



JCSH

JOURNAL OF COMMUNITY SERVICE
FOR HEALTH

<http://ojs.phb.ac.id/index.php/jcsh>

Empowering Housewives in Improving Family Health Through Manufacturing Training Traditional Herbal Drink



Andy Hayyun Abiddin¹ , Mujito¹ , ^{CA}Ning Arti Wulandari² 

¹Poltekkes Kemenkes Malang, Indonesia

²STIKes Patria Husada Blitar, Indonesia

^{CA}Corresponding Author

Article Information

History Article:

Received, 26/05/2025

Accepted, 03/11/2025

Published, 31/05/2026

Keywords:

Housewives,
Traditional Herbal
Drink

Abstract

The transformation of the health system is focused on comprehensively addressing health problems and strengthening disease prevention. Traditional drinks in Indonesia are known as "jamu" which have long been made and consumed as a drink for relaxation and refreshment and are believed to be beneficial for health for generations. The purpose of this activity was to increase public knowledge about family medicinal plants and improve the skills of housewives in making herbal drinks to improve health and family economy. The training was conducted using lecture and demonstration methods by the presenters and continued with direct demonstrations by the participants. This activity was attended by 15 housewives, the activity was carried out in the Bendogerit subdistrict for 4 weeks (April 25 to May 25, 2025). The materials provided were the concept of traditional drinks made from natural herbs, various techniques for making natural herbal drinks and the use of natural herbs, techniques for making traditional drinks and techniques for packaging traditional drinks, procedures for managing Household Industry Food Permits and the formation of herbal drink maker groups. Evaluation of activities to increase knowledge and skills in making herbal drinks was 46.4%. This community service activity, in addition to improving participants' skills in improving health, also improves the family economy, so it is necessary to continue with the provision of materials on product packaging and marketing through digital media to improve marketing.

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✉ Correspondence Address:

STIKes Patria Husada Blitar – East Java, Indonesia

Email: ningarti83@gmail.com

DOI: <https://doi.org/10.26699/jcsh.v7i1.1210>

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INTRODUCTION

Health development aims to increase awareness, willingness, and ability to live healthily for everyone, in order to achieve the highest level of public health. Health system transformation focuses on comprehensively addressing health problems and strengthening disease prevention ([Rosalina, 2019](#)). Disease prevention can be done by increasing the body's immunity, therefore the Indonesian government has a traditional health service program that encourages people to return to nature ([Hasanah et al., 2020](#)). The results of the 2023 Indonesian Health Survey found that 7.7% of people in East Java province used family medicinal plants to overcome their health problems. Utilization of traditional health will support promotive and preventive programs ([Kemenkes, 2023](#)). Indonesia, as the owner of a large wealth of germplasm, has a diversity of types of medicinal plants. Medicinal plants are an important element in health management. Medicinal plants contain active compounds which can act as anti-bacterial, anti-viral, anti-plasmodial, anti-oxidant, anti-inflammatory, anti-allergic, anti-cancer, immunomodulator (improving the body's immune system) and so on.) ([Estiasih et al., 2024](#)).

Traditional drinks in Indonesia are known as "jamu" which has a long history of making, and currently some of them are still limited to scientifically exploring their health benefits, but they are commonly consumed as drinks to relax and refresh and are believed for generations to be beneficial for health ([Estiasih et al., 2024](#)). Several factors that influence people's consumption of herbal drinks are beliefs, attitudes and the level of seriousness of the disease ([Erвина & Ayubi, 2018](#)), ([Widiarti et al., 2016](#)). Based on the results of research on the level of public knowledge regarding the use of family medicinal plants, it was found that 58% had a good level of knowledge, 25% had moderate knowledge and 17% had poor knowledge. In the results of this research, the lowest value was the knowledge of processing onat plants into herbal drinks ([Tandela & Imron, 2023](#)). To increase public knowledge about family medicinal plants, the government's effort is to provide independent care for family medicinal plants in the community, and this has proven to be very effective. The results of research conducted on a group of workers showed the effect of providing the "Asman toga" program and acupressure on reducing blood pressure ([Widayanti, 2025](#)).

