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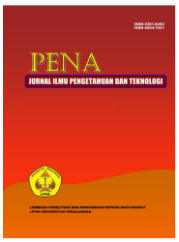

Overview of Community Understanding in the Utilization of Family Medicinal Plants in Pacar Village, Tirto District, Pekalongan Regency

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ABSTRACT

Family medicinal plants are plants cultivated at home that have medicinal properties. That use of Family medicinal plants (TOGA) is generally for general treatment such as coughs and stomachaches. Planting medicinal plants in the yard, in addition to being used for medicine, can also be used well as a decoration for the yard. This study aims to determine the picture of community understanding in the use of family medicinal plants in Pacar Village, Tirto District, Pekalongan Regency. This research focuses on indentifying the types of family medicinal plants that are commonly used, the parts of the plants that are used, and how to use family medicinal plants (TOGA). The method used to collect data in this study was purposive sampling, and the questionnaire used in this study consisted of several semi-open questions, namely multiple choice and essay. The results of this study showed that all respondents had undergone treatment using TOGA, as many as 51% of respondents used TOGA to treat flu/cough, the treatment period 1 week or even more than 1 week with an effectiviness level reaching 85%. The majority of respondents who used ginger were 51%, lemongrass 18%, and turmeric 14%. Information about TOGA was partly obtained from social media 41%, and family inheritance from generation to generation as much as 39%. The most commonly used part of TOGA is the rhizome 75%, and the safety of use is safe is used properly. Most respondents get TOGA by buying it and the rules for using it are 2-3 times a day, by processing it by boiling, slicling, and grating.

Keywords : *Pacar Village, Benefits of TOGA, Purposive sampling*

ABSTRAK

Tanaman obat keluarga adalah tanaman hasil budidaya rumahan yang berkhasiat sebagai obat. Pemanfaatan Tanaman obat keluarga (TOGA) umumnya untuk pengobatan secara umum seperti batuk, dan sakit perut. Penanaman tanaman obat di pekarangan selain untuk obat, juga dapat digunakan dengan baik sebagai penghias pekarangan rumah. Penelitian ini bertujuan untuk mengetahui gambaran pemahaman masyarakat dalam pemanfaatan tanaman obat keluarga di Desa Pacar Kecamatan Tirto Kabupaten Pekalongan. Penelitian ini berfokus pada identifikasi jenis-jenis tanaman obat keluarga yang umum digunakan, bagian tanaman yang dimanfaatkan, dan cara penggunaan tanaman obat keluarga (TOGA). Metode yang digunakan untuk mengumpulkan data pada penelitian ini adalah *purposive sampling*, dan kuesioner yang digunakan pada penelitian ini terdiri dari beberapa pertanyaan semi terbuka yaitu *multiple choice* dan *essay*. Hasil pada penelitian ini menunjukkan semua responden pernah melakukan pengobatan menggunakan TOGA, sebanyak 51% responden menggunakan TOGA untuk mengobati penyakit flu/batuk, jangka waktu dalam pengobatan yaitu 1 minggu bahkan lebih dari 1 minggu dengan tingkat efektivitas mencapai 85%. Mayoritas responden yang menggunakan jahe sebanyak 51%, sereh 18%, dan kunyit 14%. Informasi tentang TOGA sebagian diperoleh dari media sosial 41%, dan warisan

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keluarga secara turun temurun sebanyak 39%. Bagian TOGA yang paling umum digunakan yaitu rimpang 75%, dan keamanan penggunaan aman jika digunakan secara tepat. Sebagian besar responden mendapatkan TOGA dengan membeli dan aturan penggunaannya 2-3 kali sehari, dengan cara pengolahannya direbus, dirajang, dan diparut.
Kata Kunci : Desa Pacar, Manfaat TOGA, Purposive sampling

INTRODUCTION

Herbal plants are plants that have been recognized and known to contain beneficial compounds for preventing or treating diseases. Generally, herbal plants are often used to treat various ailments. The use of herbal plants tends to be safer due to their milder side effects compared to chemical medicines, and many people choose to use herbal plants for treatment (Sambara, 2016). Various concoctions from leaves, roots, fruits, wood, and tubers have long been used to cure various diseases, known as herbal medicine. The utilization of traditional medicine as an alternative healthcare service is very appropriate considering the soaring cost of healthcare along with the uncertain economic conditions of the Indonesian nation (Chasanah, 2010).

