



THE ROLE OF KKM GROUP 50 UNIVERSITAS BINA BANGSA IN IMPROVING HEALTH, FOOD SECURITY, AND ENVIRONMENT IN PABUARAN VILLAGE

Ayang Fristia Maulana^{1*}, Muhamad Wahyu², Nawal Nur Arofah³, Anisa mutmainah⁴ Usman⁵,
M. Ariel Gustiawan⁶, Rani Sri Sumarsih⁷

^{1,2,3,4,5,6,7}Universitas Bina Bangsa, Indonesia

Email: fristia.maulanaa@gmail.com¹, nawallarofahh@gmail.com², muhamadwahyu3009@gmail.com³,
anisamutmainah011@gmail.com⁴, usman0405us@gmail.com⁵, arielgustiawan04@gmail.com⁶, raniuniba01@gmail.com⁷

Abstract

Student Community Service (KKM) Group 50 of Universitas Bina Bangsa conducted community service activities in Pabuaran Village, focusing on health, food security, and environmental preservation. The activities aimed to apply academic knowledge to address community needs while strengthening collaboration among institutions and local stakeholders. A descriptive qualitative approach was employed through observation, interviews, documentation, and direct participation. The results indicated increased community understanding of health conditions and BPJS Health services, greater awareness of utilizing home yards to support household food self-sufficiency, and improved concern for environmental cleanliness. Collaboration among Universitas Bina Bangsa, the Pabuaran Village Government, and Pabuaran Community Health Center contributed positively to the implementation of the activities. Overall, the program supported community empowerment by encouraging healthier lifestyles, strengthening food independence, and promoting environmental awareness. These efforts are expected to contribute to the development of a healthier, more self-reliant, and sustainable village.

Keywords: Community Service, Health, BPJS Health, Food Security, Environmental Preservation, Pabuaran Village.

INTRODUCTION

Community Service, commonly known locally as KKM, stands as one of the three pillars of higher education in Indonesia and is a mandatory program for every university student. It serves as a practical application of the knowledge, skills, and insights gained throughout their academic years, put directly into practice within society. Through this program, students gain a valuable opportunity to step beyond the classroom, engage directly with people from all walks of life, understand real-world conditions, and actively contribute ideas, effort, and practical solutions to challenges faced by the community where they are assigned.

More than just an academic requirement, KKM serves as a meaningful platform for personal growth, fostering social responsibility, awareness, empathy, genuine care, and a strong spirit of service. In this way, their presence brings about meaningful, beneficial, and lasting positive change to the community and its surroundings. Group 50 of Universitas Bina Bangsa carried out this service in Pabuaran Village, focusing on three carefully chosen priority areas identified through field observations, data gathering, and thorough needs assessments conducted together with residents and local stakeholders: health, food security, and environmental sustainability. These three areas were selected because they are deeply interconnected and mutually supportive, forming essential foundations for a healthy, prosperous, and sustainable quality of life. Our key activities began with a

free health check-up held on July 29, 2026, in collaboration with the Pabuaran Community Health Center.

This initiative aimed to help residents monitor their health regularly and detect potential health concerns early, enabling quicker and more appropriate care before conditions worsen. Beyond physical examinations, we also conducted clear, accessible sessions explaining the BPJS Kesehatan system so that every resident fully understands their rights, responsibilities, and the various ways to access health services designed to safeguard their family's well-being. Moving forward, on August 3, 2026, we implemented our food security program by educating residents on how to make use of home yards, alongside distributing high-quality crop and vegetable seeds for households to plant and tend to in their own yards.

This effort is intended to help families meet part of their daily nutritional needs independently and healthily. We also organized awareness sessions and practical environmental initiatives, designed to raise community awareness about maintaining cleanliness, beauty, and ecological balance in their living environment—ultimately reducing the risk of illness stemming from unsanitary conditions.

Our focus on these three areas stems from initial observations showing that many residents of Pabuaran Village still do not fully appreciate the importance of regular health checks, nor the substantial benefits of being enrolled in BPJS Kesehatan, which guarantees affordable and accessible healthcare for all family members. Additionally, while household yards could serve as a valuable food source, this potential remains largely untapped among residents, though home gardening could meaningfully reduce household food expenses while ensuring access to fresh, healthy produce free from excessive chemical use. Equally important is the need to deepen public understanding of the direct link between a clean, well-maintained environment and personal health.

Therefore, through thoroughly planned, well-structured activities implemented in close cooperation with the village government, village officials, and the Pabuaran Community Health Center, we hope our programs deliver tangible benefits to residents' daily lives. Beyond that, we aspire to nurture positive shifts in behavior and mindset, so that the beneficial practices introduced during this program may continue independently and sustainably by the community long after our time in the village concludes.

