

Education on the Use of Herbal Plants for Women's Reproductive Health at the Rumah Herbal Mirasa UMKM

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ABSTRACT

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Background: Reproductive health in women of childbearing age is very important and requires special attention. Various kinds of problems during a woman's fertile period can have a serious impact on women's health. Women's reproductive health problems that often arise and disrupt women's quality of life can be seen from the prevalence of cervical cancer and breast cancer in Indonesia. Maternal reproductive problems apart from having a physical impact, can also affect mental and emotional health, economic conditions and social welfare in the long term. **Method:** Implementation of community service in the form of education in the form of lectures and discussions about the use of herbal plants for women's reproductive health and carried out for one day.

Conclusion: Community service activities with the theme "Education on the use of herbal plants for women's reproductive health at Rumah Herbal Mirasa UMKM" can increase knowledge about the benefits of herbal plants for women's reproductive health as an effort to prevent reproductive problems in women of childbearing age.

1. INTRODUCTION

Reproductive health in women of childbearing age is very important and requires special attention. Women of childbearing age, namely women with an average age of 15-49 years (Wati et al., 2023). Reproductive health implies various health issues including family planning, maternal and newborn health services, prevention, diagnosis and treatment of sexually transmitted infections, adolescent reproductive health and WUS, cervical cancer screening, prevention and management of infertility (Rahayu & Prijatni, 2016; Ropitasari, 2020; Ummi Kaltsum S. Saleh, 2023). Maintaining the health of reproductive organs begins with maintaining personal hygiene,

including vaginal hygiene, which aims to ensure that the vagina remains clean, normal, healthy and avoids the possibility of disease, including vaginal discharge (Muharrina et al., 2023). Reproductive health is implemented using a life-cycle approach. The low level of fulfillment of reproductive rights can be seen from the still high Maternal Mortality Rate (MMR), Infant Mortality Rate (IMR) and Under-Five Mortality Rate (AKBalita) (Ropitasari, 2020; Ummi Kaltsum S. Saleh, 2023). Various kinds of problems during a woman's fertile period can have serious impacts on women's health. Women's reproductive health problems that often arise and disrupt women's quality of life can be seen from the prevalence of

cervical cancer and breast cancer in Indonesia (Wati et al., 2023). Maternal reproductive problems, apart from having a physical impact, can also affect mental and emotional health, economic conditions and welfare. social issues in the long term (Dr. Diffah Hanim, Dra. & dkk, 2013; Ummi Kaltsum S. Saleh, 2023). These long-term impacts not only affect the mothers themselves, but also their families, communities and nations. (2) Based on data from the World Health Organization (2010), women's reproductive health problems are Bad disease has reached 33% of the total burden of diseases suffered by women in the world, one of which is vaginal discharge. The number of women in the world who have experienced vaginal discharge is 75%, while European women who experience vaginal discharge are 25%(Dr. Diffah Hanim, Dra. & dkk, 2013).

Herbal plants are plants that are efficacious in curing or preventing all kinds of diseases. Increasing public awareness of health has also influenced the use of herbal medicines derived from plants in traditional and natural ways which have been used by Indonesian people since our ancestors. Many people do this because its efficacy has been proven to cure diseases, it is cheaper and has fewer side effects compared to conventional medicines. Medicinal plants come from plants including their roots, leaves, fruit, flowers and bark. This natural healthy lifestyle is followed by the use of natural herbal plants, namely those derived from plants which in Indonesia are termed herbal medicine. Herbal plants used as medicinal ingredients must absolutely be free from dangerous ingredients and must be produced naturally or environmentally friendly and is termed organic cultivation of medicinal plants, which has recently

been widely used by the public. The use of herbal plants for family health in the form of herbal medicine and spices in cooking. Using herbal plants can also provide satisfaction, and can even help support the family's economy. Herbal plants can also be used to improve the health of families and communities(Yulianto, 2017).

Based on the review above, women are at high risk of experiencing reproductive health problems. Efforts that can be made to overcome women's reproductive problems include providing reproductive health education in the use of plants around the living environment. Reproductive health education is usually only given to women who undergo examinations or consult health services. Reproductive health education in the use of herbal plants can be provided to MSMEs. MSME players are expected to have a positive impact on consumers in maintaining women's reproductive health. This community service aims to increase the owner's knowledge as an effort to improve women's reproductive health using herbal plants. This service is also an effort to suppress women's reproductive health problems that often arise in society. Previously, community service only focused on women of childbearing age, whereas this community service focuses on MSMEs who produce products to prevent women's reproductive problems.

2. METODE

The method of implementing community service is education in the form of lectures and discussions about the use of herbal plants for women's reproductive health. This activity was carried out for one day. The tools used were educational materials on the use of herbal plants for women's reproductive health, laptops and stationery.

17 The location of the activity was at the

Rumah Herbal Mirasa UMKM with the owner as a participant.

