

Green Empowerment: Strengthening Health Cadres through Family Medicinal Plants in Rural Communities

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Abstract

This started with a large number of people in Kenep Village who complained of minor illnesses, plus lack of knowledge and lack of public awareness of health made the problem even more complex. Therefore, this research aims to provide an overview of community empowerment by developing Family Medicinal Plants (TOGA) cadres to improve health in Kenep Village, Balen, and Bojonegoro. This research used a qualitative research method with a descriptive approach. Data collection techniques were carried out using observation, interviews, and documentation. The research focuses on community empowerment theory, which includes principles of equality, participation, sustainability, and self-reliance. The research results show that the development of TOGA cadres increases public knowledge and health awareness. Based on indicators of the ten most common diseases in 2021, 500 suffering from mild illnesses will decrease to 157 in 2022. This indicates a decrease in minor illnesses since the TOGA cadre empowerment program was implemented. Apart from that, the community also succeeded in innovating various processed products from TOGA, which can increase the selling value of the product. So, this community empowerment for TOGA cadres in Kenep Village is going well and beneficial for TOGA cadres, especially in terms of increasing knowledge, health, and welfare.

Keywords

community empowerment; famili medicinal plants; health

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1. INTRODUCTION

Many people complain of minor illnesses, such as body fatigue or aches, muscle problems, skin diseases, coughs, dizziness, etc. Moreover, the lack of public knowledge and awareness regarding using family medicinal plants (TOGA) makes the problem even more complex. Even though, on the other hand, there is village land available for planting TOGA, it is just that the community still needs to use it optimally.

Therefore, efforts are needed to overcome this problem. The TOGA plant, which has many



benefits, is essential for the people of Kenep Village to pay attention to. With the availability of village land, the Kenep Village Government must make good use of it as land for planting TOGA plants. The Kenep Village Government is tasked with providing direction and outreach regarding the need for more public awareness and knowledge of TOGA plants. This aims to increase the public's information regarding the benefits of the TOGA plant, which can simultaneously overcome various complaints/diseases experienced by the community to improve public health.

Therefore, as a guide or reference to improve public health, the Government issues Regulation of the Minister of Health of the Republic of Indonesia Number 9 of 2016 concerning Efforts to Develop Traditional Health Through Independent Care and Utilization. Therefore, the health improvement strategy aims to encourage people to fulfil their needs for healthy living and independently overcome minor health problems through self-care skills, including using family medicinal plants (TOGA) and acupressure.

Asuhan Mandiri (ASMAN) aims to utilize family medicinal plants (TOGA) and acupressure to build healthy families and help people become independent and healthy. TOGA is a collection of medicinal plants planted and mixed in the home yard to maintain family health. According to Komariah et al. (2020), acupressure is a form of physical therapy that massages and stimulates specific points on the body. Acupressure therapy is a straightforward and effective procedure that is easy to do, has few side effects, and can be used to detect disease in patients.

Medicinal plants are all types of plants that have good properties for maintaining health or treating disease. Medicinal plants are closely related to traditional medicine because most medicinal plants' use is not based on clinical laboratory research but rather on the experience of use (Harmida, 2011). Another definition of traditional medicinal plants according to the Indonesian Ministry of Health defines medicinal plants. In the regulation of the Minister of Health of the Republic of Indonesia No. 149/SK/Menkes/IV/1978, namely 1) Plants or parts of plants used in traditional medicine or medicinal plant materials; 2) Plants or parts of plants used as medicinal raw materials; and 3) Plants or plant parts are extracted and plant extracts are used as medicine.

People generally use TOGA plants as daily necessities to treat diseases. According to Sari & Andjasmara (2023), understanding the benefits, properties, and types of certain plants causes family medicinal plants to become the family's choice in choosing safe, natural remedies. This is supported by the research of Anita et al. (Agus Lestari et al., 2020), which emphasizes that people usually get these plants by looking for them in their yards and forests, and they can also be purchased at the market. Look at the conditions in Kenep Village itself. You can also find many medicinal plants scattered throughout the community, but the community still needs to utilize them optimally to overcome health problems. The people of Kenep village still tend to rely on chemical treatments.