Planting medicinal plants in the yard, in addition to being for medicine, can also be well used as yard decoration. The house yard will look beautiful, and its occupants can also obtain the necessary medicines to maintain health (Muhlisah, 2000). Family medicinal plants are generally used to treat family health problems based on common symptoms such as fever, cough, stomach ache, heat, and itching (Ridwan, 2007).

Family Medicinal Plants (TOGA) are often used as an alternative for traditional treatment because they are easily obtained, affordable, and have lower side effects compared to chemical-based medicines (Muhlisah, 2000). By knowing the benefits, efficacy, and types of certain plants, medicinal plants become a family's choice for natural treatment. Pacar Village is part of Tirto District, which has long been known for its tradition of utilizing plants as medicinal ingredients for various types of diseases. One type of plant widely grown in house yards is family medicinal plants (TOGA). TOGA is an alternative choice as family medicine because it is safe, rarely causes side effects, is easy to process, and practical to consume, especially as first aid for mild illnesses such as fever, cough, or to maintain body stamina. Although the existence of TOGA in the home environment is very important, only some people preserve these plants. As a result, the use of family medicinal plants is beginning to be forgotten.

This study aims to describe the understanding of the Pacar Village community in utilizing family medicinal plants (TOGA) as an alternative treatment. This research focuses on identifying the types of family medicinal plants commonly used, the parts of the plants utilized, and the methods of using family medicinal plants (TOGA).

The results of this study have significant relevance in increasing understanding of local wisdom and the potential of natural medicine in the local community. It is hoped that the findings of this study can make a positive contribution to promoting community health and strengthening efforts to preserve traditional medicinal knowledge. Thus, this study not only provides an overview of the understanding of family medicinal plants (TOGA) in Pacar Village but also highlights the importance of maintaining cultural heritage in traditional medicine within the context of sustainable public health.

RESEARCH METHOD

This research uses a **descriptive non-experimental** research type with a **qualitative approach**. The instrument used in this study is a **questionnaire** containing questions that must be filled out by respondents. The questionnaire is divided into 4 groups: respondent's personal identity, a group of questions about family medicinal plants (TOGA), a group on the

perception of using family medicinal plants (TOGA), and a group on the documentation of family medicinal plants (TOGA) used by respondents for treatment.

The **population** of this study consists of all community members in Pacar Village, Tirto District, Pekalongan Regency, who have used family medicinal plants for treatment. The **sample** for this study is a portion of the community in Pacar Village, Tirto District, Pekalongan Regency. The sample size in this study was determined using the Slovin formula (Rianse & Abdi, 2012).

This research was conducted in **Pacar Village, Tirto District, Pekalongan Regency**. The implementation period was in **November 2024**.

The **inclusion criteria** for this study were: men and women aged ≥ 18 years, using herbal plants for treatment, willing to be respondents, and residents of Pacar Village, Tirto District, Pekalongan Regency. The **exclusion criteria** for this study were: men and women aged ≤ 18 years, men and women aged ≥ 18 years who have communication barriers, or incomplete personal data or answers in the questionnaire.

The **method used to collect data** in this study was **purposive sampling**. The data needed for this study were obtained through surveys (observation) using a questionnaire consisting of several semi-open questions, namely **multiple choice and essay**. The questionnaire data, in the form of answers, were analyzed descriptively to determine the percentage of respondents' answers. The data analysis technique used in this study was descriptive using **Ms. Excel 2010**.

Data was collected through questionnaires filled out by respondents. The collected primary data was then selected, coded, tabulated, entered, and interpreted. Data analysis used descriptive techniques with the aid of Microsoft Excel 2010.