METHOD AND PROCEDURES

This community service activity was carried out using a qualitative descriptive approach, which describes and explains every stage of implementation as well as the results obtained in detail, presented honestly and in accordance with actual conditions observed in the field. The data we used were collected through various methods, including direct observation of the situation and conditions in Pabuaran Village, discussions and interviews with village officials, health workers, and attending residents, documentation of every activity moment through photographs and written records, as well as active participation from all team members in assisting the entire series of activities from start to

finish. All collected data was then organized and analyzed descriptively to illustrate how the activities proceeded and what benefits were experienced by the people of Pabuaran Village. The activities were carried out in two stages according to their respective focus areas:

1. Health Program and BPJS Kesehatan Education

Thursday, July 29, 2026

2. Pabuaran Village, in collaboration with Pabuaran Community Health Center: Food Security and Environmental Preservation Program

August 3, 2026, in Pabuaran Village

RUNDOWN KEGIATAN			
No	Waktu	Acara	Penanggung Jawab
1	08.00 – 08.30	 Pembukaan oleh MC	Ariel
2	08.30 – 09.00	 Sambutan Dosen Pembimbing	Ibu Ayang Fristia Maulana, S.H., M.Kn.
3	09.00 – 10.00	 Cek Kesehatan Gratis	Tim Kesehatan Puskesmas Pabuaran & Kelompok KKM 50
4	10.00 – 10.30	 Penyampaian Materi Sosialisasi BPJS Kesehatan	Narasumber: Bapak Erwin Prayoga, S.T.P.
5	10.30 – 11.00	 Tanya Jawab	Audience & Narasumber
6	11.00 – 11.10	 Penyerahan Souvenir	Kelompok
7	11.10 – 12.00	 Dokumentasi Kelompok	Seluruh Anggota

Table 1. Event Arrangements

Structure and Stages of Activity Implementation

Every activity has been arranged in a coherent, step-by-step sequence to ensure that it proceeds in an orderly, well-directed, and effective manner. The entire process is carried out through three main stages, namely preparation, implementation, and closing.

The first stage is preparation. This stage forms the foundation of the whole program and is carried out thoroughly before the activities begin. The preparation process includes conducting a preliminary survey of the location to observe the actual conditions in Pabuaran Village, completing all necessary administrative and permission procedures, holding coordination meetings with village officials and the Pabuaran Community Health Center to align plans and expectations, compiling and preparing educational materials that are suitable and easy for the community to understand, as well as procuring all necessary equipment, supplies, and facilities needed to support the smooth running of every activity.

The second stage is implementation, which is carried out strictly according to the schedule that has been set and agreed upon. Each session begins with opening remarks and greetings, followed by the delivery of educational materials and information in a clear and structured manner. After the theoretical explanation, practical activities are carried out so that residents can directly understand and

practice what has been shared. The session then proceeds with a question-and-answer segment where residents are free to ask questions, exchange ideas, and clarify any matters, followed by the distribution of assistance such as seeds and related supplies to the residents.

The third and final stage is the closing. This stage begins with presenting a summary of the entire activity and concluding so that all attendees can clearly understand the main points and benefits. We then extend our gratitude and present tokens of appreciation to all parties who have supported and collaborated throughout the program, including the village government and the Community Health Center team. Finally, the activity is concluded with a group documentation session to capture memories and mark the end of the program.

RESULTS

All activities carried out by Group 50 from Universitas Bina Bangsa in Pabuaran Village ran smoothly and in a warm, welcoming atmosphere, with residents showing great enthusiasm and active participation from start to finish. Below is an overview of the results achieved across each focus area:

Health Services and BPJS Kesehatan Education

The free health screening included blood pressure checks and weight measurements, conducted directly by medical staff from the Pabuaran Community Health Center. Through these checks, residents gained a clearer picture of their current health status. Those identified with high blood pressure or other concerns were encouraged to seek proper care and adopt healthier daily habits to safeguard their well-being better going forward. Beyond physical examinations, our team delivered detailed yet easy-to-understand information about BPJS Kesehatan coverage. We explained the full benefits of enrollment, how straightforward and affordable registration can be, the rights every participant holds when seeking treatment, and the various services available at nearby health facilities. Many residents expressed appreciation for this clarity, noting they now understand that quality healthcare is within reach and that having BPJS Kesehatan coverage removes the fear of high medical costs. Interest was further reflected in the many questions raised, covering topics such as payment renewal procedures, updating personal information, and services specifically available for young children and elderly residents.

Food Security Program

During this program, we shared with residents that home yards often underused or neglected hold great potential to become productive household gardens. By growing their own vegetables and staple crops, families can ensure a steady supply of fresh, healthy produce free from harmful preservatives, while also noticeably reducing monthly household expenses. We distributed a variety of seeds, including leafy greens, chilies, tomatoes, and medicinal plants, along with simple yet

thorough guidance on planting methods and care practices to help crops thrive and be harvested within a reasonable period. We hope that this awareness will continue to grow, so that in time every household in Pabuaran Village can meet a meaningful portion of its food needs independently, relying less on purchasing supplies from outside the community.