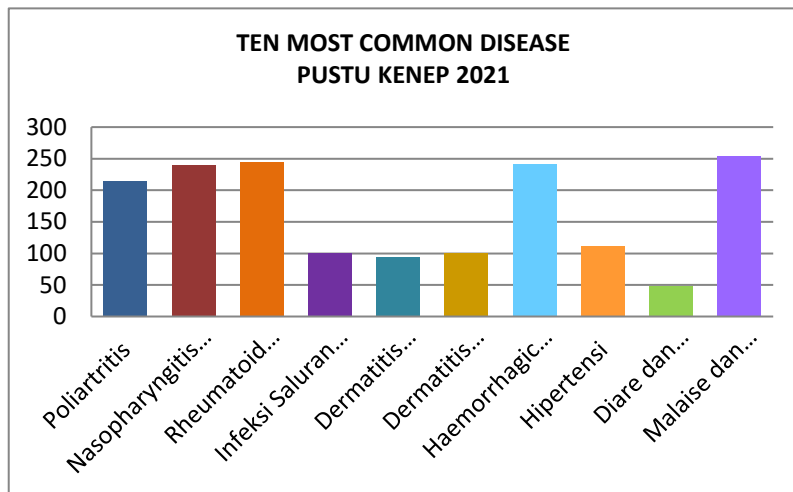
In this case, a unique treatment is needed using TOGA and acupressure so that people know how to maintain health by using plants that have medicinal properties and are easy to obtain according to the dosage used in the area. Apart from TOGA, an acupressure technique can treat various diseases. Self-care is a very easy, affordable, efficient, and safe way to stay healthy. This began with the socialization of traditional healing services carried out by the Balen Community Health Center in Kenep Village, specifically in the RT 02, where public interest in the preservation and use of TOGA and acupressure began to grow. So, the Kenep Village Government issued Decree Number 141/18.B/KEP/13.2013/2020 concerning the formation of the TOGA and Acupressure Independent Care Group in Kenep Village in 2020, as well as Decree Number 141/18.C/KEP/13.2003/2020 concerning the determination of the Kenep Village TOGA Asman Cadre. The formation of TOGA Cadres aims to increase community participation, role, and awareness in using family medicinal plants to empower the community to improve public health.

Conceptually, empowerment or empowerment comes from the word power because the main idea of empowerment is related to the concept of power. Empowerment, seen from the aspect of cooperation, is a goal process. Rukminto stated that community empowerment is a development process where the community leads the process of social action to improve its situation and conditions. Community empowerment is carried out by involving the community itself. The goal to be achieved from community empowerment is to shape individuals and communities to become independent (Sulistiyani, 2004). This independence includes thinking, acting and controlling their actions (Margayaningsih, 2018). Achieving community independence requires a process. Through learning, people will gradually gain abilities or power over time.

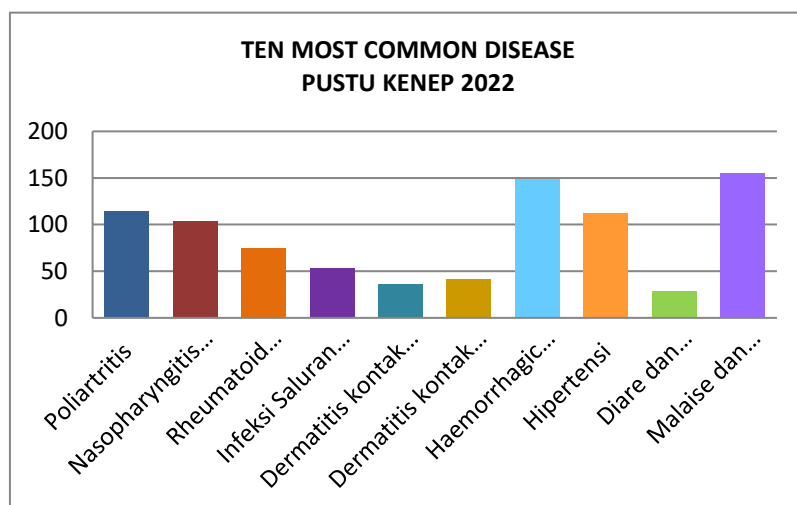
Four principles of community empowerment are commonly used to create successful empowerment programs. The principles are equality, participation, sustainability, and self-reliance or independence (Rasang, 2020). Equality is the main principle that must be considered in strengthening society. This means there is equality between men and women in society and institutions implementing community empowerment programs. The principle of participation is an empowerment program that prioritizes community independence. The community plans, implements, monitors, and evaluates participatory programs.