RESULTS AND DISCUSSION

1. Respondents who have/have not self-medicated with TOGA

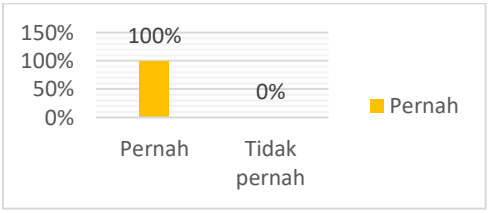

Figure 1. Respondents who have/have not self-medicated with TOGA

Based on Figure 1, the majority of respondents answered that they had used family medicinal plants. The large number of people in Pacar Village, Tirto District, Pekalongan Regency who utilize family medicinal plants as alternative medicine is due to their easy accessibility, safety for consumption, and many respondents having experienced the benefits of family medicinal plants used for self-medication. This indicates that the community predominantly consumes family medicinal plants for self-treatment.

2. Diseases treated using TOGA

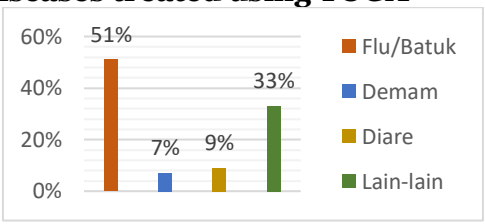

Figure 2. Diseases treated using TOGA

Based on Figure 2, the diseases suffered by respondents are not only flu/cough, fever, diarrhea, but also other diseases such as constipation, cholesterol, muscle aches, and beauty problems like acne and hair loss. This shows that respondents' knowledge of the benefits of family medicinal plants is quite good, and the community already uses family medicinal plants for treatment. Over time, the use of family medicinal plants has developed further, with respondents even

using not just one but several types of plants.

3. Duration of treatment using TOGA

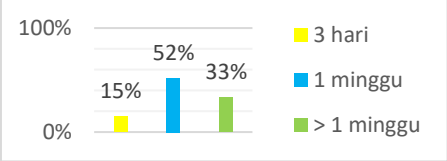

Figure 3. Duration of treatment using TOGA

Based on Figure 3, the majority of respondents used TOGA for treatment for a period of 1 week or even more than 1 week. The use of family medicinal plants is certainly safer if used for a long period because they have mild side effects. This shows the safety and effectiveness of using family medicinal plants, and the minimal risk of side effects when using family medicinal plants.

4. Effectiveness level of TOGA use

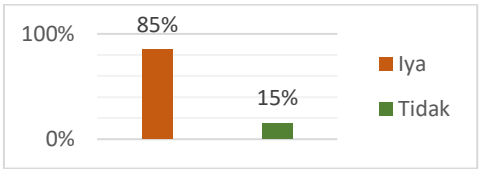

Figure 4. Effectiveness level of using TOGA

Based on Figure 4, the majority of respondents answered "Yes" regarding the effectiveness of TOGA use because the community felt the benefits of the plants used. From these plant benefits, the community believes that using family medicinal plants can cure the diseases they are suffering from. Meanwhile, some respondents answered "No" because they felt that consuming family medicinal plants for treatment was less effective or even provided no benefits at all. This shows variations in people's experiences and different perceptions in using family medicinal plants.

5. Number of TOGA types used for treatment

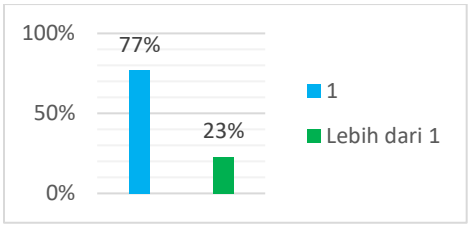

Figure 5. Number of TOGA types used for treatment

Based on Figure 5, it shows that family medicinal plants have significant benefits as medicine. The utilization of family medicinal plants aims to obtain high-quality, safe, scientifically proven effective traditional medicines, which are widely utilized, either for personal use or in other health services. The majority of respondents used one type of family medicinal plant for treatment. This shows a simple preference in the use of family medicinal plants, and family medicinal plants are believed to have benefits as alternative medicine.

