
Adiwiyata-Based Healthy Village Training in Improving the Health of The Community Of Cangkring Village, Plumpang District, Tuban District

Sampiril Taurus Tamaji, Nely Ziyadatun Ni'mah
Universitas Islam Darul 'Ulum Lamongan, Indonesia
sampiriltaurus@unisda.ac.id

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Abstract: Adiwiyata-based healthy villages are villages with a program to create a society that cares and has an environmental culture. This program is implemented based on three main principles, namely educational, participatory and sustainable. This community service was carried out in Cangkring Village, Plumpang District, Tuban Regency. If we look at the geographical location, Cangkring Village is a village surrounded by rice fields, so the majority of the people farm. Apart from that, this village has the potential to be developed, one of which is the number of plants that can be used as family medicine. The aim of this community service is to improve the level of public health in the village. The methods used in implementing the service include observation, socialization, training in making medicines from plants, and manufacturing *Green House* / family medicinal plant garden. The result of this service research is the availability of family land or plantations that can be managed and utilized by the community, especially by PKK mothers (family welfare development). Apart from that, the people of Cangkring Village also gained understanding and insight into the benefits of plants around them.

Introduction

Health is a standard state that must be achieved and proud of, while disease is something that is futile. After germs were found to cause disease, healthy boundaries also changed, a person was called fit if after careful examination no cause of the disease was found (World Health Organization, 2016).

Sustainable health development is a process of providing the right to a healthy life that must be obtained by the community which is useful for achieving prosperity for the

community in living a healthy life. The concept of approaches in efforts to deal with population health has undergone many changes in line with our understanding and knowledge of how people live and respect that health is a "Human Resource" of enormous value. And the aim of this research is to see what factors influence sustainable health development. (Iqbal Fadhlurrohman, Mochammad, 2020)

The Adiwiyata program has been proven to create healthy, comfortable, safe and harmonious schools, especially for students' learning needs which will have an impact on health in the community. Autodidactically, students slowly become a generation that cares about and is cultured about the environment, while supporting and realizing resources around the school that are educated and literate towards economic, social and environmental developments in achieving sustainable development. In order to achieve Adiwiyata School, every school is required to manage supporting facilities that are environmentally friendly and child friendly. Reusing paper or recycling is one of the efforts to support environmental friendliness in schools. (Riska Novita Sari, 2020)

Cangkring Village is a village located in one of the Tuban districts, precisely in the Plumpang sub-district. If you look at the geographic location of this area, this area has very broad potential in the agricultural sector, and the majority of the people's livelihood is farming. This is also supported by the fertility of the soil in the Cangkring Village area, with the fertility of the soil making it very suitable for use as a vehicle for farming. With the excellent soil fertility in this village, we see good potential if several plants are planted that can be beneficial for health.

Based on the results of the observations we have made, there are several things that are problems in Cangkring Village, including the minimal use of surrounding plants for use as medicines, such as galangal, ginger and others. There are still many empty yards in Cangkring Village, so they can be used as land for growing family medicines or living pharmacies. With that, we provide an adiwiyata-based healthy village training program to improve the health of the Cangkring village community.

This activity generally aims to improve the level of public health in the village. This is an effort to increase public awareness that health is a very important thing in people's lives. There are community groups who already know about health but don't do it. For this community group, the aim of village community health (KMD) is to motivate and

remind people to do what they already know about health.

There are also groups of people who do not do important things regarding health because they do not know health information beforehand. For this community group, the aim of PKMD is to provide and explain health information that the public needs to know so that people can live healthy and prosperous lives. Health education is increasing a person's knowledge and abilities through practical learning techniques or instructions with the aim of changing or influencing human behavior individually, in groups and in society to be more independent in achieving the goal of a healthy life.

This program is useful for the community in planting Toga plants, along with the Village Government building one *Green House* as an initial example of how to care for and cultivate living family or pharmacy medicinal plants.