The principle of sustainability is that an empowerment program must be designed or arranged in such a way as to be sustainable, even though initially, the role of the facilitator is more dominant than that of the community. However, as time goes by, people will be able to manage their activities. Meanwhile, the principle of self-sufficiency or independence, namely respecting and prioritizing community capabilities rather than the support or assistance of other parties, This concept does not view poor people as objects without abilities but rather the opposite (Karnoto & Ratna, 2023)

This research provides community empowerment activities to overcome public health problems. Things that cause insanity or abnormalities in terms of health can be called health disorders. This community empowerment activity can help the community overcome all health problems, especially minor illnesses experienced by the people of Kenep village, so that it can improve the population's health in the future. This research provides community empowerment activities to improve population health. Efforts to improve health are activities aimed at maintaining and improving health to create an optimal level of health for the community. Healthy behaviour and people's ability to live a healthy and clean lifestyle help improve health. Therefore, one of the primary efforts in the health sector is to increase awareness and encourage people's independence to live a healthy lifestyle. The following is data on the ten most common diseases suffered by the people of Kenep Village:



a) **Figure 1.** List of the Ten Most Common Diseases from PUSTU Kenep in 2021 (Source: PUSTU Kenep)



- b) **Figure 2.** List of the Ten Most Common Diseases from PUSTU Kenep in 2022 (Source: PUSTU Kenep). Figure 1: Based on data from the ten most common illnesses at PUSTU Kenep in 2021, 500 people suffer from mild illnesses. This number can be significant if seen from the number of people in Kenep village, which reached 2,694 in 2021. Figure 2: Based on data on the ten most common diseases from PUSTU Kenep in 2022, the number of people suffering from mild illnesses fell to 157 as of December 2022. The existence of this TOGA cadre empowerment program has had a positive impact on improving the health of the people of Kenep Village, marked by a significant decrease in the number of people suffering from mild pain.

2. METHODS

The method used in this research is a qualitative research method with a descriptive approach. One of the reasons for using qualitative methods is the researcher's experience, which can reveal and help understand what is behind phenomena that are sometimes difficult to understand. This research aims to explain or describe community empowerment activities by developing TOGA cadres to improve health in Kenep Village, Balen District, and Bojonegoro Regency. Before community empowerment activities are carried out, preparations are made by the Kencono Ungu Independent Care Group, namely by carrying out 1) a TOGA demonstration, 2) acupressure skills development, and 3) group garden maintenance.

Data collection methods are essential because research requires valid data to produce valid conclusions. The data collection techniques used in this research are observation, interviews, and literature reviews of various research findings and previous research related to this topic. Through literature reviews, researchers can access and collect previous research findings related to the discussed research topic. In this case, the researcher identified previous and existing research that is still relevant to the topic under study, namely community empowerment activities through the use of TOGA plants. This research focuses on the community empowerment theory, according to Najiyati et al., which includes the principles of equality, participation, sustainability, and self-reliance.