The people of RT (neighborhood association) 04 RW (family harmony) 07 Bendogerit subdistrict, is the city area that has the organization that focuses on fostering and empowering the elderly in Blitar city and most of them suffer from non-communicable diseases due to the aging process, apart from that, almost every house has medicinal plants. After interviews with the RT head, many residents consumed herbal drinks but the processing was still not correct. Therefore, it is necessary to provide training and assistance in making herbal drinks in the Nice RT program as one of the flagship programs of the Blitar City Government. The target of this community service is housewives, because housewives have an important role in maintaining family health. Apart from that, housewives have free time which can be used to help increase family income by producing herbal drinks for sale.

METHOD

The method used in this community service is to provide training on making herbal drinks. The first thing to do is select participants by inviting potential participants who are interested in learning to make herbal drinks and identifying herbal drinks to overcome any health problems that the participants need. The team evaluated the improvement of participants' skills in making herbal drinks by assessing participants' knowledge in making herbal drinks using a questionnaire and evaluating pre and post training. The training was carried out using lecture and demonstration methods by the presenters and continued with direct demonstrations by the participants. The material provided is the concept of traditional drinks made from natural herbs (Zingiber zerumbet. In Indonesian "Lempuyang", Piper retrofractum Vahl in Indonesian "Cabai Jawa", Curcuma domestica Val in Indonesian "Kunir", Kaempferia galangal In Indonesian "Kencur", tamarind, lime), various techniques for producing natural herbal drinks and the use of natural herbs, techniques for making traditional drinks and packaging techniques for traditional drinks. After the training on making herbal drinks was completed, we continued providing material on procedures for processing Home Industry Food Licensing and forming a group of herbal drink makers. This activity was attended by 15 housewives. The activity was carried out in Bendogerit subdistrict for 4 weeks (April 25 to May 25, 2025). The output of this activity is an increase in participant skills in making herbal drinks and an

increase in participants in managing home industry permits.

RESULTS

Table 1. Respondent Characteristics

Respondent Characteristics	N=15	%
Age		
45-59	12	80%
≥ 60	3	20%
Reasons to consume herbal drinks		
Maintaining health with natural ingredients	15	100%
Participants' expectations after attending the training		
self-consumed and sold	12	80%
To sold	3	20%

Based on [Table 1](#), 80% of training participants are in the pre-elderly age category. All participants believe that consuming herbal drinks is very good because it uses herbal ingredients to

maintain body health. 80% of participants hope that after the training is completed, they will not only produce herbal drinks for their own consumption but also sell them to improve the family economy.

Table 2. Distribution of Training Participants' Knowledge Data on making herbal drinks

Knowledge category	Pretest		Posttest	
	f	%	f	%
Very Good	3	20%	10	66,6%
Good	12	80%	5	33,4%
Total	15	100	15	100

Based on [Table 2](#), it is known that most of the training participants experienced an increase in knowledge after being given training using the lecture, question and answer and demonstration methods, namely for the good category it decreased from 13 people (80%) to 5 participants (33.4%) and the very good category increased from 3 people (20%) to 10 participants (66.6%).

DISCUSSION

Based on the evaluation of herbal drink making activities, namely for the good category it decreased from 13 people (80%) to 5 participants (33.4%) and the very good category increased from 3 people (20%) to 10 participants (66.6%). The training of lecture and demonstration methods was considered very effective in increasing the knowledge and skills of participants in making herbal drinks, in accordance with the results of the study Education about nutrition to prevent constipation in the elderly using lecture and demonstration methods resulted in an increase in knowledge of 47% ([Mulyani et al., 2022](#)). A study

in China also said that mixed education with the concept of care, learning and stimulation education supported by the intelligence of the elderly will help the elderly understand the material ([Mao et al., 2019](#)). With the demonstration method in herbal drink making training is an effective way to teach new skills to the elderly, this activity provides direct examples step by step. Directly describing information with virtual aids by adjusting the elderly's abilities makes it easier for participants to follow the learning process. In accordance with the characteristics of the elderly who tend to want to be respected, and find it difficult to accept new information ([Setiyorini, Erni, Ning arti Wulandari, 2018](#)), the presenters in this training use a Javanese cultural approach that is in accordance with the characteristics of the training participants.

