai Rambutan Village, Indralaya Utara District. To the South, it borders Palemraya Village, Indralaya Utara District. On the eastern side, it borders Sri Banding Village, Indralaya

Utara District; on the western side, it borders Payakabung Village, Indralaya Utara District. Pulau Semambu Village has social organizations that support various village development activities, such as farmer groups, women's farmer groups, and the village PKK, which are always active in village development activities (Soraida et al., 2022).

In 2023, the community service team conducted community service to raise public awareness about climate change mitigation and adaptation. Adaptation and mitigation of climate change have several important aspects that need to be considered, including food security through the utilization of yard land as home gardens. Utilizing yard land is one of the steps in climate change mitigation by planting crops, and on the other hand, it also contributes to family food security. Home gardens benefit the family's nutritional needs and beauty (aesthetics) when appropriately managed. In addition, the yard can also be utilized as a living pharmacy by cultivating family medicinal plants (*Tanaman Obat Keluarga*/TOGA) as well as vegetables and fruits, and it can be developed into integrated farming systems. (Sa'idah, 2023).

The village of Pulau Semambu has five hamlets, and most of the residents are vegetable farmers. Some vegetables the farmers grow include: mustard greens, water spinach, calamondin, sweet oranges, chili peppers, and even bok choy. The residents plant those vegetables on agricultural land, which is categorized as rain-fed farming. Some farmers plant in swampy fields, which are highly dependent on the ebb and flow of water. However, there are still residents' yards that are left empty and not yet managed optimally. The optimization of utilizing the home yard land is very crucial because the benefits obtained are numerous and economically valuable. (Zulfanita et al., 2023)Therefore, this community service aims to train the PKK cadres of Pulau Semambu village to utilize the yard land for family medicinal plants. After receiving this training, it is hoped that the PKK cadres will pass on their skills to other village residents.

Yard land utilization is an activity that involves using the land around the house, whether in front, back, or beside the house, for various productive activities such as agriculture or livestock farming. These activities aim to optimize the land and obtain additional benefits from land that is generally not used effectively. (Andharini et al., 2024). The utilization of yard land contributes to achieving food independence in households. (Payong et al., 2023).

This community service activity is integrated with the Wetland Community Sociology course (3 credits) in the Sociology Department of the Faculty of Social and Political Sciences at Sriwijaya University. A total of 7 students were involved in this community service activity. Therefore, the integration of community service is directed to integrate the Sociology department courses and community service. Thus, there is an IPTEK (Science and Technology) transfer from the Sriwijaya University to the community (PKK cadres) of Pulau Semambu, which is a RING area of the Sriwijaya University and a practical space for students taking the Wetland Community Sociology course. The expected output is an article published in a SINTA 4-indexed journal and qualifies for TKT 3, which is concept application.

The issues that can be identified related to the utilization of yard land in Pulau Semambu village are: (1) The majority of the residents of Pulau Semambu village are farmers, and until now, they have only utilized the rain-fed agricultural land and swampy areas for vegetable crops (Yunindyawati. Ridhah & Arianti, 2024), (2) Some residential yards have not been utilized optimally, and (3) the residents' skills in managing yard land for beneficial plants, such as family medicinal plants (TOGA), are still not optimal.

The three identified issues related to climate change in the village of Pulau Semambu, Indralaya Utara District, Ogan Ilir Regency, will be addressed with the following problem-solving framework: (1) Integrating academic activities, specifically the Wetland

Community Sociology course (3 credits), with community service activities in an integrated scheme. With this integration, it is expected that there will be added value for students to practice their knowledge and the community, especially PKK cadres, to enhance their understanding and skills in optimizing home gardens for family medicinal plants. (2). Improving skills in utilizing home yards through training on the use of yards with family medicinal plants (TOGA) by involving experts in the field of agriculture.

This community service activity aims to: 1) integrate lecture activities and community service by lecturers to create synergy in the Tri Dharma of Higher Education and have a positive impact on the community around the campus; (2). To introduce and develop wetland communities to students, especially utilizing yard land, family medicinal plants, and social organizations in rural areas, namely the Village PKK; and (3). To improve the skills of the PKK cadres in utilizing the yard land.

