

## Utilization of the “Horse Whip” Plant Into Processed Health Drinks for PKK Mothers in Bondoyudo Village Lumajang District

Frimha Purnamawati<sup>a)</sup> Nani Sintiawati<sup>b)</sup> Niswatul Imsiyah<sup>c)</sup>, Irliana Faiqotul Himmah<sup>d)</sup>

Universitas Jember, Jember, Indonesia

<sup>a)</sup>Corresponding author: 198812132019032009@mail.unej.ac.id

<sup>b)</sup>nanisin@unej.ac.id

<sup>c)</sup>niswatul@unej.ac.id

<sup>d)</sup>Irliana.fkip@unej.ac.id

### Abstract

Bondoyudo Village, Sukodono District, Lumajang Regency is one of the villages with a variety of potential crops ranging from bananas, tomatoes, vegetables and other fruit crops, not separated from that Bondoyudo Village also has many "horse whip" plants which are basically wild plants that grow in fields, roadsides and hills, where there has also been research that the "horse whip" plant can be used to maintain a healthy body, almost all parts of the plant, can be used as medicine. Roots, flowers, stems or leaves. The horse whip plant can treat urinary tract infections, sore throat due to inflammation (pharyngitis), cough, rheumatism, and irregular menstruation. Especially for its flowers and stems, it can be used for the treatment of hepatitis A or inflammation of the liver. While the roots, can be used for the treatment of vaginal discharge (leukorrhea). However, the knowledge to process it is still unfamiliar to the community, especially the Bondoyudo Village PKK mothers who consider that this plant is only a wild plant that is only thrown away. So with the potential possessed by the village, there are many advantages in empowering the community, especially women by utilizing the "horse whip" plant. Based on these issues, women's empowerment is an important part of the process of improving the quality of Human Resources (HR) through training activities. The method that will be used in this Community Empowerment is by transferring technology, namely transferring knowledge as well as providing training on how to make health drinks made from horse whip plants to the Women's Farmers Group of Bondoyudo Village, Sukodono District, Lumajang Regency.

**Keywords:** Empowerment, Education And Training Program

### INTRODUCTION

Pecut Kuda is one of the wild plants that live in Indonesia. The name pecut kuda is the local name of this plant in Indonesia, while the scientific name of this plant is *Stachytarpheta jamaicensis* is *Stachytarpheta jamaicensis*. Filipinos call the horse whip plant *Kandikandilaan* and in China it is called *Yulongbian* from the southern region of Florida. Horse whip plant is also known as *gulba* in some countries, the presence of horse whip plants can interfere with the growth of other plants that are cultivated. Horse whip plants can be found on roadsides and in unkempt gardens. Horse whip is common in grasslands and open areas that receive sunlight.

4792

The plant is also usually found at altitudes up to 700 meters above sea level. Horse whip thrives better on sandy soil.

Horse whip has several benefits for human life, namely for medicine. Horse whip plants have chemical ingredients such as alkaloid and glycoside. Alkaloids and glycoside can handle tonsil disease, laryngitis, cough and hepatitis A. Parts of the plant that are often used for treatment are the flowers, roots and leaves. Horse whip plants can also be used to treat urinary stone infections, rheumatism, irregular menstruation and leucorrhoea. Flowers and stalks of horse whip can treat inflammation of the liver or hepatitis A. Vaginal discharge that is often experienced by women can also be treated using the boiled water of horse whip root. In addition to medicine, horse whip can also be used as an ornamental plant, because the flowers are ornamental plants, because the flowers flower throughout the year so that they can decorate the house longer.

Bondoyudo Village, Sukodono Subdistrict, Lumajang District is not the only village where the horse whip plant can grow the only village where the horse whip plant can grow even in other areas. even in other areas, this horse whip plant can grow, Bondoyudo Village has the potential to make the horse whip plant to be utilized as a small business. make the horse whip plant to be utilized into a small business that is carried out by the by PKK mothers. So with the potential possessed by Bondoyudo Village, Sukodono Sub-district, Lumajang District Sukodono District, Lumajang Regency, there are many advantages in empowering the Bondoyudo Village community, especially women.