The sampling method is a technique or method of determining the number of samples and sample units from a population that will be used in a study. According to Sugiyono, the sampling techniques that are more often used in qualitative research are purposive sampling and snowball sampling. Purposive sampling is a technique for sampling data sources with specific considerations; for example, the person knows best about what we expect. Snowball sampling is a technique for sampling data sources that are initially small in number but become significant over time. This research uses purposive sampling and snowball sampling techniques. The informants who were

sources of information in this research were the Kenep Village Head, TOGA cadres, and the Kenep village community.

The research data was analyzed using an inductive method, and researchers also used Miles and Huberman data analysis (Susanti & Wahyudi, 2018); the data was processed by reducing the data first, which focused on simplification, abstraction and transformation of rough data that emerged from the notes when researchers conduct research in the field, thereby helping researchers focus on the findings. Then, representing the data as a structured information collection allows for drawing conclusions and taking action.

3. FINDINGS AND DISCUSSION

Based on research findings by Karnoto and Ratna (2023), the Government's efforts to implement community empowerment include several action programs in various fields such as health, economy, society, disaster prevention, fire, and law. One example of the Government's approach to community empowerment is using family medicinal plants (TOGA). Based on the research results obtained, the application of community empowerment principles to develop TOGA cadres in Kenep village uses community empowerment theory according to Najiyati et al., which consists of the principles of equality, participation, sustainability, and self-reliance or independence (Rasang, 2020). The following is a description of the application of these principles :

- **Principles of Equality**

According to Purnamasari and Ma'ruf (2020), the main principle that must be adhered to in empowering community members is equality. This means there is equality regardless of anyone. In the empowerment process, it is essential to prioritize equality between institutions and communities implementing empowerment programs. Each stakeholder will be able to recognize each other's strengths and weaknesses and share knowledge, experience, and support (Karnoto & Ratna, 2023). The implementation of equality in the community empowerment program in Kenep Village is an essential thing because it can improve the relationship between institutions and the community; in this case, this means that the Kenep Village Government, TOGA cadres, and the Kenep Village community can be better established without any gaps.

In implementing TOGA cadre development in Kenep Village, the community took part in TOGA cadre development activities to learn from each other without discriminating against gender, let alone their respective abilities/ skills. Apart from that, the implementation of TOGA cadre development is also regardless of the status of the community, whether from the upper, middle or lower classes, everyone joins together to participate in community empowerment activities with enthusiasm. This is to the researcher's interviews with TOGA cadre members who

stated that the community empowerment activities were attended by all groups, from children and youth to mothers and fathers. The people of Kenep village participated enthusiastically in the TOGA planting activity and followed the TOGA cadres' directions well.

Empowerment based on the principle of equality implemented by the Kenep village government can be seen through the socialization of TOGA cadre development, which is guided directly by the Balen Community Health Center regarding traditional health services. Through these activities, public interest in the preservation and use of TOGA and acupressure began to grow. Apart from that, people with minimal knowledge about traditional medicine have become aware and developed an interest in developing family medicinal plants (TOGA) in their daily lives.

- Principles of Participation

Empowerment programs that encourage community independence are participatory programs planned, implemented, monitored, and evaluated by the community. According to Nardin (2019:143 in Purnamasari & Ma'ruf, 2020), increasing public awareness can be achieved through structured skills that can be developed in a participatory manner and by externalizing local knowledge, usually obtained through outside experience.

Based on the results of observations made by researchers, the implementation of TOGA cadre development in Kenep village was well planned by the Kenep Village Government with the issuance of Decree Number 141/18.B/KEP/13.2013/2020 concerning the formation of the TOGA Independent Care and Acupressure Group in Kenep Village in 2020, as well as Decree Number 141/18.C/KEP/13.2003/2020 concerning the determination of the Kenep Village TOGA Asman Cadre. This is good, structured initial planning. The existence of the TOGA cadre development empowerment program makes the community participate in improving health. This is in line with establishing the TOGA Cadre to increase community participation, role, and awareness in the use of family medicinal plants to empower the community to improve public health. TOGA cadres socialize and develop TOGA activities in their respective environments.