METHODS

Implementing this integrated community service activity involves community empowerment through counseling and assistance. The yard land will be utilized for various family medicinal plants. The counseling will be conducted using a tutorial method, while the assistance will be provided through simulations/practical exercises.

The stages of the activities to be carried out are as follows: 1). Coordination with the Head of Pulau Semambu Village regarding permits, activity planning, activity implementation, and determining the target audience for the activities. 2). The preparation of facilities and infrastructure for community service includes: Creating brochures on the utilization of yard land in rural areas, researching concepts and materials on the re-utilization of yard land, and creating activity examples for simulations or practices on the utilization of yard land for family medicinal plants. 3) Implementation of the Training Activity on Utilizing Yards in Rural Areas for Family Medicinal Plants for PKK Cadres of Pulau Semambu Village, Indralaya Utara District, Ogan Ilir Regency: Involving students taking the Wetland Community Sociology course and all members of the community service team, as well as the target audience of the activity. 4). Activity monitoring: Monitoring activities will be conducted periodically by assessing the success rate of improving skills in utilizing the yard land for family medicinal plants. 5). Internal evaluation: Evaluation of the implementation of activities by the service implementation team, recommendations from the service implementation team. 6). Reporting: Preparing service activity reports and creating Sinta 4 service journal articles.

The target audience for this activity is the community of Pulau Semambu Village, which consists of PKK village cadres. The participants who will attend the activity are 25 people. The activity's success is evaluated by administering pre-tests and post-tests before and after the activity. The test materials will be used for evaluation and are related to improving skills in utilizing the yard land for family medicinal plants.

RESULTS AND DISCUSSION

The yard land is a space around the house, whether in the front, side, or back. It is utilized and empowered to produce sustainable non-protein food sources such as vegetable plants, tubers, and fruit trees. Thus, the yard can meet household needs, and if managed well and planned, it can even have economic value. The utilization of the yard can encourage the production of family food crops such as vegetables, fruits, and medicinal plants. In addition, it can also be utilized for cultivation in the livestock sector, such as chickens, fish, goats, and cows.

The yard has a dynamic function, serving as an ecosystem and functioning economically, socially, culturally, and ecologically. However, even though home gardens

are very beneficial, many people still tend to leave these lands as they are, resulting in less economic, social, and ecological impact for the family.

Although yard lands provide additional income, many people have not realized the importance of managing home garden land. The development of productive landscapes is often neglected due to limited knowledge and a lack of support from production factors or the latest technology (Gizi et al., 2023).

The utilization of yard land can support the means to achieve household food security. Food security is the government's main program to meet the food needs of citizens. Through this program, the country is expected to meet domestic food needs through independent production, not always relying on necessities from abroad.

Types of plants that can be grown in the yard include: vegetables, fruits, medicinal plants, ornamental plants, poultry farming, and so on. In addition, the yard can also be used for space for aquaponics techniques, which combines two systems: aquaculture and hydroponics (Farida et al., 2024). Therefore, every household must be willing and ready to optimize its yard land. The Indonesian government hopes that the yards are managed and developed to improve household welfare, which can boost income and meet food needs. Thus, household resilience will be realized (Husni, 2023).

Law No. 18 of 2012 on food, the Food Security Agency states that food security is a condition where every individual and household has physical and economic access to sufficient, safe, and nutritious food to meet their needs according to their preferences for an active and healthy life. In principle, food security can be viewed from three ideological formulations: (1) food availability, (2) self-sufficiency in food supply, (3) sovereignty from all food dependencies. These three ideological formulations provide different directions for solving food insecurity and resilience issues. (Priyatna et al., 2023).

The government realizes that agricultural land is becoming increasingly limited, so optimizing yard land has become a strategic choice to support food security. The government then launched the Sustainable Food Yard (P2L) program, which aimed at increasing the availability, accessibility, and utilization of food. This is executed to achieve household food security and support the stunting reduction program. The P2L activities are carried out to support government programs, namely addressing food insecurity, prioritizing stunting interventions, and/or addressing priority areas vulnerable to food insecurity, and strengthening food-secure areas (Mandalika et al., 2023).

