



TRAINING PROCESSING HERBAL PLANTS TO INCREASE APPLICATION AND IMMUNITY TO CHILDREN IN THE COVID-19 PANDEMIC

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Abstract

The COVID-19 pandemic has had a very negative impact on various sectors, as well as on the health sector. These include nutrition and maternal and child health services. The COVID-19 pandemic has the potential to hinder the access of mothers and children to optimal health services. The decrease in the number of visits to nutrition and Maternal and Child Health (KIA) services has the potential to create new nutrition and health problems. In an effort to fulfill the need for information and health services for school-age children and adolescents in the midst of minimizing the transmission of COVID-19, various adjustments to programs and activities related to their health are needed, one of which is training to make food made from herbal plants to increase appetite as well as immunity in children. The method used is training demonstrating the processing of herbal plants into delicious food for children to consume. The targets were PKK women, residents of the herbal village, Nginden Jambangan Village, Surabaya City, which was attended by 25 PKK women. This activity will be held on June 21-19 July 2021. The results obtained from the training of the Community Training Program increase public knowledge about herbal plant processing, increase appetite and immunity in children. Increase RT/RW community-based activities to jointly develop the use of herbal plants. Conclusion Herbal plants can be processed into food products with many benefits, such as temulawak pudding which increases immunity and appetite in children.

Keywords: Herbal plant, Appetite, Immunity, Children

INTRODUCTION

The COVID-19 pandemic has had a very negative impact on various sectors, as well as on the health sector. These include nutrition and maternal and child health services. The COVID-19 pandemic has the potential to hinder the access of mothers and children to optimal health services. A decrease in the number of visits to nutrition and Maternal and Child Health (KIA) services has the potential to create new nutrition and health problems (Oktaviani.J, 2020)

During the COVID-19 pandemic, school-age children are at risk of contracting COVID-19 because of their high activity and tendency to group. However, due to a good immune system, often COVID-19 in this group does not show symptoms or only mild symptoms, so it is often ignored and has the potential to spread to people around. The impact of COVID-19 on school-age children can affect their physical and mental health. This can be caused by direct infection, changes in habits during a pandemic such as school from home, or parents who are isolated/treated due to COVID-19 (Bappenas, 2021).

In an effort to fulfill the need for information and health services for school-age children and adolescents in the midst of efforts to minimize the transmission of COVID-19, various adjustments to programs and activities related to their health are needed (Covid- *et al.*, 2021).

The postponement of posyandu activities during the Covid-19 pandemic had a major impact on basic immunization services and weighing infants and toddlers. The high number of pandemic cases in

several areas has caused the closure of posyandu services. Home visits are carried out only on high-risk pregnant women and toddlers with poor nutrition. This led to a decrease in the number of visits for toddlers who weighed 51.34-73.35% (Santoso, Azizah and Fitriany, 2021). The decline in the number of maternal and child visits is an obstacle in achieving the government's target to reduce stunting, which is at 14% in 2024 (Irawan *et al.*, 2021). This study is in accordance with what was conveyed by the Indonesian Association of Public Health Experts (Iswati, Ayu and Rosyida, 2019), that health facility services affected by the pandemic include Posyandu. This has resulted in the number of children under five not receiving immunizations, vitamin A supplements, monitoring growth and development and other necessary routine services. Cases of children infected with COVID-19 as of August 2020 have reached 3,928 children, and 59 children have died and are the highest cases in Asia.

All efforts to control Covid-19 and the implementation of new adaptation policies must actively involve all national resources, especially health experts, health professional institutions and health service providers in the preventive, promotive and curative fields, as well as civil society groups (Lindayani *et al.*, 2021). Because the virus is invisible and easily infected, so we must be aware of it and maintain our strength and immunity to be resistant to the virus (Setiarsih and Habibi, 2020). The things we must do can start with maintaining cleanliness, always washing hands after activities, following The government's advice is to keep a distance, use masks, especially when outdoors and maintain consumption patterns to maintain body immunity (Pembuatan *et al.*, 2021).

