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Optimizing Green Lapak to improve youth economic welfare through herbal beverages

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ABSTRACT

Indonesia, as a tropical country, possesses abundant biodiversity, including medicinal plants that hold great potential in supporting both public health and economic resilience. This community service program was conducted in Pegagan Village, Cirebon Regency, in response to the economic downturn and limited employment opportunities faced by local youth due to the COVID-19 pandemic. The main objective of this program was to empower youth through training in the construction and utilization of a Green Lapak (a sustainable planting structure) for cultivating herbal plants that can be processed into traditional health beverages. The methods included several strategic stages: socialization, technical training, field practice, and structured mentoring and evaluation using Focus Group Discussion (FGD) and checklist forms. The results showed that youth participants, organized under the BhoBand community group, gained sufficient knowledge and skills to independently cultivate herbal plants using eco-friendly materials such as bamboo and paranet. This program effectively enhanced local skills, environmental awareness, and economic opportunities. With a collaborative and participatory approach, this initiative has the potential to be expanded as a sustainable economic empowerment model based on local herbal resources.

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ABSTRAK

Indonesia sebagai negara tropis memiliki kekayaan hayati, termasuk tanaman herbal yang berpotensi besar dalam menunjang kesehatan dan perekonomian masyarakat. Pengabdian masyarakat ini dilaksanakan di Desa Pegagan, Kabupaten Cirebon, sebagai respons terhadap dampak pandemi COVID-19 yang menyebabkan penurunan pendapatan dan keterbatasan akses pekerjaan bagi pemuda setempat. Tujuan dari kegiatan ini adalah memberdayakan pemuda melalui pelatihan pembuatan Green Lapak sebagai media budidaya tanaman herbal yang dapat diolah menjadi produk minuman tradisional bernilai ekonomi. Metode pelaksanaan pengabdian meliputi beberapa tahapan strategis, mulai dari sosialisasi, pelatihan teknis, praktik pembuatan Green Lapak, hingga pendampingan dan evaluasi melalui diskusi kelompok terfokus dan lembar ceklist. Hasil kegiatan menunjukkan bahwa pemuda yang tergabung dalam komunitas BhoBand mampu memahami dan mempraktikkan budidaya tanaman herbal secara mandiri, memanfaatkan bahan lokal seperti bambu dan paranet dalam pembangunan Green Lapak. Program ini berhasil meningkatkan keterampilan, partisipasi, dan kesadaran lingkungan masyarakat, serta membuka peluang ekonomi baru berbasis potensi lokal. Dengan pendekatan kolaboratif dan partisipatif, pengabdian ini berpotensi dikembangkan lebih lanjut sebagai model pemberdayaan ekonomi berkelanjutan berbasis tanaman herbal.

Kata Kunci: COVID-19; kesejahteraan ekonomi pemuda; minuman herbal

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INTRODUCTION

Indonesia is a tropical country that has abundant biological wealth. All natural resources found in this country make a significant contribution to human life. Among the natural resources in Indonesia are herbal plants, which possess various properties. These herbal plants can serve as an alternative source of benefits for the Indonesian people, particularly by being utilized in traditional or natural medicine (Pujiati & Rochmawati, 2022). One of the properties of herbal plants is to support and enhance the body's immune system. Body immunity must certainly be maintained so that every human activity is not disrupted, because, as is known, a pandemic has hit the world and requires humans to maintain their body's immunity so that they are not exposed to the virus. The solution offered in Indonesia utilizes herbal plants as a tool to maintain the body's optimal immunity. This herbal plant is a medicinal plant with beneficial properties (Agustina et al., 2022).