Method

It is hoped that the implementation of this activity in Cangkring Village will have a positive impact on the community. Therefore, in order to achieve maximum results in implementing community service, there are several stages or study methods used to resolve existing problems, including the following:

1. Observation is one of the most important activities in implementing community service, especially service under the KKN-PPM scheme. Where this activity is carried out before determining the location, the service team carries out problem mapping in Cangkring Village, so that with the problem mapping data it can be concluded about the themes that will be adopted in implementing community service.
2. Socialization and education about the benefits of family medicinal plants, this activity is carried out because it is one of the most important components in implementing community service. The targets of the socialization activities are the people of Cangkring Village, Plumpang District, Tuban Regency, especially local mothers and young people. The aim and objective of this socialization activity is to provide understanding and knowledge for the community in utilizing existing plants. Apart from that, this outreach also provides knowledge to the community, especially regarding the contents and benefits of plants against various types of diseases.

3. Making *Green House* family medicinal plants, the implementation of creating a family medicinal plant garden was attended by the entire community, especially PKK women. Remembering the implementation of this service *Green House* is one of the media in planting family medicinal plants. Making *Green House* Family medicinal plants are also centralized so that they are easy to monitor and care for, so that people can use the plants that have been planted.

Result

In carrying out this community service activity, the theme taken was community empowerment through family medicinal plants in Cangkring Village, Plumpang District, Tuban Regency. Considering this is one of the most important components in everyday life, especially for society. Likewise with the community in Cangkring Village, with its geographical location surrounded by rice fields and fertile soil, it is very appropriate to empower the community through family medicinal plants. What makes this important to do in Cangkring Village is that there are many medicinal plants that can be used as ingredients for family medicines, but many people in the village have not used them. So the existing medicinal plants are left without being used at all by the community. Therefore, there are several ways that can be carried out in implementing this service, including the following:

1. Observation

Indonesia is a country that is rich in spices and plants. With its natural wealth, during the colonial era, many foreign nations entered Indonesia just to take plants that could be used as medicines. Apart from that, these foreign nations also took spices from Indonesia. With this natural wealth, it is natural that up to now there are still many plants that can be used as family medicine.

Quality source one man something country is Wrong One factor important and decider in effort acceleration development. Source one man (HR) is agent development Which can regularly active channel potency source one know (SDA) the direction Which more productive. From side other, man Also Can just utilise source one know without realize impact negative Which it causes. By Because That,

government need realize importance effort development source one man (HR) through enhancement .(soewartoyo, toni soetopo, 2009).

Village potential is the ability that can be developed in the development of a village. Village potential includes the natural and human conditions in it along with the results of human work. The potential of a village consists of natural components and human components. (Agus Irawan, Maheni Ikasari, 2021)

In my research, there is one village that has the potential for plants to be used as medicine, namely Cangkring Village, Plumpang District, where based on the results of observations we have made, there are lots of plants growing around the community gardens. The majority of plants grown are plants that can be used as daily medicines. Apart from that, the plants that grow around the community gardens are not processed at all but are just left to grow without being used. Therefore, based on the results of our observations, we concluded that it is very important to empower the people of Cangkring Village through the use of surrounding plants to make medicines.

Based on the results of the data collection we conducted at the location, there are several plants that can be used as family medicinal plants, including the following:

Table 1 Types of Plants in Cangkring Village

No	Plant Type	Benefit
1	Aloe vera	Improves blood circulation, helps speed up the post-operative healing process, etc
2	Moringa Leaves	Lowers Blood Sugar Levels, Reduces Inflammation, Lowers Cholesterol
3	Guava	Prevent cancer, increase body immunity and others
4	Pawpaw	Improves digestion, maintains heart health, prevents cancer and others
5	Guava leaves	Overcoming diarrhea, controlling diabetes, reducing symptoms of tooth and gum pain and so on
7	Papaya leaf	Medicine for dengue fever, maintains liver health, relieves menstrual pain and others

Source: processed by the community service team

From the results of the table above, it shows that Cangkring Village has potential that has not been exploited at all by the community or the Village Government. Apart from that, Cangkring Village also has extraordinary agricultural potential, this can be seen from the livelihoods of its people and the level of soil fertility in the village. Apart from that, it can also be seen from the types of plants in Cangkring Village that there are still many that have not been utilized to be used as companions for family medicine.