The results of interviews conducted by researchers show that several people in Kenep village have preserved the nation's cultural heritage by having family medicinal plants in their yards and using them to maintain health. Utilizing empty land in the RT 02 area makes the land beautiful and clean while educating the local community about TOGA plants. The local community can develop TOGA in their homes, making their yards neater and more beautiful and becoming a living pharmacy in people's homes. This is a concrete manifestation of community participation in developing TOGA cadres.

- Sustainable Principles

Sustainability has a reasonably broad meaning: the ability to do something without time limits. Sustainable means resilience, balance, and connectedness. The World Commission on Environment and Development defines sustainability as the ability to meet current needs without compromising the ability of future generations to meet their own needs (Effendi et al., 2018). Empowerment programs must be designed to be sustainable, even though the role of companions is more significant than that of the community. However, as society's control over its activities increases, the role of companions is slowly and indeed reduced or even eliminated (Purnamasari & Ma'ruf, 2020).

In this case, the Balen Community Health Center independently assists cadres and families using TOGA and acupressure. The community's enthusiasm for the independent use of TOGA and acupressure has made the ASMAN TOGA Kencono Ungu Group even more enthusiastic about developing TOGA, carrying out practices, and counselling the community about how to use TOGA and acupressure to treat minor health problems independently.

The ASMAN TOGA Kencono Ungu group uses empty land in the TOGA environment to cultivate spices. Spices cultivated include lemongrass, elephant ginger, esprit ginger, red ginger, turmeric, white turmeric, white ginger, aromatic ginger, essential ginger, and vanilla. ASMAN Kencono Ungu members cultivate to meet their needs for processed toga production and consumption.

This community empowerment program, through the development of TOGA cadres, was designed and arranged in such a way as to be sustainable. However, initially, the role of the Balen Community Health Center was more dominant than that of the Kenep village community. Over time, the Kenep village community was able to manage its activities. As a form of program sustainability, families assisted by ASMAN TOGA Kencono Ungu independently develop the knowledge gained from counselling at the Balen Community Health Center to handle minor complaints that assisted families, including dizziness, backache, aches, flatulence and menstrual problems often experience. Supported families often use medicinal plants grown at home and apply acupressure to treat complaints independently. Apart from that, the program's sustainability can also be seen from the innovative creation of various processed products carried out by the assisted families, which can increase the selling value of the products to improve the family's economy. This activity is constantly monitored and evaluated by TOGA Cadres, accompanied by the Balen Health Center Facilitator and the Kenep Village Government as the person responsible for the activity.

ASMAN TOGA Kencono Ungu collaborates with related parties from the Department of

Agriculture, which provides seeding, planting, plant care, harvest, and post-harvest care counselling. Apart from that, there is also guidance on making compost for plant care. Then, with the ASMAN TOGA Kencono Ungu Environmental Service, they procured TOGA plant seeds, green the roadside, and vegetable seeds. ASMAN TOGA Kencono Ungu also collaborates with the Health Service regarding food safety and processing production permits to obtain certificates and Production Permit Numbers (PIRT) for marketing ASMAN TOGA Kencono Ungu products in collaboration with BUMDES in Kenep Village.

- Principles of Self-Sufficiency and Independence

Self-reliance involves respecting and prioritizing community expertise over support or assistance from other parties: bottom-up approach, namely efforts to eradicate poverty through community empowerment. In the empowerment process, the community is recognized as an essential actor who must have independence (Purnamasari & Ma'ruf, 2020). By the principle of self-reliance, the Kenep village government respects and prioritizes the abilities of its community over the support and assistance of other parties. The success of the ASMAN TOGA Kencono Ungu group proves this.

In 2020, ASMAN TOGA Kencono Ungu participated in the ASMAN TOGA competition held by the Bojonegoro District Health Service. In this competition, the ASMAN TOGA Kencono Ungu group won first place at the district level, where various ASMAN TOGA groups in Bojonegoro Regency attended the competition.