The COVID-19 pandemic has had a profound impact on human life activities, as social creatures who rely on interaction with others. The beginning of this pandemic was in the Wuhan area of China. This outbreak occurred in a market cluster where meat was sold, and one of the meats sold was suspected to be the cause of the outbreak (Aeni, 2021). COVID-19 has various variants that are highly contagious and pose a threat to human safety. The pandemic period triggered mutations in the virus, producing various forms that differ in type, transmission pattern, and malignancy, making humans more susceptible to the virus (Susilo et al., 2022). The government implements health protocols to prevent and break the chain of transmission by implementing 3M (Washing hands, wearing masks, and maintaining distance). In addition to implementing 3M, it is necessary to make efforts to maintain and increase the body's immunity, one of which is by consuming herbal drinks. Using herbal medicines or various products derived from herbal plants is a preventive measure because these products contain secondary metabolites that can enhance the body's immunity (Shaleha & Yuliana, 2022).

Herbal plants that can help maintain body immunity are found in the Zingiberaceae family. This plant is commonly used by the Bugis and Makassar tribes (Rukmana & Zulkarnain, 2022). Herbal plants can be used to support the body's immune system. Additionally, ginger is the most commonly used herbal plant. This plant is used by the elderly, who feel a sense of fitness in their bodies, thereby maintaining their body's immunity during the pandemic (Lisma & Rangkuti, 2021). Based on the results of previous research, this service represents an effort to utilize herbal plants in traditional drinks to enhance the economic level in Pegagan Village. The method used to utilize the herbal plant involves the use of a medium called Green Lapak.

Cirebon is one of the regions in West Java that has natural resources, including herbal plants. The local people should utilize the herbal plants that grow in the Cirebon area effectively to improve their economic level and meet their needs. Optimizing Green Lapak to create traditional drinks that support the body's immunity is one way the local community can contribute. It is hoped that the use of these herbal plants will help improve the local economy. Herbal drinks have a unique character, but many people are reluctant to try them because they are often considered "herbal medicine," a form of herbal plant utilization that is widely practiced in Indonesia (Emelda et al., 2023). Buyers do not want to eat because of the old and bitter sensation. Additionally, herbal drink manufacturers often package their products in unconventional and unappealing ways (Intan et al., 2019). Therefore, the goal of raising the economic level in the region will be much more effective if followed by a deep understanding of how to convince buyers and good branding for the herbal drink products to be produced.

Literature Review

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Herbal Plants

Herbal plants are one type of plant that can be used for the human body. This herbal plant has been identified to contain beneficial compounds that can be used as a preventive measure, a cure, and to perform specific biological functions (Grenvilco et al., 2023). Herbal plants possess various properties that can enhance the body's immunity during the ongoing pandemic. Additionally, herbal plants can be used to boost the economy in areas where they are produced. Herbal plants can also be considered living pharmacies that can be utilized directly by planting them in the yard or garden. Herbal plants can provide good air circulation for the home, support reforestation efforts, a government program, and serve as a source of side income for families. They can also be used as spices for culinary purposes (Jupri et al., 2024).

Public knowledge about the benefits and uses of herbal plants remains very limited, especially in the field of medicine. The public is more aware of how to handle chemicals because they are commonly used in the community (Yulandasari et al., 2023). This herbal plant has medicinal uses and can serve as an alternative for individuals seeking more accessible treatment options. The treatment mechanism carried out using herbal medicine can be applied, pasted, or spread. Additionally, herbal medicines can typically be prepared by boiling and then consumed (Kameswari, 2023).

Cultivation of Herbal Plants

Anyone can do the cultivation of this herbal plant, as herbal plants are often referred to as family medicinal plants, or commonly known as TOGA. All efforts to cultivate TOGA should be accompanied by an expert to improve the quality and quantity, thereby optimizing the cultivation of herbal plants (Sari et al., 2022). In addition to mentoring, in-depth training is necessary so that the community can independently cultivate these herbal plants, including instruction on the types of herbal plants that can be cultivated and the suitable planting media to use. Cultivating herbal plants can also improve one's economic status. Herbal plants can be used as medicine or as snacks that can be traded, as they offer numerous benefits (Marina et al., 2023).

