



EDUCATION USE OF HERBAL MEDICINE FOR DHARMA WANITA PERSATUAN (DWP) BANGKALAN - MADURA

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ABSTRAK

Animo penggunaan herbal sebagai pengobatan dan obat tradisional sudah dilakukan sejak lama dan terus berkembang berdasarkan konsep *back to nature* sehingga perlu dilakukan pengenalan tanaman herbal sedini mungkin. Kecenderungan masyarakat dalam memanfaatkan tanaman sekitar untuk ramuan herbal sangat dipengaruhi oleh tingkat pengetahuan, dimana pengetahuan pengolahan ramuan herbal yang benar sangat diperlukan agar masyarakat mendapatkan senyawa aktif yang tepat sehingga memiliki potensi dalam mengobati penyakit. Salah satu upaya yang dilakukan untuk menambah pengetahuan masyarakat tentang Pengelolaan dan Penggunaan obat dan Herbal yaitu dengan melakukan kegiatan pengabdian masyarakat yang dilakukan dengan memberikan leaflet dan materi mengenai pengobatan herbal. Pelaksanaan kegiatan Pengabdian Kepada Masyarakat (PKM) dalam bentuk edukasi kepada para DWP Bangkalan mengenai pengobatan herbal dapat meningkatkan pemahaman para DWP yang dibuktikan dari hasil posttest yang telah diberikan, jumlah pemahaman peserta meningkat dibandingkan dengan hasil pretest. Sebanyak 5 (9,1%) peserta yang memiliki pemahaman sangat baik menjadi 40 (72,7%) peserta setelah diberikan pemahaman. Sebanyak 40 (72,7%) yang awalnya memiliki pemahaman kurang kemudian menjadi 3 (5,5%) setelah diberikan penjelasan mengenai pengobatan herbal. Pendekatan kepada DWP diharapkan dapat menyebarkan informasi dan pengetahuan kepada masyarakat lebih luas

ABSTRACT

The interesting thing about using herbs as treatment and traditional medicine has been used for a long time and continues to grow based on the back to nature concept, so it is necessary to introduce herbal plants as early as possible. The tendency of the community to use local plants for herbal concoctions is influenced by the level of



knowledge, where knowledge of the correct processing of herbal concoctions is very necessary so that people get the right active compounds so that they have the potential to treat diseases. One of the efforts to increase public knowledge about the management and use of medicines and herbs is by carrying out community service activities which are carried out by providing leaflets and materials regarding herbal medicine. Implementation of Community Service activities in the form of education to Bangkalan DWP regarding herbal medicine can increase the understanding of DWP as evidenced by the results of the posttest that has been given, the number of participants' understanding has increased compared to the pretest results. A total of 5 (9.1%) participants who had very good understanding became 40 (72.7%) participants after being given understanding. A total of 40 (72.7%) who initially had less understanding then became 3 (5.5%) after being given an explanation about herbal medicine. The DWP approach is expected to disseminate information and knowledge to the wider community.

INTRODUCTION

Darma Wanita Persatuan (DWP) is a organization consists from all civil servant wives in Indonesia started from civil servant wife, wife field state officials government, wife retired and widowed civil servant, wife BUMN or BUMD employee, wife retired or Widow BUMN or BUMD employee, wife head Indonesian representative abroad, wife device government village, TNI wife, POLRI wife, up to retired female civil servant (Dharma Wanita, 2024). DWP deploys wives Aparatur Sipil Negara (ASN) becomes gathering woman with objective increase role as well as Woman in development so that expected own insight is also a complex ability as a supportive wife _ performance husband at a time become a capable mother _ educate his children and can manage organization with good (Dinkominfo, 2024). Approach to women are also expected can disseminate information health in families, groups and communities in their environment in a way directed and sustainable (Rodiah et al., 2016) .

Interest in using herbs as treatment and medication traditional Already done for a long time and continues develop based on draft *back to nature* so need done introduction herbal plants as early as Possible (Afrianto & Muhammad, 2018) . Traditional Indonesian herbal medicine has applied during for centuries in Indonesian society in order to maintain health and cure disease. The use of herbs is very popular in rural areas as well as in urban areas , based on utility Traditionally, herbal medicine has developed become form rational therapy , by herbal practitioners _ phytopharmaca. (Rendowaty et al., 2023)

Trend public in utilise plant around for Herbal concoctions are greatly influenced by levels knowledge, where knowledge processing correct herbal concoctions are very necessary for society get compound correct active so that own potency in treat disease In addition, good knowledge about pattern consumption and effects side A Herbal concoctions are also necessary owned by the community so that the community can control consumption appropriate herbal concoction need. (Santoso et al., 2021) Spread wrong information causes risk use Wrong herbs though Effect side from use almost herbal medicine No there are, even If There is reaction the is an adaptation process or adjustment Because body has accept food with high levels. (Marwati & Amidi, 2018)

IMPLEMENTATION METHOD

One of effort which is conducted for add knowledge public about Management and Use of Medicines and Herbs, namely with do activity devotion deep society _ matter This shaped counseling about herbal medicine. Activity counseling This Work The same with DWP Bangkalan and implemented day Thursday November 9, 2023 at the District DWP office Bangkalan in Bangkalan. Participant devotion public is DWP Bangkalan as many as 55 participants. Activity Pengabdian Kepada Masyarakat (PKM). done with provide leaflets and materials about herbal remedies, types herbal treatment to method differentiate original herbal products or false with method exposure material Then discussion ask answer with participant.