This community service involves collaboration between multiple scientific fields including undergraduate nursing study program lecturers, mechanical engineering lecturers, accounting lecturers and management lecturers. The first educational activity began by exploring information on the extent to which the owner knew the benefits of herbal plants for women's reproductive health as a pretest before providing education. After the pretest was carried out, education and discussion continued. The final event on the same day carried out an evaluation to measure the owner's ability to increase knowledge in the use of herbal plants for women's reproductive health. The results of the owner's answers are then validated and provided with clarification.

3. RESULTS AND DISCUSSION

This community service begins with an introduction to the owner, then explaining the purpose and benefits of educational activities. Furthermore, they provided educational material on the use of herbal plants for women's reproductive health regarding the benefits of herbal plants in maintaining reproductive health, problems that often occur in women's reproduction and how to overcome problems that arise by using herbal plants. During educational activities, owners are given leaflets as a tool to aid understanding. During the education, the owner seemed enthusiastic, asking and discussing several things related to the use of herbal plants that can be used to overcome women's reproductive health problems. The owner also shared his experience in running a business using herbal plants and the process of making herbal concoctions to maintain women's reproductive health. The use of herbal plants is an important part of education, because using herbal plants can help prevent and treat problems with women's

reproductive health. Education is part of health education in an effort to influence other people, whether individuals, families, groups or communities so that behavior changes occur in accordance with the expectations of educators (M et al., 2021; Rofiqoh et al., 2020). Health education is an initiative to increase personal health knowledge, at least regarding risk factor management, disease and clean and healthy living behavior as an effort to improve health, prevent recurrence and recover from disease (Notoatmodjo S, 2014; Purnama et al., 2020). Health education is one of the empowerment efforts to strengthen the role of the family, the environment that has the most influence on the health status of family members to change individual or community behavior, especially in the health sector (Amdadi & Fitriati Sabur, 2021). Reproductive health education needs to be given to women of childbearing age so that they can overcome problems that arise related to their reproductive system (Wati et al., 2023). Providing education with material on the use of herbal plants for women's reproductive health is very important for owners in running his business (Antina et al., 2023).

According to WHO, reproductive health is a state of complete physical, mental and social well-being, not merely free from disease or disability related to the reproductive system, its functions and processes (Muharrina et al., 2023; Ummi Kaltsum S. Saleh, 2023; Wardani & Pratiwi, 2022; Wati et al., 2023). Reproductive health has three components, namely ability procreation, regulating and maintaining fertility levels and enjoying sexual life responsibly (Ropitasari, 2020). The reproductive health services provided aim to enable women to increase their independence in managing their reproductive functions and processes so as to improve the quality of life (Rahayu & Prijatni, 2016). The implementation of reproductive health is carried out using life cycle approach to obtain definite targets and

clear services based on the interests of the targets with due regard to reproductive rights (Ropitasari, 2020). Every woman has reproductive rights. Reproductive rights are part of human rights that are inherent from birth and their existence is protected. One of the reproductive health rights is for women to receive reproductive health information and education (Rahayu & Prijatni, 2016; Wati et al., 2023). Reproductive health problems experienced by women are usually caused by many internal and external factors. Internal factors are related to the issue of understanding reproductive health. External factors are usually factors related to things that are beyond an individual's abilities, such as the environment, relationships, developments in information and communication technology, etc (Ropitasari, 2020).

Traditional or herbal medicines are ingredients in the form of plant ingredients, animal ingredients, mineral ingredients, extract preparations (galenic) and mixtures of ingredients that are used as treatment in accordance with the values existing in society (Saputra & Armandana, 2023). The public in general is aware of their use of herbal plants, but don't know the rules for use. The rules for use and processing of ingredients used so far are only in accordance with estimates without estimating the dosage for women's reproductive health (Antina et al., 2023). Herbal plants are types of plants that have a medicinal function that can be used as an alternative way to prevent or cure health problems (Saputra & Armandana, 2023). The use of herbal plants in the form of herbal medicine can improve the health of families and communities (Yulianto, 2017). WHO recommends the use of herbal plants for maintaining public health (Helsawati et al., 2023).

The end of the counseling session closed with evaluation activities as a posttest, conveying conclusions and taking a group photo. Evaluation activities were carried out

to measure whether there was an increase in knowledge about the use of herbal plants for women's reproductive health after the education was carried out. The pretest results showed that the owner knew that herbal plants were good for maintaining women's health. The owner's level of knowledge increased after being provided with education, proven by the owner's evaluation being able to explain the benefits of herbal plants that can be used to maintain women's reproductive health. From these results, it can be seen that the owner's knowledge has increased, from initially only knowing in general the contents of the herb or herbal medicine to becoming more detailed regarding the contents of each item of herbal medicine that is made and later when the owner will innovate the packaging, it will add to the benefits of the herbal medicine that will be produced.