Herbal plant cultivation techniques have various methods, one of which is cultivation with hydroponic techniques. This technique is quite effective because it saves time and is easy for anyone to use. Additionally, this technique can deter animals, such as chickens or other poultry, from approaching herbal plants. It has been reported that livestock, such as chickens or other poultry that scavenge for food, can also damage crops with hydroponics. Therefore, there is a need for increased innovation in horticulture, and the community must understand hydroponic techniques (Hayati et al., 2021). This technique can be effectively conveyed to the community, allowing them to teach it efficiently.

METHODS

Community service activities are carried out in several strategic stages to achieve the desired goals. The purpose of this service is to improve the economic status of the residents of Pegagan Village and explain the stages carried out in this service (**Table 1**). The training carried out at this service was shown to take advantage of Green Lapak activities by creating a design for the training, including the materials to be delivered and the target audience for this training. The target of this training was the youth of BhoBand Pegagan Village, which consisted of only five people. The stages of implementing the service are outlined in **Table 1** below.

Table 1. Stages of Service

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Stages of Service	Indicators
Assessment of activity plans	Teaching materials for socialization to the community Data collection of people who participated in training activities
Socialization of the implementation of Green Lapak	Inform about the technical implementation, monitoring, and evaluation of training
Field practice	Stall making, nurseries, fertilizing, maintenance, processing, and marketing of traditional beverages
Assistance in optimizing Green Lapak	Conducting evaluations by way of FGD and filling out checklists by participants

Source: Devotion 2024

The final stage of this service involves assisting in optimizing Green Lapak in Pegagan Village. This stage involves evaluating the results of the completed activities. The evaluation was conducted through a Focus Group Discussion (FGD). At the FGD stage, questions will be asked about the participants' understanding and the results obtained after they have practiced in the field. Additionally, a checklist sheet is used to determine what has been accomplished by the participants. The success of optimizing Green Lapak is evident from the extent to which participants understand it and the results obtained.

RESULTS AND DISCUSSION

The activities carried out in this service began with collecting data to identify strategic locations for the service, the area where the community service is located in Cirebon Regency. One of the villages in Cirebon Regency that was targeted was Pegagan Village, where young people partnered with local village officials, later forming BhoBand. During the pandemic, many of these youths experienced a setback in their income due to being dismissed from the workforce and still staying at home, making it difficult for them to find employment. The capital required to open a business was minimal, so this phenomenon necessitated a solution in the development and empowerment of the youth in Pegagan Village.

The main stages carried out in this service consist of preparing and making Green Lapak. During the training carried out by participants, they were taught about the preparation of making Green Lapak, including the materials needed for its manufacture and the subsequent stages. Then, participants carry out field practice activities for creating Green Lapak, guided by experts and the service team, ensuring that the procedures are carried out according to the listed guidelines. It is hoped that this service will serve as a stepping stone for the residents of Pegagan Village to improve their economic level by utilizing Green Lapak as a medium for cultivating herbal plants, thereby allowing the cultivation results to be processed into products such as herbal drinks.

Preparation for the Creation of Green Stalls

At this stage, preparations were made through socialization with the BhoBand youth. During the socialization stage, the service team and the youth of BhoBand Pegagan Village collaborated to equalize perceptions related to the creation of Green Traditional Plant Stalls. The service team provides information on the technical implementation, monitoring, and evaluation of training. This initial perception is sought to ensure synchronization and facilitate planning, development, and training that contribute positively to the youth actors of BhoBand Pegagan Village. In addition, preparations for making Green Lapak were held for the BhoBand youth. Participants were given directions on what to prepare to make Green Lapak. The materials required for preparing Green Lapak are listed in **Table 2** as follows.

