

## ENTREPRENEURSHIP: MAKING ALOE VERA-BASED HEALTH DRINK IN SEKARPURU VILLAGE AREA, MALANG

Rini Agustina<sup>1)</sup>, Dodit Suprianto<sup>2)</sup>, Tiffany Azhar Izzuddin<sup>3)</sup>.

<sup>1</sup>Faculty of Science and Technology, PGRI Kanjuruhan University, Malang)

email: [riniagustina@unikama.ac.id](mailto:riniagustina@unikama.ac.id)

<sup>2</sup>Faculty of Electrical Engineering, State Polytechnic of Malang

email: [dodit.suprianto@polinema.ac.id](mailto:dodit.suprianto@polinema.ac.id)

<sup>3</sup>Faculty of Informatics Engineering, State Polytechnic of Malang

email: [tiffanyazhar200504@gmail.com](mailto:tiffanyazhar200504@gmail.com)

### Article Info:

Submitted:

**ABSTRACT**

Accepted:

Published:

### Handling Editor:

### Keywords:

*Aloe vera;  
drink health;  
empowerment  
public;  
herbal  
preparations;  
health.*

**Background:** The commitment to the public is to enhance the usage of aloe vera as a basic ingredient in health beverages, thereby increasing economic value for the community while encouraging a healthy lifestyle. This activity was carried out in the Sekarpuro Village community, which has great potential in aloe vera cultivation but so far has only been utilized in a limited way. **Method:** The method used in this community service activity is an experiment. Through training on processing aloe vera into healthy drinks, the community is given an understanding of processing techniques, starting from selecting quality aloe vera and processing aloe vera gel to adding supporting ingredients such as syrup to enhance the taste. Additionally, the health benefits of aloe vera include improving digestion, promoting body hydration, and enhancing immunity. **Results:** This activity demonstrates an enhancement in community abilities for transforming aloe vera into a profitable beverage and a heightened awareness of its health benefits. **Consumer Satisfaction Level:** Consumer surveys show that 85% of respondents are satisfied with the taste of aloe vera drinks and 75% feel the health benefits after consuming them for one week. **Conclusion:** Through this program, the community is more motivated to utilize existing local potential, as well as expand the marketing of aloe vera drink products as part of promoting a healthy lifestyle.

## 1. INTRODUCTION

Aloe vera is a plant that has high economic and health value. In various regions, aloe vera is already known as a plant that can be used for various purposes, from skincare to traditional medicine. In addition, aloe vera also has good nutritional content for health, such as vitamins, minerals, enzymes, and essential amino acids that can

help maintain the body's immune system, increase digestion, and support healthy skin and hair (Noviani 2021).

However, despite its great potential, aloe vera is often underutilized by the community. Many farmers or communities only sell aloe vera in raw form without further processing it into value-added products. One way to increase the economic value of aloe vera plants is to process them

into health drink products. Aloe vera drinks not only have various health benefits but also have a higher selling value than raw aloe vera (Dewi 2022; Endartiwi and Anggoro 2021).

This community service aims to provide training to local communities in processing aloe vera into healthy drinks. By processing aloe vera into ready-to-consume products, it is hoped that it can increase community income and utilize the potential of this plant more optimally. In addition, the use of aloe vera as a health drink can also increase public awareness of the importance of consuming healthy natural ingredients. In its implementation, this program will involve several stages, starting from introducing the benefits of aloe vera techniques for processing aloe vera into drinks to effective product marketing strategies (Novananda, Yanto, and Handayani 2022; Riyanto and Wariyah 2012). It is hoped that through this program, the community can not only increase the economic value of the aloe vera plant but also get health benefits from its consumption.



Figure 1. Aloe vera plant

Aloe vera has long been known as a plant that has many health benefits. In addition to being used for skin care, aloe vera is also often used as an ingredient in healthy drinks. Aloe vera contains various active compounds such as vitamins, enzymes, minerals, and antioxidants that are good for body health. In recent years, aloe vera-based drinks have become increasingly popular because they are believed to aid digestion, increase hydration, and support the immune system. With the increasing interest in natural and healthy beverage products, research is needed on how aloe vera can be used as a beverage ingredient that is not only delicious but also beneficial for health.

In addition, the purpose of this activity is also an effort to empower housewives who have free time, as well as working mothers who want to increase their creativity while

saving family expenses (Agustina, Suprianto, and Rosalin 2023; Wachyuni 2019). Through direct counseling and training on the process of making aloe vera drinks, it is hoped that ideas and creativity will emerge from residents so as to open up business opportunities to increase family income (Nasution, Napitupulu, and ... 2022; Setiawan 2023).