This research was inspired by (Kusumastuti & Solihati, 2021) who have researched clitoria tea. This community service about clitoria ternatea contributes to increasing knowledge and skills for housewives to apply the making of clitoria ternatea tea drink. After being educated about the clitoria ternatea and its benefits, housewives became more motivated to make a clitoria ternatea tea drink and apply it for themselves, their families, and some of them inspired to start a home industry business. In addition, research (Defirson et al., 2018) related the community seemed very enthusiastic and active in participating in socialization activities, as evidenced by the questions asked. The community also agrees that these ingredients are cheap and easy to find, are also good for health, and are one of the right solutions for the community to increase their body's immunity with various forms of innovative products in the form of health drinks and snacks. Research (Sonjati et al., 2023) also said that so far, people often consume ingredients that can be categorized as Food Additives (BTP), which can be in the form of dyes (to add visual appeal), thickeners (to improve texture), flavorings (to enhance taste), sweeteners (to enhance taste). Through training and counseling, education in the community can be carried out in order to achieve the expected goals. In essence, counselling is a non-formal activity to change society towards a better state as aspired Knowledge is the result of human sensing, or someone knowing about objects through their senses (eyes, nose, ears). Moreover, most of a person's knowledge obtaining through the sense of hearing (ears) and sight (eyes). A person's knowledge of objects has different intensities or levels (Nasution et al., 2023).

Based on these issues, women's empowerment is an important part of the process of improving the quality of Human Resources (HR) through training. The condition of women's powerlessness does not only affect the women themselves, but impacts on the family as a whole, children and the economic management of the home. but affects the family as a whole, children and the economic organization of the household economic arrangements. It is realized that education is the key to empowerment for women, because education can increase income, health and productivity. Women's empowerment is an important part of a country's development

process development process, because women are also citizens who have the same rights and obligations as men rights and obligations that are equal to men. Women's empowerment can simultaneously improve capability and quality of life, family and society. Increased women's productivity can be seen from indicators that include the existence of changes in attitudes that are more positive and advanced, increasing the ability of life skills, as well as the results of work in the form of goods or services, skills, as well as the results of work in the form of goods or services for the needs of themselves and their communities. Based on the description above, we are very interested in empowering the community, especially women, with the potential of the pecut plant. especially women with the potential of the horse whip plant in Bondoyudo Village.

Referring to the situation analysis above, some of the problems faced by partners can be described as follows:

- There is potential for horse whip plants that grow around the location where the target participants live.
- The community, especially women, still ignore the processing of the of the horse whip plant.
- There are residents, especially women, who do not have skills in processing local potential, namely the processing of parts of the horse whip plant. processing local potential, namely the processing of parts of the horse whip plant as an alternative product.

## METHOD

The method that will be used in organizing this activity is through learning practical skills education with 1 resource person who will explain about processing horse whip plants into health drinks with a total of 20 participants. as many as 20 people. Furthermore, participants will be divided into 4 groups and accompanied by each group. 1 group 1 companion so that participants can be more intensive in understanding the material that will be delivered by the resource person. will be delivered by the resource person. The methods that will be used for each lesson are with the following methods:

- Demonstration method: To train participants in practice, this method is used so that many participants understand because the knowledge learned is theoretical and practical.
- Varied lecture method: This method is used to provide information and explanation in providing the purpose and objectives of the training. As well as the most important most important is the motivation of how they are willing and happy to participate in this training program with discussions and questions and answers.
- Resitation or assignment, in which the tutor/facilitator directly gives tasks to the participants.

The result of this Community Service activity is the skill of utilizing the horse whip plant as a health drink is declared to be successful if the formulated objectives are achieved, (1) at least 80% of the participants can master the material, (2) 80% of the participants attend the training in an orderly manner, (3) 80% of the participants are able to apply the results of the knowledge and skills trained.

The aspects assessed for the process and results are Training process: attendance, motivation, cooperation and suitability of training methods and materials. The results of the training obtained by participants in the form of cognitive aspects, affective aspects and psychomotor aspects.

## RESULTS

This Community Service activity began with coordination between the Team and the Head of Bondoyudo Village in August 2023. This coordination was carried out in order to identify prospective training participants and to equalize perceptions about the objectives of the training activities. There was a suggestion from the Bondoyudo Village Head that the team needed to coordinate with the Chairperson of the Bondoyudo Village PKK Team considering that the target of this activity was the majority of women and technically the Team would utilize raw materials in the form of horse whip plants because the hope was to utilize the potential of wild horse whip leaves in Bondoyudo Village, Lumajang Regency.