6. Types of TOGA used for treatment

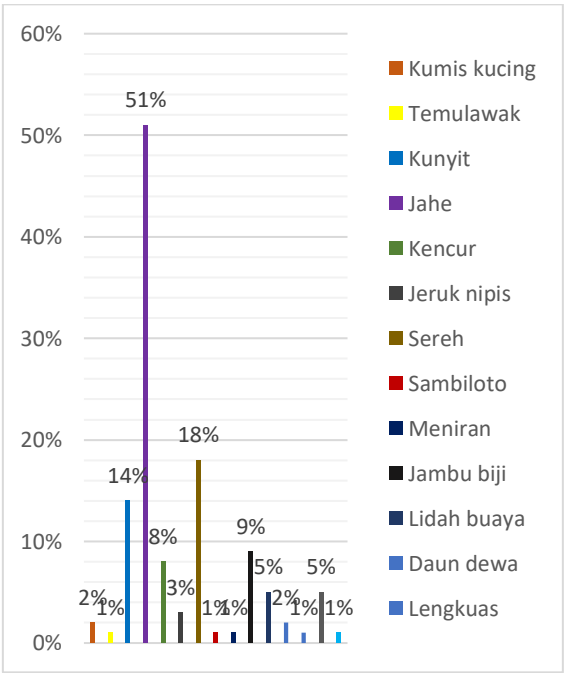

Figure 6. Types of TOGA used for treatment

Based on Figure 6, among the types of TOGA used for treatment, the most commonly used plants are ginger, lemongrass, turmeric, and guava leaves, which are traditionally used in making family medicinal plant concoctions passed down through generations. These plants have medicinal properties. This indicates that the community already uses these plants for treatment and it is proven that family medicinal plants have many benefits for treatment.

7. Sources of information about TOGA and its benefits

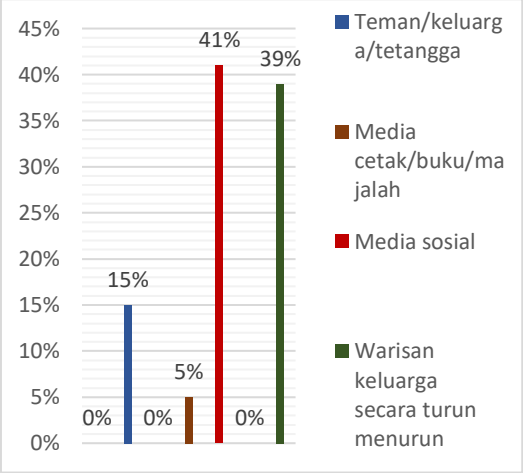

Figure 7. Sources of information about TOGA and its benefits

Based on Figure 7, respondents obtained information about TOGA and its benefits from several sources, including social media and family heritage, which are the fastest means of disseminating information because in this advanced era, respondents can quickly access the internet and find information about health, medicines, and so on. This indicates that community information sources related to family medicinal plants can be obtained through the internet and through inherited family traditions, allowing the community to process these plants for treatment.

8. Parts of TOGA used for treatment

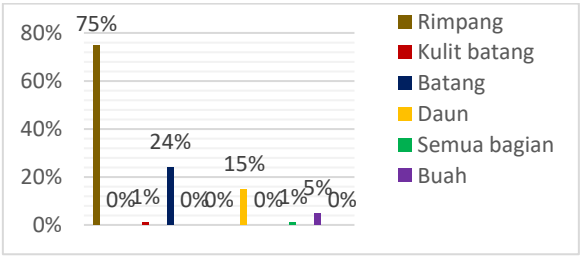

Figure 8. Parts of TOGA used for treatment

Based on Figure 8, the part of the plant most commonly used by the people of Pacar Village is the **rhizome of the ginger plant** as an alternative medicine. Diseases commonly treated with ginger rhizome (Zingiberaceae) are internal ailments such as common cold, cough, and flu. This reflects variations in the use of plant parts according to the medicinal needs using family medicinal plants, and almost all parts of family medicinal plants have benefits.