Figure 1. Herbal Medicine Education Material

Providing material in the form of leaflets containing explanations of starting herbal treatments from understanding medicines and herbal remedies, marking drug and herbs, interactions medicine and various type drug existing traditional around which it is used in self-medication, which comes later given posttest questionnaire for evaluate extent of similarities understanding participant to material that has been be delivered



Figure 2. Educational Leaflet Herbal Medicine

RESULTS AND DISCUSSION

According to the WHO (*World Health Organization*) definition from treatment traditional is combined from knowledge, skills, and practice based on derived theories, beliefs, and

experiences from different cultures, fine can explained or no, that is used in maintenance health as well as in prevention, diagnosis, repair or treatment disease physical and mental, temporary understanding drug traditional are herbs, herbal ingredients, herbal preparations and finished herbal products containing part plants, materials other plants or the combination as material active (Suliasih & Mun'im, 2022) . Traditional medicine is material or potion material in the form material plants , materials animals , mineral substances, preparations sarian (galenic) or mixture from material that is what down hereditary has used For treatment, and can applied in accordance with the norms that apply in the grouped society into herbal medicine, standardized herbal medicine, and phytopharmaceutical (Pratiwi, Saputri, & Nuwarda, 2018) .

Success use Herbal plants are greatly influenced by knowledge public about benefit from every type nutritious plants _ drug especially herbal plants that have been researched in a way empirical as well as being influenced by method the use of each herbal plant for various different diseases _ (Yulianto, 2017) . Convenience in obtain drug the more day the more easy push public For do self-medication or treatment independent based on information obtained _ or experience family can bring impact use drug nor wrong herbal medicine. Herbal medicine is one of them herbal products frequently misused by manufacturers with addition of Medicinal Chemicals or Bahan Kinia Obat (BKO) for speed up emergence claimed effect (Harimurti et al., 2020) . Example a number of frequent herbal products pegel linu herbal products sore and sour frequent veins_ mixed with paracetamol as analgesic drugs that work hinder prostaglandin synthesis in the nervous system center (Indriatmoko et al., 2019) . This BKO often added to in herbal medicine for increase effect therapeutic herbal medicine so give effect “ ces pleng ” share public or in other words, this herbal medicine Can cure only with very drink so that BKO in herbal medicine becomes dangerous Because quality, safety and efficacy of the herbal medicine Not yet proven in a way scientific (Pratiwi, Saputri, & Nurwarda, 2018) .

Implementation activity Pengabdian Kepada Masyarakat (PKM) in form education to the DWP Bangkalan about herbal treatment, types herbal remedies, methods use and storage along with explanation method differentiate product great false or original using the BPOM website for purposes increase knowledge public Bangkalan especially among moms For more rational in use herbal medicine, such as use existing herbal products BPOM registered so safety and quality product guaranteed compared to with product yet registered. Form of PKM held is counseling Because Counseling to public is one of the way it is done For give information comprehensive health (Kurnia Utami et al., 2022) . Before exposure material, participants given question in the form of a pretest for know to what extent knowledge participant about herbal medicine. After giving pretest, continued with distributing leaflets (Figure 2.) containing material to participant. Presentation exposure material given started with introduction herbal treatment, that Treatment in Indonesia consists of herbal medicine, standardized herbal medicine and phytopharmaceuticals, however the most common use of herbal medicine consumed. There are 5 types of herbal medicine that are popular among people public namely herbal medicine paitan, kunir-asem, beras kencur, sinom, and gula asem with function The basis of herbal medicine is for maintain body health (Raharjo, 2022) . Exposure many frequent herbal plants used like that is onion red, orange lime, ginger, galangal, ginger sleigh, leaf betel, leaves guava seeds, papaya, galangal, beluntas, leaves gotu kola, turmeric and noni which are best potential _ Still need improved, for help public in increase health with herbal plants especially in the area Bangkalan (Yulianto, 2017) . Explanation next with introducing the BPOM website to each participant's gadget for check it out authenticity product Good in form of herbal medicine, herbal medicine or phytopharmaca in accordance with claims stated on the packaging so that expected public Can look for information Alone with more accurate.



Figure 3. Exposure material to the Dharma Wanita Persatuan Bangkalan

At the end of the presentation, the questions are given again posttest for evaluate to what extent the material has been given understood by participants. Based on results posttest that has been given, amount understanding participant increase compared to with pretest results. A total of 5 (9.1%) participants had very good understanding to 40 (72.7%) participants after given understanding. A total of 40 (72.7%) were initially own understanding not enough Then to 3 (5.5%) after given explanation about herbal treatment (table1.).

The pre-test and post-test results explain exists difference significant understanding

Table 1. Level of knowledge participant before and after

Knowledge level	Pretest		Post test	
	Amount respondents	%	Amount respondents	%
Very good	5	9.1	40	72.7
Good	10	18.2	12	21.8
Not enough	40	72.7	3	5.5
Total	55	100	55	100

CONCLUSION

Devotion to public with give education to the Dharma Wanita Persatuan Bangkalan about use herbal medicine can increase knowledge public in use of herbs especially in the regions Bangkalan. Approach to DWP can disseminate information and knowledge to public more wide. Based on results pretest and posttest evaluation that is happen enhancement knowledge DWP participants with giving material.

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