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Table 2. Ingredients for Making Green Stalls

Ingredients	Details
Vacant Land	Vacant land measuring 5m x 5m
Bamboo	30 pieces of bamboo with a diameter of 7cm-10cm
Rubber	Rubber comes from scrap tires to bind bamboo.
Asbestos	Asbestos has three types.
Paranet	Paranet as a plant protector used as a roof/cover of Green Lapak measuring 5 m x 7 m
Wood Paint	Two 200 cc cans of white wood paint
Complementary Materials	Complementary materials such as one-roll wire, nails, scissors, shovels, thinners, brushes, and more

Source: Devotion 2024

The materials in **Table 2** are those required for the herbal plant planting media used by the participants. Later, these materials will be processed into a site for planting herbal plants, such as vacant land suitable for herbal plant cultivation. The vacant land will be equipped with a protective roof and bamboo as a support structure, serving as a space for the Green Lapak project to be developed in collaboration with the service team and residents, who will work together to create Green Lapak. In addition, other materials are needed, such as polybags, soil, fertilizer, husks, and traditional plant seeds consisting of ginger, turmeric, temulawak, and kencur. An antifungal liquid is also required.

Creation of Green Stalls

The stages of making Green Lapak are the practicum stages of materials that have been collected previously. At this stage of practice, it is carried out by BhoBand youth with the assistance of the service team and resource persons exclusively and continuously. This activity began with the selection of superior seedlings for traditional plants that are either feasible or already mature. The seedlings are then soaked in an antifungal liquid and dried before the planting process begins. Coverage of sustainable activities starts with FGD, which discusses goals, planting, nurseries, and other topics.

The creation of Green Lapak as a place for the cultivation of herbal plants. Traditional plants that are old or suitable are first dipped in an antifungal solution and soaked, so that they are not susceptible to fungi later on. After soaking, dry it first before putting the plant in a polybag. The process of planting traditional plants, consisting of ginger, turmeric, temulawak, and kencur abru, can be done after the plants have dried. The process of building the Green Lapak and planting traditional plants, as shown in Figure 1, took two weeks.

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Figure 1. Traditional Plant Cultivation
Source: Author Documentation 2024

The activities carried out will be monitored and evaluated by the Service Team. The form of monitoring is in the form of a checklist provided by the service team, detailing activities based on the FGD phase (objectives, sketch of Green Land, training, nursery practices, planting, and maintenance). An evaluation is then carried out in conjunction with the monitoring. The evaluation of activities was conducted comprehensively for the youth of BhoBand Pegagan Village, the service team, and resource persons to track the progress of cultivation and provide recommendations for the maintenance phase.

Discussion

Community service activities in Pegagan Village, Cirebon Regency, yielded several important findings that reflect the needs and potential of local communities, particularly youth, in enhancing their post-pandemic economic welfare. The importance of the regional data collection process before implementing the service lies in its usefulness for identifying strategic locations and the right target groups. In this case, Pegagan Village, with its active youth community, is economically affected. This process ensures that the interventions carried out are based on the real conditions and needs in the field.

There is a local youth community called BhoBand, which has collaborated with village officials. This community is a strong social asset because it has a structure and network that facilitates the implementation of the program. The phenomenon that occurs is that the youth community is like a double-edged sword; if youth do not possess good abilities in utilizing existing natural resources, they also need skills to utilize them (Yunas & Nailufar, 2021). The existence of BhoBand shows that collaboration between youth and the village government has great potential in supporting empowerment programs. Related to the socio-economic impact of the pandemic on youth, such as job losses and limited business capital. This issue underscores the importance of economic empowerment programs that are not only short-term but also sustainable. Steps that can be taken by the government, especially to mitigate the socio-economic impact on youth, include utilizing the potentials that exist around them, while also respecting local values (Istiryani, 2015).

As a solution to these problems, Green Lapak can be an innovative medium for economic empowerment based on local agriculture. This concept presents an opportunity to develop medicinal plants, as the

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cultivation of herbal plants does not require ample space, and the development of herbal medicine or the herbal medicine industry is still relatively extensive (Mahmudah et al., 2023). The Green Lapak concept provides a space to cultivate herbal plants, whose products can be processed into valuable items such as herbal drinks. This opens up new opportunities for youth to start micro-businesses based on local resources. Communities can take advantage of this opportunity to help reduce the economic disparity of the basic community, mainly since herbal plants can usually be found in the yards of residents' homes (Hasanah et al., 2023; Yudha & Soebiantoro, 2024). The synergy between the service team and the youth in equalizing perceptions related to the technical implementation of activities. This harmony is the key to success in building programs that are inclusive and tailored to the community's needs. The use of the environment with simple equipment, avoiding the use of chemical substances, is an alternative to conventional cultivation (Rizkiyah et al., 2022).

