

TOGA Education and Socialization: Building Nature-Based Family Health

Siti Mardhika Sari*¹, Tyas Soemarah Kurnia Dewi¹, Endang Suprapti¹, Achmad Fatchul Aziez¹, Haryuni¹, Daryanti¹

¹Prodi Agroteknologi, Fakultas Pertanian, Universitas Tunas Pembangunan Surakarta

*e-mail: mardhikasari.siti@gmail.com

Abstrak

Kebutuhan masyarakat akan tanaman obat terus meningkat seiring dengan tren *back to nature* yang mendorong pemanfaatan bahan alami untuk menjaga kesehatan. Namun, di Desa Karangmojo, Kecamatan Weru, Kabupaten Sukoharjo, masih banyak lahan pekarangan yang belum dimanfaatkan secara optimal, padahal berpotensi menjadi sumber tanaman obat keluarga (TOGA). Kegiatan pengabdian kepada masyarakat ini bertujuan untuk meningkatkan pengetahuan dan keterampilan anggota Pemberdayaan Kesejahteraan Keluarga (PKK) dalam budidaya TOGA, sehingga dapat mendukung kemandirian kesehatan keluarga. Pengabdian dilaksanakan pada 15 Januari 2025 di Balai Desa Karangmojo dengan metode partisipatif, meliputi penyuluhan, pelatihan teknis, praktik lapangan, dan pendampingan. Peserta diperkenalkan pada jenis-jenis tanaman obat yang mudah dibudidayakan, teknik penanaman dan perawatan, serta pemanfaatannya untuk pengobatan sederhana. Hasil kegiatan menunjukkan peningkatan pengetahuan dan keterampilan peserta secara signifikan, ditandai dengan antusiasme tinggi saat praktik dan komitmen untuk mengembangkan kebun TOGA di pekarangan masing-masing. Kebun TOGA percontohan berhasil dibuat di salah satu pekarangan warga sebagai model yang dapat direplikasi. Dampak kegiatan ini tidak hanya memberikan manfaat langsung bagi kesehatan keluarga, tetapi juga membuka peluang ekonomi melalui pemanfaatan hasil panen tanaman obat menjadi produk herbal bernilai jual. Kegiatan ini diharapkan dapat berkelanjutan dengan dukungan pendampingan rutin dan pembentukan kelompok kerja TOGA tingkat desa.

Kata kunci: Kesehatan keluarga, Pekarangan, PKK, TOGA

Abstract

The community's demand for medicinal plants continues to grow along with the back to nature trend, which encourages the use of natural ingredients to maintain health. However, in Karangmojo Village, Weru Subdistrict, Sukoharjo Regency, many home gardens remain underutilized, even though they have the potential to serve as a source of Family Medicinal Plants (TOGA). This community service program aimed to improve the knowledge and skills of members of the Family Welfare Empowerment (PKK) group in cultivating TOGA to support family health self-reliance. The program was conducted on January 15, 2025, at the Karangmojo Village Hall using a participatory approach, including counseling, technical training, field practice, and mentoring. Participants were introduced to various medicinal plants that are easy to cultivate, planting and maintenance techniques, as well as their applications for simple home remedies. The results showed a significant increase in participants' knowledge and skills, reflected in their high enthusiasm during practice and their commitment to developing TOGA gardens in their respective yards. A demonstration TOGA garden was successfully established in one participant's yard as a replicable model. This activity not only provided direct benefits for family health but also opened up economic opportunities through processing harvested medicinal plants into marketable herbal products. The program is expected to be sustainable with continuous mentoring and the establishment of a village-level TOGA working group.

Keywords: family health, home garden, PKK, TOGA

1. PENDAHULUAN

Indonesia is a country rich in plant products, including plants that are used as medicine (Maulidiah et al., 2020). Family Medicinal Plants (TOGA) is an independent health maintenance effort that utilizes the potential of medicinal plants grown in the household or home environment (Taufik & Harli, 2023). The existence of TOGA is important amidst increasing public awareness of the importance of a healthy lifestyle (Susilo Yulianto, 2017) and the rise of the back-to-nature movement, which prioritizes the use of natural ingredients to support health. Since ancient times, our society has widely used plants as traditional

medicine ([I Gusti Ayu et al., 2023](#)). The use of TOGA is not only useful as an alternative treatment for various minor illnesses and as a preventative measure ([Lestari, 2022](#)), It also serves as a form of family independence in maintaining health without relying entirely on chemical drugs. Furthermore, growing medicinal plants in yards offers added aesthetic value, utilizes empty space, and contributes to the preservation of biodiversity in the surrounding environment. Unfortunately, despite these significant benefits, the community's knowledge and skills in cultivating and utilizing medicinal plants are still relatively low, resulting in underutilization of their potential ([Hamidi et al., 2022](#)).