Environmental Awareness

We also emphasised that maintaining good health goes hand in hand with keeping living environments clean, pleasant, and free from conditions that spread illness. We explained practical steps such as proper waste disposal, sorting waste for better management, and keeping waterways clear to prevent flooding and mosquito breeding. We also highlighted how planting greenery around homes helps ensure cleaner, fresher air. Residents were invited to work together in maintaining these standards, building a safer and healthier environment for everyone in the village. The success of this program would not have been possible without strong support and close collaboration from Universitas Bina Bangsa, the Pabuaran Village Government, and the Pabuaran Community Health Center. As a sincere gesture of appreciation for this partnership and the guidance provided throughout our stay, our team presented a token of gratitude to the Head of the Pabuaran Community Health Center and their staff, honouring their assistance and the warm working relationship we shared during our time in Pabuaran Village.



Figure 1. Documentation of Souvenir Presentation & Group Photo

Figure 1 captures the moment of token presentation, offered as a sincere gesture of gratitude and appreciation to all those who supported the program, followed by a group photograph with everyone present. This record stands as a testament to the unity, harmony, and close partnership shared among the KKM team, the village government, the Community Health Center, and the residents of Pabuaran Village throughout the entire program.



Figure 2 Documentation of Blood Pressure Check

Figure 2 documents the free blood pressure checks provided to residents of Pabuaran Village. Carried out together with officers from the Community Health Center, this activity aims to help residents understand their health status, monitor their blood pressure regularly, and detect potential health concerns early so that appropriate care can be provided promptly.



Figure 3 Documentation of Certificate of Appreciation Presentation to Pabuaran Community Health Center

Figure 3 shows the certificate of appreciation being presented to the Pabuaran Community Health Center. This gesture acknowledges their invaluable support, close collaboration, and vital contribution that helped make our community service program a success.



Figure 3 Documentation of Seed Distribution

Figure 3 shows the distribution of seeds to residents, supporting the food security program by providing quality planting materials for household gardens.

CONCLUSION

Overall, the entire community service program carried out by KKM Group 50 of Universitas Bina Bangsa in Pabuaran Village proceeded excellently and smoothly, filled with warmth, and was received with great kindness and enthusiasm by residents and village officials alike from beginning to end. The free health examinations, paired with detailed education on BPJS Kesehatan services, successfully raised knowledge and awareness, encouraging residents to pay closer attention to their well-being through regular checks and to make full use of available health protection for their families. The food security program broadened understanding of how home yards can be cultivated to produce healthy, fresh produce, helping households become more self-reliant while easing daily expenses.

Meanwhile, environmental activities fostered a shared understanding that a clean and well-maintained environment is fundamental to building a healthy community free from preventable illness. The strong, harmonious partnership established between the university, village government, and Community Health Center demonstrates clearly that when knowledge is applied sincerely, responsibly, and through collective effort, it brings meaningful, practical change whose benefits will continue to be felt by the people of Pabuaran Village long into the future.

ACKNOWLEDGMENTS

Praise and gratitude be to God Almighty, for through His grace and blessings, the entire Community Service Program carried out by Group 50 of Universitas Bina Bangsa in Pabuaran Village

has been completed successfully, in good order, and with wonderful enthusiasm from the community. We wish to extend our deepest and most sincere appreciation and thanks to the following parties:

1. Ms. Ayang Fristia Maulana, S.H., M.Kn.

Our Supervising Lecturer, for all the guidance, advice, support, and attention given to us from the preparation stage right through to the completion of this program. May the knowledge and guidance you have provided be counted as a lasting and virtuous contribution.

2. Mr. Erwin Prayoga, S.T.P.

Resource Person for the BPJS Kesehatan Socialization Session, for your willingness to share your knowledge and time, for delivering material that was deeply useful and easy to understand, and for thoughtfully answering every question raised by residents. May the information you shared bring tangible benefits to the health and well-being of the people of Pabuaran Village.

3. The Head of Pabuaran Community Health Center, together with All Staff and Medical Personnel

Thank you for your close cooperation and your support in providing personnel, facilities, and expertise during the Free Health Check-up. The partnership we built together was essential in ensuring quality health services reached the residents of our village.

4. The Pabuaran Village Government and All Village Officials

Thank you for granting permission, providing support, and offering every convenience throughout our stay, enabling every part of our program to run smoothly and comfortably.

5. All Residents of Pabuaran Village

Thank you for your warm welcome, your presence, your enthusiasm, and your active participation in every session. Your encouragement and positive spirit were our greatest inspiration in serving this community.

6. All Members of KKM Group 50

For your strong unity, outstanding teamwork, and spirit of cooperation in planning, preparing, and completing every activity according to the schedule we had set.

May every form of support, assistance, and kindness extended by all parties be recorded as a virtuous deed of great value, and may it be rewarded with abundant blessings. We earnestly hope that this meaningful partnership will continue to flourish, bringing lasting positive change as we work toward a healthier, more self-reliant, and prosperous Pabuaran Village. We offer these words of gratitude with all our hearts. May God Almighty continue to bestow His grace, good health, and blessings upon us all.

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