The problem that is often found in the community is the appetite in children which often causes its own problems, namely weight that tends to stay or fall. In order to achieve health indicators, namely weight gain which is monitored regularly every month at the posyandu (Rosyida and Hidayatunnikmah, 2020). Utilization of herbs or family medicinal plants that are useful for increasing appetite and immunity and easy to cheap and widely grow around the environment, should be increasingly used and public awareness of the extraordinary benefits. One of the herbal rhizomes that have the benefit of increasing appetite is Temulawak (Pembuatan *et al.*, 2021).

The basic reason for this program is to jointly protect the health of the Indonesian people from various diseases through the benefits of Temulawak (Hidayat and Wulandari, 2021). From here we try to maintain the energy and immunity of the child's body to avoid the virus, one of which is by using Temulawak (Sandri and Lestari, 2021), that traditionally, one of the preventions of the Covid-19 virus is by consuming rhizomes containing curcumin, the main component of essential oils. Temulawak contains vitamins and components that are good for our bodies.

The main components of sesquiterpene hydrocarbon essential oils include zingiberene, curcumin, felandren and bisabolene. It also contains starch, vitamins (A, B and C), organic acids such as malic acid, oxalic acid, flavonoid compounds and polyphenols. In the PPM activity with the theme "Utilizing the Temulawak herbal plant to increase appetite and immunity in children, the PPM Team will provide an example of how to process Temulawak into pudding that children are interested in. The

public can also sell it so that they can be equally protected from the dangers of the Covid-19 virus so as to provide better economic value.

METHOD AND PROCEDURES

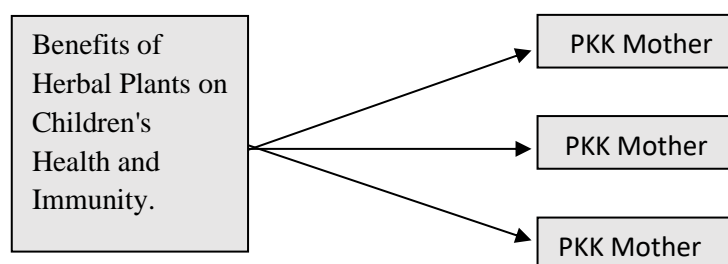
The method used in the Implementation of Community Service for PKK mothers was 25, residents of Herbal Village, Nginden Jangungan Village. that is:

1. Providing counseling to teenagers
2. Herbal Plant Training and Processing for Children's Health and Immunity.
3. Monitor the results of counseling and training

The concept applied to this activity overcomes the above problems with a community-based approach where problem-solving strategies go straight to the target. In the first stage, the mothers of PKK members in the herbal village residents of Nginden Jangungan village were gathered. Furthermore, counseling was given about the benefits and importance of processing herbal plants for children's health and immunity. The details of the information of this seminar activity are as follows:

Implementation Date : 21 June - 19 July 2021
Implementation Time : 15.00 - 17.00 WIB
Place : Herbal Village, Nginden Jangkungan Village, Sukolilo District, Surabaya City, Indonesia
Respondents : 25 PKK mothers

1. Counseling



Counseling was given to PKK Herbal Village residents, before being given training on processing Herbal Plants for Health, counseling was carried out with the aim of adding information and increasing knowledge and changing the behavior of Herbal Village residents to find out the benefits and compositions in processing herbal plants into a safe product. used or consumed to support the health of children.

2. Training

a. Socialization of Community Service Program

The socialization of the Community Service program with the theme "Training on Herbal Plant Processing to Improve Children's Appetite and Immunity in Herbal Villages, Nginden Jangkungan Village", was conducted on:

- 1) Policy makers (Bangkesbangpolitmas), Surabaya City Health Office, and Sukolilo District, through licensing arrangements.
- 2) Nginden Village with the delivery of program goals and objectives, coordination of the PPM program and follow-up to the PPM program
- 3) Head of PKK Cadre and Head of Posyandu Cadre, with delivery of program goals and objectives, coordination of time, place, and targets for PPM program implementation
- 4) The community, especially mothers who have children under five and socialization about the time and place of program implementation, the objectives and benefits of the program as well as information about the PPM program to be carried out

b. Preparation stage

The things that need to be prepared in this PPM program:

- 1) Identify / record the number of targets . This is done to identify the number of mothers under five so that it can be determined how many groups there are and schedule their program of activities.
- 2) Prepare places and facilities for the implementation of Herbal Plant Processing Training to Increase Children's Appetite and Immunity, for example a place at the Community Health Center or Polindes, Village Office/Meeting Hall, Posyandu or at the house of a member of the community. Learning facilities to use, mats/carpets, blackboards and others, if available, with due observance of health protocols, are still in a situation of adapting to new habits.
- 3) Prepare materials, training aids and implementation schedule as well as study the material to be delivered
- 4) Preparation of participants, invites Mothers of Toddlers.
- 5) Preparation of the implementation team, by determining the team of facilitators and resource persons

3. Implementation stage

This PPM activity uses the workshop method, which is an activity based on behavior change in the target community group. In the Herbal Plant Processing Training, it is expected that behavioral changes will occur, namely the incorporation of Behavior Communication Change (BCC), which is an interactive process between individuals, groups or communities in developing communication strategies and Behavior Communication Definition (BCD), which is a communication process that uses directly the psychological construction of individuals with involving feelings

4. Evaluation Stage

To monitor the training on the use of herbal plants for health, it is necessary to carry out regular and continuous monitoring and evaluation throughout the implementation of activities by making reports and documenting them.

RESULTS

The results of Community Service activities with the target of Ms. PKK, Nginden Jangkungan village, were carried out for 1 month with partners in Nginden Jangkungan Village, Surabaya City. The Service Team according to expertise contributes to community service. The following are the Community Service activities that have been carried out.

No	Kegiatan	PIC	Hari/Tanggal Pelaksanaan	Tempat	Hasil Kegiatan/ Capaian Program
1.	Brainstorming the team that proposes activity ideas and Forum Discussion Group determining empowerment materials	Solichatin, SST., M.Keb and team	Monday, 21 June 2021	S1 Midwifery Study Program, Faculty of Science and Health PGRI Adi Buana Surabaya	<ul style="list-style-type: none"> Conduct discussion meetings in determining the title of PPM
2.	Observation and data collection of target groups	Desta Ayu Cahya Rosyida, SST., M.Tr.Keb and team	Wednesday, June 23, 2021	Nginden Jangkungan Village RW Hall	<ul style="list-style-type: none"> Initial observations have been made The activity was attended by representatives of PKK women, the puskesmas team and the village head of Nginden Jangkungan village
3.	Coordination of the implementation of empowerment	Desta Ayu Cahya Rosyida, SST., M.Tr.Keb and team	Monday 28 June 2021	Nginden Jangkungan Village RW Hall	<ul style="list-style-type: none"> Coordination of the implementation of empowerment and preparation for the implementation of community service has been carried out The activity was attended by cadres, 25 PKK women and the Nginden Jangkungan Village Midwife
4.	Empowerment Implementation	Solichatin, SST., M.Keb dan semua team.	Wednesday 30 June 2021	Nginden Jangkungan Village RW Hall	<ul style="list-style-type: none"> Counseling and demonstration of materials on training in making temulawak pudding to increase children's appetite and immunity The activity was attended by 25 PKK women, midwives and village heads.
5.	Accompaniment	Yuni Khoirul Waroh, SST., M.Kes and team.	Thursday 8 July 2021	Nginden Jangkungan Village RW Hall	<ul style="list-style-type: none"> Practice on Making Temulawak Pudding The activity was attended by 25 PKK women, health center midwives.
6.	Monev implementation	Retno Setyo Iswati, and team	Tuesday, July 13, 2021	Nginden Jangkungan Village RW Hall	Monev is carried out by the Head of LPPM PGRI University, Adi Buana Surabaya, Dr. Agung Pramujiono, M.Pd

					<ul style="list-style-type: none"> Monitoring and evaluation is carried out at the Nginden Jangkungan village hall
7.	Report writing	Solichatin, SST., M.Keb and team	Monday, 19 July 2021	Nginden Jangkungan Village RW Hall	<ul style="list-style-type: none"> Reports and activity attachments have been completed and submitted to LPPM PGRI Adi Buana Surabaya University



Figure 1. Training activities for processing herbal plants into temulawak pudding that increase appetite and immunity in children

CONCLUSION

The results obtained from the training of the Community Training Program increase public knowledge about herbal plant processing, increase appetite and immunity in children. Increase RT/RW community-based activities to jointly develop the use of herbal plants.

Conclusion Herbal plants can be processed into food products with many benefits, such as temulawak pudding which increases immunity and appetite in children

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