P2L activities are carried out with an approach to sustainable agriculture, utilization of local resources, community engagement, and market orientation. There are many ways to optimize the use of yard land, one of which is by empowering women, including PKK cadres. PKK cadres can become agents of change who will spread knowledge and skills in utilizing the yard land to other housewives, thereby impacting the wider community. Therefore, this integrated community service activity is carried out with the theme of training in utilizing the yard land for PKK cadres in Pulau Semambu Village, Indralaya Utara District, Ogan Ilir Regency.

Indonesia is a tropical country rich in plant (flora) and animal (fauna) species. The types of plants that can grow in Indonesia are numerous and diverse. Likewise, plants in Indonesia offer many benefits. The Indonesian Ministry of Health states that Indonesia is an important center for the proliferation of medicinal plants.

Breeding and planting medicinal plants is a tradition passed down through generations. This condition keeps the habitat of medicinal plants relatively well-known among the Indonesian population. However, with the passage of time and the emergence of the pharmaceutical industry, people have become less attentive to medicinal plants that families could utilize. Medicinal plants are all types of plants that can have beneficial properties for maintaining health and treating diseases.

In its development, the pharmaceutical industry produces medicines that help cure diseases, but also have chemical side effects experienced by those who consume them. Day by day, people are becoming more aware of these side effects. Therefore, the community is starting to realize the importance of herbal medicines. Several medicinal plants can address health issues, including lemongrass, aloe vera, ginger, temulawak, turmeric, oranges, and bitter melon. Red ginger is a medicinal plant that boosts the immune system to prevent diseases and acts as an immune booster. Red ginger processed products can be an additional supplement to boost the immune system. (Mandalika et al., 2023).

Planting medicinal herbs in the garden is one way to equip the family with herbal medicine (Husni, 2023). Therefore, the yard can be beneficial as a living barn or pharmacy where the family's food needs can be obtained from the yard (Windayati et al., 2023).

The yard land that rural communities have not optimally utilized can be planted with family medicinal plants to support the economic needs of the community (Hani et al., 2024). Considering the significant benefits of optimizing yard land for family medicinal plants, food fulfillment, and other functions, education on yard utilization is necessary (Gizi et al., 2023). Therefore, this integrated community service activity is conducted with the theme of training PKK cadres on the utilization of yard land in Pulau Semambu Village, Indralaya Utara District, Ogan Ilir Regency.

Implementing this integrated community service activity involves providing conceptual material and training on the utilization of yard land and various types of family medicinal plants, along with counseling and assistance. The activity took place on Tuesday, August 20, 2024, at the Village Hall of Pulau Semambu, Indralaya Utara District, Ogan Ilir Regency, South Sumatra Province.

This activity involved 25 participants, all PKK cadres from Pulau Semambu Village. The participants listened attentively and actively engaged in the discussion. Before the material is presented, participants are given a series of questions as a pre-test, and after the activity, a post-test is conducted.

The material presented includes wetland communities, skills in utilizing home gardens, family medicinal plants, and social organizations in rural areas, specifically the Village Family Welfare Program (PKK), for students. At the meeting between the service team and village officials, they discussed the event's timing, which will be held on Tuesday, August 20, 2024, from 9:00 AM until completion. The event will take place at the Pulau Semambu Village Hall, starting with a speech from the village head, who will also officially open the community service activity. The number of participants invited to the upcoming event is 25, consisting of village PKK cadres.

The event began with an informal gathering between the community service team and all participants, followed by the designated MC reading the event agenda. The first event is the opening, with the basmallah recited together. The song "Indonesia Raya" was sung, followed by reciting the holy verses of the Quran and a joint prayer. The Head of Pulau Semambu Village delivered the welcome speech from the village. He expressed gratitude for the visit in his speech and stated that this community service activity benefits Pulau Semambu Village. He hopes that similar activities will continue in the future to enhance knowledge. The village authorities also apologized if the provided facilities were still inadequate. Meanwhile, the community service team explained that this event is a form of Universitas Sriwijaya's concern for the community, hoping it can benefit Desa Pulau Semambu.

A pre-test was conducted before the presentation of the material. This pre-test aimed to assess the participants' understanding and knowledge about the training on utilizing

homeyard land for PKK cadres in Pulau Semambu Village. After the pre-test activities had been conducted, the next event was the presentation of materials on: wetland communities, skills in utilizing yard land, family medicinal plants, and village PKK social organization, followed by a discussion and Q&A session between the service community team and participants. During the Q&A process, three participants asked questions related to the activities. Here is the documentation of the material presentation (see Figure 1).