9. Safety of TOGA use for health

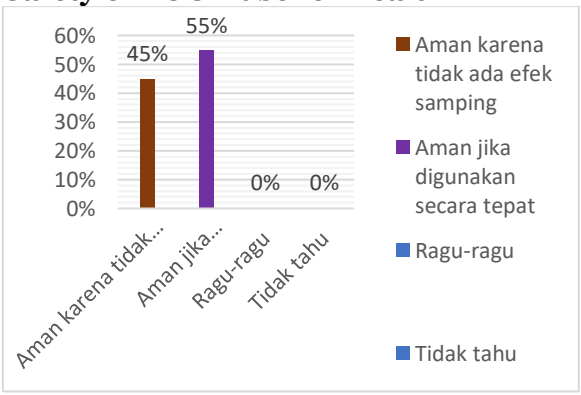

Figure 9. Safety of TOGA use for health

Based on Figure 9, some respondents answered that the use of family medicinal plants is safer if used correctly, and herbal medicines in general are considered safer than chemical/modern medicines. This reflects the community's belief in the safety of traditional medicines, and family medicinal plants have very low side effects, so people prefer family medicinal plants for treatment.

10. Sources for obtaining TOGA for treatment

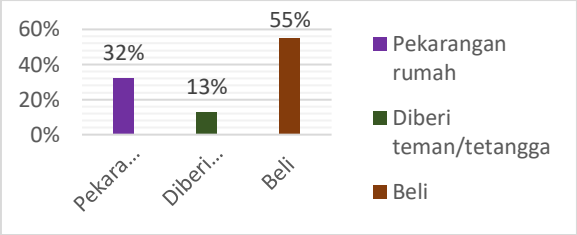

Figure 10. Sources for obtaining TOGA for treatment

Based on Figure 10, some community members plant family medicinal plants in their house yards, and herbal or medicinal plants are easily found around and widely sold in traditional markets. It is not uncommon for many people to prefer buying rather than planting themselves because it requires land and care to obtain good quality plants. This indicates that family medicinal plants can be easily obtained and can be easily grown in house yards without requiring a lot of cost.

11. Method of use and dosage of TOGA

Based on the results obtained, respondents use TOGA with a dosage of 1-3 times a day. Knowledge related to the use and application of these family medicinal plants is a cultural heritage of the nation based on experiences that have been passed down through generations, including the current generation. In this case, the community more often consumes family medicinal plants by brewing them 1-3 times a day, because it is believed that family medicinal plants are more effective in treatment and have very low side effects.

12. Dosage and method of preparing TOGA for treatment

Respondents generally prepare TOGA for treatment in several ways, including **burning, boiling, and pounding**, then drinking it, such as ginger, turmeric, and kencur. Respondents process family medicinal plants using the rhizome, stem, bark, seeds, and leaves of the medicinal plants. The community more often prepares family medicinal plants for treatment by **boiling** them, because the cost required is very affordable and the time needed is also very efficient.

CONCLUSION

Based on the data obtained, it can be concluded that the community of Pacar Village, Tirto District, Pekalongan Regency, utilizes family medicinal plants (TOGA) as an alternative treatment. Ginger, turmeric, and lemongrass are widely used for boosting body immunity. The community generally uses the rhizomes, leaves, and stems of these plants for treatment. TOGA plants are widely used by the community for treating flu/cough with a duration of 3 days to 1 week, achieving an effectiveness level of 85%. Information on family medicinal plants is also widely obtained through social media or inherited traditions. Family medicinal plants are generally also considered safe if used correctly, and most people obtain these plants by purchasing them. The methods of preparing TOGA for treatment vary, including burning, pounding, and boiling, with a usage rule of 1-3 times a day, according to needs.

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