The types of plants in Cangkring Village are plants that are categorized as family medicinal plants, so they are very beneficial for the community if they are used as family medicine. This has not been utilized optimally by the community due to the lack of knowledge regarding the benefits of this type of plant, so it is still very rare for people to use this plant as an alternative for family medicines. With this service assistance as well as counseling and outreach that will be carried out to the people of Cangkring Village, it is hoped that they will be able to use these plants as family medicine.

2. Socialization and Counseling on the Benefits of Family Medicinal Plants

Based on the results of the observations we have made, the theme that will be adopted in the implementation of this service is "ADIWIYATA-BASED HEALTHY VILLAGE TRAINING IN IMPROVING THE HEALTH OF THE CANGKRING VILLAGE COMMUNITY, PLUMPANG DISTRICT, TUBAN DISTRICT". With this theme, it is hoped that the people of Cangkring Village can be more independent and can use the surrounding plants to make family medicines. This is because geographically Cangkring Village is a village surrounded by rice fields and far from the district capital. Therefore, there is a need for assistance in processing local plants to be used as family medicine. Based on Hikmat's statement in (Trisnaningsih, Wahyuni, & Nur, 2019) that the implementation or use of family medicinal plants can be implemented well if the community also has adequate family medicinal plant cultivation techniques (TOGA).

In implementing this service, several stage methods are carried out, one of which is socialization. This activity was carried out to provide knowledge to the

people of Cangkring Village regarding the use of plants as medicines. Because the village has a lot of potential plants that can be used as family medicines. Therefore, as a service provider, we carry out outreach activities to the community about the benefits of plants that can be used as medicines.

At this socialization stage the focus is more on types of plants, as well as the benefits of plants that can be used as family companion medicine or family medicine. Especially regarding plants that are easily obtained by the community because they are often found around the yards or gardens of the people of Cangkring Village. The community of Cangkring Village, especially PKK women, participated in this socialization activity, where the community participated in the activity very enthusiastically, this can be seen from the number of participants who attended the socialization and counseling activities. Remembering that this service activity is more focused on mothers and the younger generation from Cangkring Village.



Figure 1. Photo of Socialization and Extension Activities

With this socialization and counseling activity, it is hoped that the people of Cangkring Village will understand more about the types of plants that can be used as family medicine. Apart from that, this activity also provides educational practice in making medicines. This practice begins with an understanding of the types of plants and their benefits first. With this understanding, it is hoped that the people of

Cangkring Village can use the surrounding plants to make medicine. So that people can reduce medicines made from chemicals and prioritize herbal medicines or natural ingredients.

It is hoped that the implementation of this socialization and counseling will be beneficial for the people of Cangkring Village, especially in terms of sharing the use of local plants to be used as family medicine.

3. **Making *Green House* And Planting**

The next stage in implementing this community service is about making *Green House* / Family medicinal plant garden. The creation of this garden was carried out with the aim of making it easier for people to gather plants that can be used as medicines. So having this plant garden will be beneficial for the people of Cangkring Village, especially in terms of utilizing family medicinal plants. In carrying out the creation of this garden, the service team collaborates with the village government and community, remembering that to create land or a family medicinal plant garden, there must be approval from the land owner. So that with approval from both the owner and the village government, the creation of a family garden or land for medicinal plants can run smoothly and well.

When creating a garden, the service team collaborates with the community to create a family medicinal plant garden together, apart from this, the planting process is also carried out together. This is done with the aim of making the community feel like they own the family's medicinal plants, so that after the service is declared complete, the community will still care for and use the family's medicinal plants.



Figure 2. Photo of Garden Making Activities and TOGA Planting Process

The garden or land that has been prepared and created is planted with various types of plants which have benefits as herbal medicines. Especially plants that do not exist in Cangkring Village, this is done to complement the plants that already exist in Cangkring Village. Considering its extraordinary natural fertility potential, we as a service team purchased plants that are easy to grow and easy to care for. Apart from that, purchasing this plant can also be seen from its benefits, which are mostly used by the community as medicinal ingredients or family medicines.