The participants of this training include 80% pre-elderly age and 20% elderly, where a housewife in the pre-elderly age has an important role in decision making. Based on WHO, the pre-elderly age starts from 45-59 years old ([Setiyorini & Ning arti, 2017](#)). It is important for the pre-elderly age to

take health education to improve their ability to reduce the aging process problems that they will experience. One of the declines in physical condition in pre-elderly and elderly is movement disorders in both the knees and shoulders, but this condition has not been properly diagnosed, so there needs to be good monitoring for pre-elderly and elderly to find out their health condition ([Anggiat et al., 2023](#)). The results of the study showed that there was a correlation between age and changes in blood pressure in pre-operative patients, so it can be concluded that the older the age, the more it can affect changes in blood pressure to increase ([Rada et al., 2024](#)). A cross-sectional descriptive study conducted at the Endocrinology and Diabetes Center in Al-Basrah City involved 150 patients aged 50–65 years, with a significant proportion being male (63.3%) ([Ernanto & Hermawan, 2022](#)). The results of the study showed that some ingredients in ginger extract drinks can prevent and minimize the occurrence of degenerative diseases, namely antioxidants, lower cholesterol, prevent osteoporosis, anti-diarrhea, anti-cancer, so that people who drink ginger extract can improve their health ([Supriani, 2019](#)). Therefore, this herbal drink making training is considered very appropriate to be given to partner groups, and 100% of partner groups are indeed used to consuming herbal drinks to prevent disease and for fitness. Based on the survey results, several reasons why people choose traditional herbal medicine include having been used for a long time and even passed down from generation to generation, feeling happy and suitable, fast and having minimal side effects ([Grenvilco DO, Kumontoy, Djefry D, 2023](#)).



Figure 1. Training Results & Herbal Drink Making Process

Some community services that were previously carried out were more focused on implementing and cultivating family medicinal plants in everyday life, with the hope that the quality of medicinal plants and their utilization would be of good quality ([Angela et al., 2023](#)). However, in this community service activity, the target partner group was not only trained in making herbal drinks but also in consuming herbal drinks themselves, but also in selling herbal drinks. This is relevant to the Blitar City Government's "Nice RT" program. Based on the interview results, 80% of participants wanted to produce healthy drinks and market them to improve the family economy, therefore the community service also collaborated with the Blitar City Trade Office to provide training on the Procedures for Managing Household Industrial Food Permits. So that this community service activity supports the flagship program of the Blitar City Government which can increase the potential of UMKM (Usaha Mikro Kecil Menengah) or Micro, Small and Medium Enterprises (MSMEs). In Bendogerit Village because the products created can be utilized by individuals, families and the wider community so that they can have economic value. To continue this community service activity is marketing training. The right implementation strategy by utilizing online media for product marketing can encourage "Bumbung Desa" to form local potential businesses ([Kurniawan, 2020](#)). In addition to marketing, packaging is also very much needed to increase consumer interest in the product ([Kartini et al., 2021](#)). Training activities like this must continue to be carried out consistently, the results of the study found that management and digital marketing training activities for UMKM actors aimed at increasing knowledge and honing the capabilities of UMKM stalls in a village were considered very effective in increasing marketing ([Alfafa & Taufiq, 2024](#)).

CONCLUSION

Based on the evaluation of herbal drink making activities, namely for the good category it decreased from 13 people (80%) to 5 participants (33.4%) and the very good category increased from 3 people (20%) to 10 participants (66.6%). This community service activity not only improves participants' skills in improving health but also improves the family economy.

SUGGESTION

This activity was continued by providing material on product packaging and marketing through digital media to increase marketing.

ACKNOWLEDGMENT

We would like to thank the Malang Health Polytechnic, Blitar Diploma Three study program, which provided financial support. Thank you to the housewives of RT 04 RW 07, Bendogerit Village.

FUNDING

Malang Health Polytechnic, Diploma Three Study Program, Blitar.

CONFLICTS OF INTEREST

There is no conflict of interest in implementing this activity.

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