Furthermore, the team coordinated with the Chairperson of the Bondoyudo Village PKK Team by conveying the aims and objectives as conveyed to the Bondoyudo Village Head. The results of the coordination showed that the Chairperson of the PKK Movers Team responded positively to the training of processing health drinks made from horse whip leaves. Finally, there was an agreement to determine the day of training in making processed health drinks made from horse whip leaves in mid-September 2023.

Indicators the success of women's empowerment is characterized by 3 indicators as follows:

- The output indicator is characterized by the empowerment of women.
- The outcome indicator (income indicator) is characterized by women who have been empowered to have been empowered are able to try to support the economy according to with their skills.
- The impact indicator is characterized by the empowered women being able to live a decent life, being able to support the economy according to their skills. women who have been empowered have been able to live decently, are able to develop businesses, organize or socialize and develop business, organize or socialize and form other women to develop their skills.

Empowerment is an important strategy in increasing the role and opportunities of women in improving their economy and is an effort to increase and actualize their potential to be more independent and creative. Empowerment can be done through coaching and improving women's skills, especially in this empowerment activity in the Bondoyudo Village PKK Women's Group, Lumajang Regency.

According to (Delli Maulana), the strategies that need to be done in increasing women's productivity, namely:

- Implementation of empowerment through an institutional or group system. group.
- Specific empowerment programs according to group needs.
- Development of microfinance institutions at the local level.
- Provision of start-up capital to run productive economic businesses
- productive economic enterprises.
- Sustainable business development.
- Provision and improvement of easy access to capital business

In measuring the economic condition of a person or household one of the main concepts that is often used is by calculate the level of income. Income can show all income received by a person or household in a certain period of time. Family income is the total real income of all household members that is used to meet the common and individual needs of the household.

Family income is a return on labor or services or rewards obtained because of contributions made in production activities. Concretely, family income comes from:

- The business itself: for example trading, farming, opening a business as an entrepreneur
- Working for someone else: for example as a civil servant or an employee
- The result of the election: for example, leased land and others.
- Income can be in the form of money or goods, for example, compensation in the form of rice, housing facilities, etc. either in the form of rice, housing facilities and others. In general human income consists of nominal income in the form of money and real income in the form of goods (Gilarso, 1992)

After the training, the team conducted an evaluation to determine the response given by the participants. Some aspects of the evaluation are presented in the following diagram. Diagram 1 shows that 75% felt that the training materials met the needs of the participants and 25% felt that they met the needs very well.

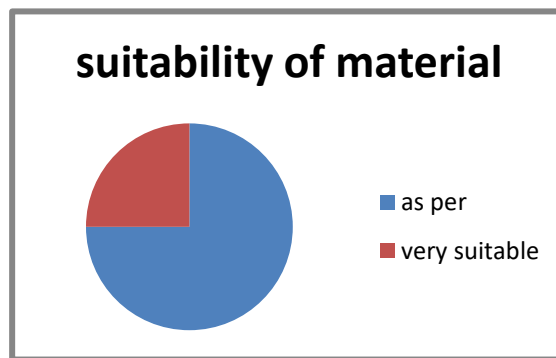


Figure 1. Suitability of Material

Likewise in diagram 2, when viewed from the way the resource person delivered the material during practice, only 21% of participants stated that it was sufficient, 79% of participants stated that it was very good in the way the material was delivered and during practice by the resource person.

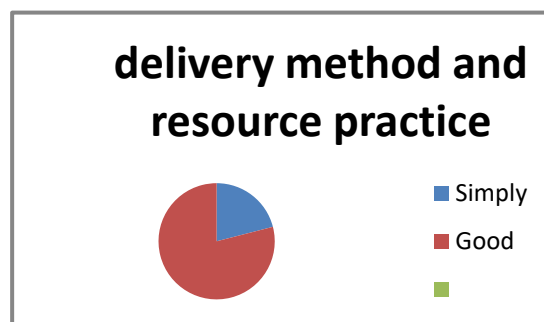


Figure 2. Delivery Method and Resource Practice

When viewed from the participants' readiness to apply the training results in their daily lives and readiness to develop as a business, the evaluation results illustrate the facts presented in tables 3 as follows:

**Tables 3:** Readiness to implement and develop as a business

Skor	Readiness to Implement		Readiness to Develop	
	Jumlah	%	Jumlah	%
1	0	0	0	0
2	0	0	0	0
3	2	10	3	15
4	5	25	5	25
5	13	65	12	60
Total	20	100	20	100

This figure shows that the training has not maximally encouraged participants to make the training results as business capital that will be continued to process health drinks made from horse whip leaves in Bondoyudo Village.