The implementation of activities in a participatory manner shows that hands-on practice-based training is more effective in transferring new skills. The practices taught in these activities give rise to new competencies, which in turn can lead to new areas of work and expertise in specific fields (Salsabila & Hertati, 2022). In practice, the use of local and environmentally friendly materials, such as bamboo, used tires, and parnets, for the construction of Green Lapak shows that the program is not only cost-effective but also oriented towards environmental sustainability. In addition, cultivating herbal plants can be done directly in the yard of the house, eliminating the need for a large amount of land and reducing environmental pollution associated with cutting down and clearing other land (Martadona et al., 2021). The cultivation of herbal plants needs to be well preserved because it can open up numerous opportunities that can enhance the family's and regional economies. There needs to be significant training made for the community regarding the management and utilization of yards, the role of the government is undoubtedly important to support the economic improvement of the use of the surrounding environment so that the standard of living in the surrounding environment increases (Banowati et al., 2024; Muchlis et al., 2024).

Planting herbs requires a solid foundation in planting techniques, as well as specific skills to achieve effective results, including seed preparation, proper use of planting media, and effective plant maintenance (Dewi & Widiyawati, 2019). In the technical manufacturing process, it was also found that the training included proper plant cultivation techniques, such as selecting superior seedlings and soaking them in an anti-fungal liquid. Simple technology transfer is required to improve the quality of local agricultural production in the cultivation of herbal crops. A basic understanding of what herbal plants can be cultivated is crucial in a society that still lacks literacy, so there is a need for technology transfer. The use of advanced technology applications to identify the types or species of herbal plants that need to be preserved opens up opportunities for the community to utilize traditional medicine even more (Nasution et al., 2021). Furthermore, the implementation of a structured monitoring and evaluation system, utilizing a checklist form to track activities, enables an objective assessment of the program's success while providing opportunities for future improvement. Monitoring is carried out to determine the level of achievement and conformity between the plan that has been set and the results achieved during the activity. Additionally, monitoring is conducted to identify any issues that may arise during activities aimed at achieving goals (Rini et al., 2024).

This activity has the potential for sustainability and community-based development of herbal products. The use of plants such as ginger, turmeric, temulawak, and kencur demonstrates that villages possess natural resources that can be leveraged to support local entrepreneurship (Permana et al., 2022; Yasbiati & Rahman, 2016). Thus, this service program is not only a temporary solution, but also the beginning of economic change based on local potential that can continue to be developed.

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The follow-up program for this community service activity involves providing coaching and assistance to the youth of BhoBand Pegagan Village, Cirebon Regency, within a mutually agreed-upon period. The processing of traditional crop crops and the selection of ample land as a new and reprogrammed Green Lastall, so that it is expected to become productive land as an effort to improve the economic welfare of youth in Pegagan Village, Cirebon Regency.

CONCLUSION

Community service activities in Pegagan Village demonstrate that an approach based on youth participation and the utilization of local potential can be an effective solution in addressing post-pandemic economic challenges. Through the establishment of Green Lapak, youth members of the BhoBand community gain knowledge, skills, and access to basic technology to cultivate herbal plants as a new source of income. The structured implementation process, encompassing socialization and technical training, field practice, and evaluation, demonstrates that collaboration between the academic team and the village community can yield relevant, sustainable, and effective programs. This effort is expected to be the first step in increasing the economic independence of youth and encouraging the development of local herbal products with commercial value.

AUTHOR'S NOTE

The author states that this article was compiled without any conflict of interest, and all data and content presented are original and free from elements of plagiarism

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