Apart from that, the TOGA Kencono Ungu Independent Care Group, Kenep Village, which is under the auspices of the Balen Community Health Center, is also one of the representatives of Bojonegoro Regency to take part in the assessment selection for the Traditional Health Independent Care Group through the use of TOGA and acupressure at the East Java Provincial Level in 2022. Of course, this alone gives Kenep village a unique sense of pride because, through ASMAN TOGA Kencono Ungu, Kenep village can be known as a village that cares about the quality of its people's health.

With ASMAN TOGA and acupressure, the people of Kenep Village can utilize medicinal plants in their home environment. They can also treat minor complaints they feel independently using the acupressure method. The ASMAN TOGA Kencono Ungu group uses herbal ingredients found in the environment to be processed into essential ingredients for various processed foods and drinks. The fostered families innovate various processed products, which, of course, can increase the selling value of the products in order to improve the family's economy. If this processed production continues to be carried out sustainably, then in the future, the community

can be more economically independent and open up as many job opportunities as possible for other communities to reduce the existing unemployment rate.

The many plants in the ASMAN TOGA Kencono Ungu environment are the background for innovation in making food and drinks, including rosella, moringa, chive, turmeric, tamarind, and plebeian. From some of these ingredients, the ASMAN TOGA Kencono Purple group processes them into Selamon (Lemon Roselle), Dokel (Moringa Donuts), Uyup-Uyup (Gepyokan), Tamarind Turmeric, Gapit Rosella, and Gapit Chives. This innovative product helps increase stamina, improve blood circulation, reduce hypertension, and reduce excess cholesterol levels.

4. CONCLUSION

This community empowerment activity for TOGA cadres in Kenep Village, Balen District, and Bojonegoro Regency increased community knowledge and health awareness. There is limited data used in this research, which makes the results of the research conducted by researchers less than optimal. Based on indicators of the ten most common diseases in Kenep Village in 2021, 500 people suffered from mild illnesses, which decreased to 157 people suffering from mild illnesses in 2022. This indicates that there has been a decrease in sufferers from mild illnesses since the TOGA cadre empowerment program was implemented.

Based on the research results obtained using community empowerment theory, which consists of the principles of equality, participation, sustainability, and self-reliance or independence (Rasang, 2020), the researcher drew the following conclusions:

a. Principles of Equality

In implementing this TOGA cadre development empowerment, there are no gaps between the community, where the community participates in TOGA cadre development activities to learn from each other without discriminating between genders, let alone their respective abilities and skills. Apart from that, the implementation of TOGA cadre development is also regardless of the status of the community; whether from the upper, middle, or lower classes, everyone joins together to participate in community empowerment activities with enthusiasm.

b. Principles of Participation

The existence of the TOGA cadre development empowerment program makes the community participate in improving health. TOGA cadres socialize and develop TOGA activities in their respective environments.

c. Sustainable Principles

This community empowerment program, through the development of TOGA cadres, was designed and arranged in such a way as to be sustainable. However, initially, the role of the

Balen Community Health Center was more dominant than that of the Kenep village community. Over time, the Kenep village community was able to manage its activities.

d. Principle of Self-Sufficiency or Independence

With Asman Toga and acupressure, people can utilize medicinal plants in their home environment and independently overcome minor complaints they feel using the acupressure method. Apart from that, foster families have also succeeded in innovating various processed products, which can increase the selling value of the products and improve the family's economy.

So, it can be concluded that the community empowerment activities for developing TOGA cadres in Kenep Village are going well and beneficial for TOGA cadres, especially in increasing knowledge, health, and welfare. The Kenep village government must continue to help the community overcome health and economic problems by providing various empowerment programs, such as the TOGA cadre development empowerment program. Apart from that, the Kenep village community must also be active in increasing its capacity by participating in various kinds of empowerment programs that are being held so that the community will feel various benefits if it actively participates in empowerment activities.

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