Figure 1 Material presentation

Before the activity concluded, a post-test was conducted to measure the participants' understanding after being given the material in this activity. The post-test results serve as a benchmark for the success of the community service activity. Then it was followed by a group photo. Here is the documentation of the group photo (see Figure 2).

Figure 2 Group photo

Figure 3 shows the pre-test results of the community's understanding of social capital in social forestry.

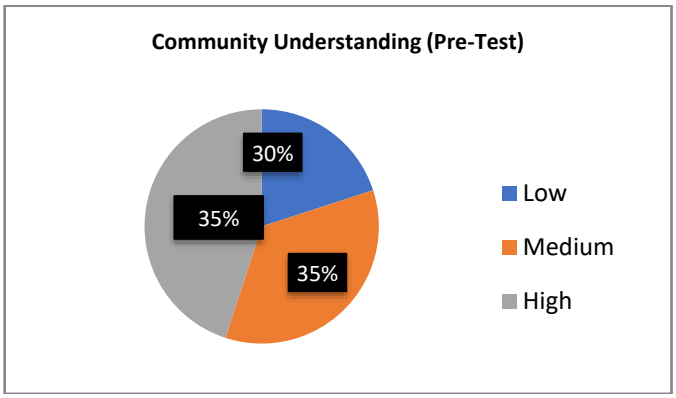

Figure 3 Pre-test result

At the time, the material had not yet been delivered by the service team, the participants' understanding of utilizing the yard land for PKK cadres in Pulau Semambu Village consisted of 30% in the low category, 35% in the medium category, and 35% in the high category. During the presentation of the material, simulations were conducted on selecting types of family medicinal plants, reinforcing the understanding of the benefits of each family medicinal plant, and demonstrating easy methods for preparing or processing family medicinal plants for consumption.

After the material presentation, a post-test was conducted to measure the understanding of the utilization of home gardens and the benefits of medicinal plants for families. The results of the post-test are as follows in Figure 4.

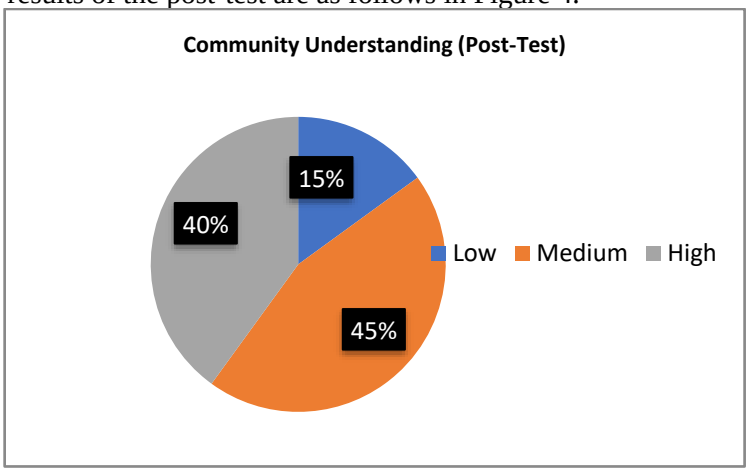

Figure 4 Post-test result

Based on the post-test results, the percentage of understanding in the high understanding category increased from 35% to 40%, which is 5%. Understanding in the moderate category increased from 35% to 45%, which is 10%.

CONCLUSION

Based on the pre-test and post-test results, it can be concluded that there was an increase in the high category by 5% and in the medium category by 10%. Thus, this activity has proven to bring a change, which is an increase in participants' understanding by 15%. Based on this, the recommendation that can be given is that the increase in public understanding of the family medicinal plant cultivation activities can be followed up with community activities such as to actively garden by using homeyards actively, not only for medicinal plants but also for other plants that are beneficial for health, food, economic, and ecological purposes.

CONFLICTS OF INTEREST

The authors declare that there is no conflict of interest.

AUTHOR CONTRIBUTIONS STATEMENT

The idea of activity, YN and Rinto; draft article preparation, KI, FM, and DPP; analysis and writing, YN. All authors discussed the results and contributed to this activity.

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