## 2. METHOD

The method used in this activity is an experimental approach using aloe vera as the basic ingredient for the formulation of healthy drinks. Several steps are taken in this research method, including:

- 1) Raw Material Collection: Fresh aloe vera is selected from plants that are at least 1 year old to ensure optimal nutritional content. The part of the aloe vera leaf used is the gel, which is processed by peeling, washing, and cleaning the mucus.
- 2) Making Aloe Vera Drink: Aloe vera gel is mixed with other ingredients such as honey, lemon, and mineral water to make a drink. Each ingredient is added in a specified amount to ensure a balanced taste and remain healthy.
- 3) Beverage Quality Testing: Aloe vera beverages are tested to assess their nutritional content, taste, and consumer reactions. Nutritional analysis is performed to ensure that the vitamin, mineral, and antioxidant content is maintained during the processing process.
- 4) Consumer Survey: The survey was conducted to measure the level of consumer satisfaction with the taste and health benefits felt after consuming aloe vera drinks.

## 3. RESULTS AND DISCUSSION

Making Aloe Vera drinks requires several ingredients and several basic steps as follows (Renhard 2016; Rinaldi et al. 2022):

## Ingredients:

1. 10 large aloe vera stems
2. Sufficient water.
3. Sugar
4. Salt

## Tool :

1. Pot
2. Knife
3. Basin

## How to make:

### 1. How to Peel Skin:

First, use a sharp knife to comb the side thorns. Then, slowly peel the skin off from the back and bottom of the aloe vera.



Figure 2. Peeling materials and process

2. Wash the aloe vera until the slime disappears, then cut it into small pieces/according to taste. Then wash again and drain.



Figure 3. Aloe vera washing process

### 3. Aloe Vera Slime Removal Process:

Boil water + 1 pandan leaf cut into 2/knots, let it boil, then add the aloe vera. No need to boil for long, just a short while. This is only for the mucus/rinse removal process. After that, strain and discard the boiled water. Wash again in running water, drain, and set aside.



Figure 4. Aloe vera boiling process

4. Put the aloe vera into the container and close it tightly.
5. Store in the refrigerator for use at any time.

6. Making Syrup: Boil Water and 1 Pandan Leaf tied in a knot, then add granulated sugar. Boil until hot and bubbly, then add the previously boiled aloe vera. Cook until boiling, then taste test and turn off the stove. Let it cool to room temperature.



Figure 5. Syrup making process

### 7. How to serve:

Prepare a glass, add enough ice cubes and basil seeds, and pour in the room-temperature aloe vera drink.



Figure 6. Results of drinks made of Aloe Vera

From the results of this community service activity, it is known that aloe vera-based drinks have several significant health benefits:

- 1) Increases Hydration: Aloe vera is known to have a high water content, making it effective in maintaining body hydration (Marhaeni 2020; Setiawan 2023).
- 2) Supports the Digestive System: The enzymes contained in aloe vera help break down sugar and fat and improve the digestive process (Siagian et al., 2023).
- 3) Increases Energy and Vitality: The combination of vitamins and minerals in aloe vera, especially vitamin C, plays an important role in improving the immune system and increasing energy (Rusanti and Hendrawati 2018; Wijaya and Masfufatun 2022).
- 4) Improve Health Skin: Regular consumption of aloe vera is also associated with healthier and more radiant skin due to its antioxidant content that protects skin cells from



damaged (Mulianingsih and Ambarwati 2021).

- 5) Consumer Satisfaction Level: Consumer surveys indicate that 85% of respondents were satisfied with the taste of aloe vera drinks, and 75% reported experiencing health benefits after consuming them for one week.

## 4. CONCLUSION

Aloe vera is a natural ingredient rich in nutrients and offers various health benefits when used as a base ingredient in drinks. This study shows that aloe vera drinks are not only refreshing but also can increase hydration, support the digestive system, and improve skin health. Although aloe vera has many benefits, its use as a health drink must also be considered carefully. Aloe vera has a mild laxative effect, so excessive consumption can cause diarrhea or other digestive disorders (Novananda et al. 2022). Therefore, the correct dosage is crucial when using aloe vera in health drinks. Consuming aloe vera drinks should be done within reasonable limits, and it is advisable to consult a healthcare expert if you have certain medical conditions. The positive response from consumers indicates great potential for aloe vera drinks to become a popular health product on the market. Further development can be done with variations in flavors and attractive packaging to reach a wider market.

## 5. ACKNOWLEDGMENTS

We want to express our gratitude to the entire community service team.