Counseling is a form of non-formal education effort to individuals or community groups that is carried out systematically, planned and directed in an effort to change sustainable behavior in order to achieve increased income, improve welfare to the degree of public health (Hartati et al., 2022).

### CONCLUSION

The training activities can be concluded to have been carried out well, this is evident from the evaluation obtained that almost all participants stated that it was very useful. In addition, participants recognized that with this training activity, they could add insights and skills that could be used in everyday life. This activity can also be used as an alternative to fill time and utilize local, easy and economical raw materials.

### ACKNOWLEDGMENTS

Our gratitude goes to LP2M University of Jember which has provided funding assistance for the beginner lecturer service stimulus, to the Coordinator of the Out of School Education Study Program who has given the author the opportunity to participate in the beginner lecturer service competition grant, the student team who has collaborated in this service activity and the entire research group team (Keris) training and development (Tradev).

### REFERENCE

- Ciptaningtyas, A., Yetti, E., & Hartati, S. (2020). Metode Pelatihan dan Persistensi Berpengaruh terhadap Kompetensi Pedagogik Guru PAUD. *Jurnal Obsesi: Jurnal Pendidikan Anak Usia Dini*, 4(2), 686. <https://doi.org/10.31004/obsesi.v4i2.440>
- Dalimartha Setiawan. (2000). *Atlas Tumbuhan Obat Indonesia Jilid 1*. Jakarta: PT.Pustaka Pembangunan Swadaya Nusantara.
- Darwis, W, Hafiedzani M, Astuti R. R.S. (2012) Efektivitas Ekstrak Akar dan Daun Pecut Kuda *Stachytarpheta Jamaicensis* (L) Vahl Dalam Menghambat Pertumbuhan Jamur *Candida Vaginalis*. *J Konservasi Hayati*, 8(2):1-6
- Defirson, Sabarudin, Sugiarti, & Lestari, U. (2018). Community Empowerment in The Making of Empon-Empon Towards the Achievement of Independent Villages Resistant to Covid-19.

*Abdimas Umtas: Jurnal Pengabdian Kepada Masyarakat LPPM-Universitas Muhammadiyah Tasikmalaya*, 6(1).

Depkes RI. (2000). *Parameter Standar Umum Ekstrak Tumbuhan Obat*. Direktorat Jenderal Pengawasan Obat dan Makanan: Jakarta.

Hartati, Slamet, N. S., Imran, A. K., & Salman. (2022). ... of Gorontalo Local Natural Ingredients to Become Functional Food at Dasa Wisma, South Toto Village, Kabila District, Towards A Resilient Village in The Middle of .... *ABDIMAS: Jurnal ...*, 5(2).  
<http://www.journal.umtas.ac.id/index.php/ABDIMAS/article/view/2246>  
<http://www.journal.umtas.ac.id/index.php/ABDIMAS/article/download/2246/1328>

Irianto K. (2014). *Gizi Seimbang dalam Kesehatan Reproduksi*. Bandung: PT. Alfabeta

Kusumastuti, N. A., & Solihati. (2021). Empowering Housewives in Making Clitoria Ternatea Tea for Reducing Stress. *Abdimas Umtas: Jurnal Pengabdian Kepada Masyarakat*, 5(2), 2707–2712.

Nasution, E., Batubara, A., & Pulungan, F. (2023). Counseling on Giving Turmeric Simplisia Tea Drinks to Breastfeeding Mothers in Telaga Sari Village, Tanjung Morawa District, Deli Serdang Regency. *ABDIMAS: Jurnal Pengabdian Masyarakat*, 6(1), 3285–3289.

Saifudin. A., Rahayu, & Teruna. (2011). *Standarisasi Bahan Obat Alam*. Graha Ilmu: Yogyakarta

Sonjati, E., Nugraha, A., Safitri, A. N., Anggiani, V., & S, M. F. R. (2023). Community Service for Grade IV Elementary Schools by Implementing Healthy Snacks at Cipunagara Public Elementary School. *ABDIMAS: Jurnal ...*, 6(2).  
<http://www.journal.umtas.ac.id/index.php/ABDIMAS/article/view/3109>  
<http://www.journal.umtas.ac.id/index.php/ABDIMAS/article/download/3109/1594>

## APPENDIX



Figure 3. Community service documentation