Health education, in this case education provided to MSMEs, is a process that includes intellectual, psychosocial and social dimensions and activities that are needed to improve a person's ability to make decisions (M et al., 2021; Wati et al., 2023). Decisions taken can affect the welfare of oneself, one's family and society around (Notoatmodjo S, 2014). Education is part of health education in an effort to influence other people, whether individuals, families, groups or communities so that changes in behavior occur in accordance with the expectations of educators (M et al., 2021; Rofiqoh et al., 2020). Health education is an initiative to increase personal health knowledge at least regarding the management of disease risk factors and clean and healthy living behavior as an effort to improve health, prevent recurrence and recover from disease (Purnama et al., 2020). Health education is one of the empowerment efforts as environmental reinforcement that has the most influence on individual health status to change individual or community behavior in

particular in the health sector (Amdadi & Fitriati Sabur, 2021; BPJS Kesehatan, 2015). Women's reproductive health education is very important in preventing problems that arise in women (Wati et al., 2023). The importance of women's reproductive health. The more information a person has regarding the use of herbal plants for women's reproductive health, the higher the level of consumption of herbal medicine or herbal concoctions. Consuming herbal medicine is one way to maintain reproductive health in women. Women who have not used herbal plants have been influenced by several factors including knowledge, education, age and economic status (Wati et al., 2023). Increasing knowledge of the benefits of herbal plants is one of the efforts to improve women's reproductive health at the MSME level. It is hoped that efforts to improve women's reproductive health will be able to prevent health problems that occur in women's reproduction, thereby reducing women's morbidity and mortality rates. The behavior of maintaining women's reproductive health can be realized by consuming herbal concoctions (Notoatmodjo S, 2014; Wati et al., 2023). These efforts will be meaningless if there is no self-awareness to carry out prevention (Notoatmodjo S, 2014). Prevention that women can take to maintain reproductive health is by adopting a healthy lifestyle. and immediately visit the nearest health service when experiencing complaints related to reproduction (Notoatmodjo S, 2014; Wati et al., 2023). Reproductive health in women cannot be separated from the health of intimate organs. We need to realize that maintaining reproductive health is very important. One thing we can do is maintain cleanliness. Providing basic understanding and knowledge regarding reproductive health is not only aimed at ensuring that women have responsible attitudes and behavior in society, it is also useful to avoid sexually transmitted diseases (STDs). The public,

especially teenagers, need to know about reproductive health in order to have correct information about the reproductive process and the various factors surrounding it. With correct information, it is hoped that teenagers will have responsible attitudes and behavior regarding relationships in social and community life (Muharrina et al., 2023).

The use of herbal plants for health is still widely used in society. Therefore, herbal plant MSMEs must be maintained to meet community needs. MSME owners should increase awareness, willingness and ability to use herbal plants for family health by adding more insight, knowledge, technology and information about family medicinal plants to mixing, consuming and their benefits. The owner's use of herbal plants for health is still limited to dealing with health problems, even though the best thing is to use herbal plants while they are still in good health by providing herbal plants which are efficacious for improving health (promotional) and which are efficacious for preventing the occurrence of various diseases. disease (preventive). Increasing the use of herbal plants because they are relatively safer, easier, cheaper and have fewer side effects, apart from that, is an effort to achieve optimal levels of public health independently (Yulianto, 2017).

This community service activity also facilitates owners to consult on reproductive health issues. The owner believes that reproductive health issues are sensitive for women. The owner also hopes that education like this can be provided to the women farming groups under his care. This educational activity needs special attention because it is not easy for women to open up when facing reproductive health problems. Social support for women can come from health workers, partners, family and friends. The forms of support that can be provided can be in the form of information support, appreciation support, instrumental support, appreciation support and emotional support

(Atameha, 2016; Mayasari, S. I., Jayanti, 2019; Wati et al., 2023). Support from people closest to them can motivate women of childbearing age to behave healthily in maintaining their reproductive organs. Behavior that is based on knowledge will stick better than behavior that is not based on knowledge. A person's cognitive knowledge is the domain in forming actions. A person's behavior that is carried out through a process is based on knowledge, awareness and a positive attitude, so the behavior obtained will last longer (Notoatmodjo S, 2014; Wati et al., 2023).



Figure 4.1 Documentation of community service activities Education on the Use of Herbal Plants for Women's Reproductive Health at the Rumah Herbal Mirasa UMKM

4. CONCLUSION

Community service activities with the theme "Education on the use of herbal plants for women's reproductive health at Rumah Herbal Mirasa UMKM" can increase knowledge about the benefits of herbal plants for women's reproductive health as an effort to prevent reproductive problems in women of childbearing age. Owners who have good knowledge become even better. This Community Service can help the owner, especially in producing herbal medicine to maintain women's reproductive health and prevent reproductive problems that arise in women of childbearing age. It is hoped that activities like this can be held regularly by health workers in women's groups in an effort to maintain the reproductive health of women in the community.

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