## 6. REFERENCES

- Agustina, Rini, Dodit Suprianto, and Sovia Rosalin. 2023. "Pembuatan Sabun Cuci Piring Untuk Meningkatkan Kreativitas Ibu Rumah Tangga Di Wilayah Pakis." *ABDIMASNU: Jurnal Pengabdian Kepada Masyarakat* 3(2). doi: 10.47710/abdimasnu.v3i2.211.
- Dewi, Mutia Lina. 2022. "Pengolahan Aloe Vera (Lidah Buaya) Sebagai Minuman Sehat." *Abdi Wiralodra: Jurnal Pengabdian Kepada Masyarakat*

4(1):35-45.

- Endartiwi, Sri Sularsih, and Sarni Anggoro. 2021. "Pelatihan Pemanfaatan Lidah Buaya Menjadi Makanan Yang Bergizi." *Jurnal Pengabmas Masyarakat Sehat* 3(2):1-5.
- Marhaeni, Luluk Sutji. 2020. "Potensi Lidah Buaya (Aloe Vera Linn) Sebagai Obat Dan Sumber Pangan." *AGRISIA: Jurnal Ilmu-Ilmu Pertanian* 13(1):32-39.
- Mulianingsih, Ajeng Mardiana, and Neneng Siti Silfi Ambarwati. 2021. "Pemanfaatan Lidah Buaya (Aloe Vera) Sebagai Bahan Baku Perawatan Kecantikan Kulit." *Jurnal Tata Rias* 11(1):91-100. doi: 10.21009/11.1.11.2009.
- Nasution, S. R. A., C. Napitupulu, and ... 2022. "Pelatihan Pembuatan Sabun Cuci Piring Berbahan Lidah Buaya Untuk Meningkatkan Kreativitas Remaja Desa Sidingkat." *Jurnal ADAM: Jurnal ...* 1(2):176-80.
- Novananda, Panji, Elih Sutisna Yanto, and Reti Puji Handayani. 2022. "PEMBUATAN MINUMAN HERBAL DARI LIDAH BUAYA (Aloe Vera), LEMON (Citrus Limon L) DAN KAYU MANIS (Cinnamomum Burmannii) UNTUK PENCAHAR ALAMI." *Journal of Holistic and Health Sciences* 6(2):98-105. doi: 10.51873/jhhs.v6i2.173.
- Noviani, Nomi. 2021. "Edukasi Pembuatan Minuman Sehat Dari Tanaman Lidah Buaya." *Amaliah: Jurnal Pengabdian Kepada Masyarakat* 5(2):126-30.
- Renhard, Muhammad. 2016. "Sabun Pencuci Piring Cair Dengan Inovasi Penambahan Ekstrak Aloe Vera Sebagai Anti Bakterial Yang Bernilai Ekonomis Tinggi."
- Rinaldi, Marhalinda, Ruwaida, and Doni Hamzah. 2022. *Pembuatan Sabun Cuci Piring Sebagai Peluang Usaha Dalam Meningkatkan Ekonomi Rumah Tangga Di Kelurahan Keradenan Kecamatan Cibinong Kabupaten Bogor.*
- Riyanto, Riyanto, and Chatarina Wariyah.

2012. “Stabilitas Sifat Antioksidatif Lidah Buaya (Aloe Vera Var. Chinensis) Selama Pengolahan Minuman Lidah Buaya.” *AgriTECH* 32(1):73–78. doi: 10.22146/agritech.9659.
- Rusanti, Wenny Diah, and Tri Yuni Hendrawati. 2018. “Pengaruh Penambahan Teh Lidah Buaya ( Aloe Tea ) Terhadap Sifat Fitokimia Minuman Thai Tea.” *Seminar Nasional Sains Dan Teknologi* 1–4.
- Setiawan, Risqi Firdaus. 2023. “Analisis Nilai Tambah Produk Olahan Lidah Buaya Di Ukm Sri Rejeki Surabaya.” *Jurnal Pertanian Cemara* 20(1):83–93. doi: 10.24929/fp.v20i1.2548.
- Siagian, Dos D. L. E. Br, Billy J. Kepel, Aaltje Manampiring, Widdhi Bodhi, Fatimawali Fatimawali, and Fona D. H. Budiarto. 2023. “Analisis Antioksidan Senyawa Bioaktif Ekstrak Lidah Buaya Secara Insilico.” *Jurnal E-Biomedik* 10(2):129–35. doi: 10.35790/ebm.v10i2.46334.
- Wachyuni, Suci Sandi. 2019. “Inovasi Pembuatan Jelly Dari Bahan Lidah Buaya Dengan Penambahan Lemon.” *Jurnal Sains Terapan Pariwisata* 4(3):20–29.
- Wijaya, I. Kadek Wawan Agus Wijaya, and Masfufatun. 2022. “Potensi Lidah Buaya (Aloe Vera) Sebagai Antimikroba Dalam Menghambat Pertumbuhan Beberapa Fungi: Literature Review.” *Jurnal Kedokteran Dan Kesehatan* 18(2):202–11.