In this implementation process, the community also has a big role, especially in making and planting, but there is still a final stage that must be carried out by the community, namely the process of caring for the family's medicinal plant garden. With good care, the plants planted will also grow well so that they can benefit society in general and especially the people of Cangkring Village. This activity is also strongly supported by the village government. It is hoped that with this activity the people of Cangkring Village can be more independent, especially in terms of maintaining family health. This is in line with what was conveyed by (Agnesia Priska L Kelen, 2022) that the family is a matrix of feelings of identity from which its members feel belonging and different. Its main task is to maintain the psychosocial growth of its members and their general well-being throughout life. Families also help the growth and development of their members, make decisions to take appropriate actions, and provide care to sick family members.

Cangkring Village has several health problems, including the still high rate of stunting, and the village government has a target to reduce the rate of stunting.



Figure 3. Process of Planting Family Medicinal Plants

In this implementation, we also provide various types of plants that can be used as family medicine, including the following:

Table 2 Types of Plants Planted in the Family Medicine Garden

No	Plant Type	Benefit
1	Aloe vera	Improves blood circulation, cures tuberculosis, asthma, coughs and helps speed up the post-operative healing process.
2	Lemongrass	Reduces blood sugar levels, lowers cholesterol levels and blood pressure and accelerates the healing of burn wounds.
3	Ginger	Treats coughs, stimulates appetite and overcomes headaches.
4	Lime	Can increase immunity, improve digestion, and reduce weight.
5	While	Treats skin diseases, prevents cancer and overcomes pain.
6	Turmeric	Relieves inflammation of the appendix and inflammation of the uterus. Turmeric juice, egg yolk, whiting can cure tonsillitis and turmeric juice, betel nuts, whiting and honey can relieve asthma.
7	Lavender	Heals burns, helps with insomnia and helps reduce anxiety and depression.
8	Ginseng	Prevents flu and colds, lowers blood sugar levels and reduces inflammation.
9	Must	Reduces Muscle Spasms, protects Heart Health and relieves Gout Symptoms.

10	Moringa leaves	Lowers blood sugar levels, reduces inflammation, and lowers cholesterol.
11	Betel	Eliminates bad breath, cures sore eyes and treats itchy skin.
12	Curcuma	to treat spleen pain, kidney disease, back pain
13	Yodium	Stops bleeding in wounds, dries external wounds, prevents keloids in scars
14	Carrot leaves	Treats blood in the urine, is able to prevent miscarriage and too much menstrual blood, stomach and heartburn, tuberculosis (tuberculosis).
15	Mother-in-law's tongue	Absorbs air pollution, neutralizes unpleasant odors, prevents allergies
16	Names	Can treat hemorrhoids, helps treat boils, reduces fever and cures heartburn.
17	Broken plant	Prevent cancer, Prevent infection, Treat asthma.
18	Hibiscus	Becomes a source of antioxidants and can lower blood pressure, as a source of antioxidants, lowers cholesterol and makes the liver healthy, prevents cancer and helps with weight loss.

Source: processed by the community service team

Conclusion

Based on the results of the community service implementation that we carried out on July 3 2023 to July 31 2023 in Cakngkring Village, Plumpang Tuban District, this activity was very beneficial for the people of Cangkring Village and the village government. The benefits that can be obtained by the community and the government are increasing the knowledge of the community, especially PKK women, in using local plants as family medicine. Apart from that, Cangkring Village is also one of the villages that received socialization and counseling for the first time regarding the use of family medicinal plants. So that the benefits of this can be felt by the people of Cangkring Village. The activities carried out in the implementation of this service are observation, socialization and education on the benefits of family medicinal plants, as well as the creation of a family medicinal plant garden. For activities *First*, observations were carried out in order to obtain the wishes of the community, especially regarding the use of family medicinal plants and to record the types of plants that can be used as medicines in

Cangkring Village. *Second*, the implementation of adiwiyata-based healthy village training provides new insight into the benefits of family medicinal plants. This activity was carried out to increase the knowledge and experience of PKK women in using plants as medicinal ingredients. *Third*, the garden was created to plant plants that have health benefits, especially plants that do not yet exist in Cangkring Village. With this activity, the people of Cangkring Village can find out the benefits of plants which can be used as medicines to accompany the family or become more independent in terms of health.

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