Karangmojo Village, Weru District, Sukoharjo Regency, is an area with significant potential for developing medicinal plants. Observations indicate that much vacant land or yards around residential areas remain unused productively. However, these lands could potentially be cultivated as sources of medicinal plants beneficial for both family health and small-scale economic activities. This low land utilization is due to a lack of public knowledge regarding easily cultivated medicinal plants, appropriate planting techniques, and sustainable management methods. This situation is a significant concern, given that utilizing yards for planting medicinal plants can be a simple yet effective solution for improving family health. In this context, the presence of the Family Welfare Empowerment (PKK) group as a partner is highly strategic, as the PKK plays a significant role in mobilizing and educating the community, particularly housewives, about yard management and its use for health.

Based on these issues, this community service activity is designed to provide education, training, and mentoring to members of the Family Welfare Movement (PKK) of Karangmojo Village in utilizing their yard as a TOGA garden. The purpose of this service is to increase the knowledge and skills of PKK members regarding the types of medicinal plants, correct cultivation techniques, and how to process and utilize them for family health. Through this activity, it is hoped that PKK members can become pioneers in developing TOGA in their respective environments, raise awareness of the importance of natural-based health, and inspire the surrounding community to optimize vacant land into a sustainable productive resource.

2. METHODS

This community service activity was carried out in Karangmojo Village, Weru District, Sukoharjo Regency, involving members of the Family Welfare Empowerment (PKK) as the main partners. The activity was carried out on September 15, 2025, at the Karangmojo Village Hall and a resident's yard area, which was used as a demonstration area. This location was selected based on the availability of underutilized yard land and the high potential for developing Family Medicinal Plants (TOGA) in the area. The method of implementing the activity is carried out through several stages, namely:

1. Preparation Stage: The activity begins with coordination with the PKK (Family Welfare Movement) management and village officials to agree on a schedule, location, and implementation techniques. Additionally, an initial survey is conducted to identify potential yard space and types of medicinal plants suitable for local environmental conditions.
2. Education Phase: This phase provides educational materials on the importance of TOGA, its benefits for family health, and an introduction to types of medicinal plants that are easy to cultivate in yards. The education is conducted interactively, involving discussions and questions and answers.
3. Training and Field Practice Phase: Participants receive hands-on training on planting, caring for, and harvesting medicinal plants. This activity includes preparing the planting medium, selecting seeds, watering techniques, organic

- fertilization, and natural pest control. As part of the practice, participants and the community service team create a model TOGA garden in a resident's yard.

3. RESULTS AND DISCUSSION

The community service activity held on September 15, 2025, in Karangmojo Village, Weru District, Sukoharjo Regency, took place with the active participation of PKK members as the main partners. The number of participants in attendance was 15 people, consisting of PKK administrators and members, representatives of village officials, and several residents who were interested in utilizing their yard land. The enthusiasm of the participants was visible from the extension stage to the field practice, where they actively discussed and directly tried out Family Medicinal Plant (TOGA) planting techniques. In the educational session, participants were introduced to the concept of back to nature and the importance of natural-based health management through the use of TOGA. This extension was followed by technical training that included seed selection, preparation of planting media, plant care, and proper harvesting techniques. The field practice activity focused on creating a demonstration TOGA garden in the yard of one of the PKK members' houses. The land used had an area of approximately 25 m² and was planted with various types of medicinal plants commonly used in everyday life.

Table 1. Types of Medicinal Plants and Estimated Harvest Time

No	Names of Medicinal Plants	Main Benefits	Harvest Age (estimated)
1	Jahe (<i>Zingiber officinale</i>)	Warms the body, treats colds	8–10 month
2	Kunyit (<i>Curcuma longa</i>)	Anti-inflammatory, improves digestion	7–9 month
3	Kencur (<i>Kaempferia galanga</i>)	Cough medicine, expectorant	6–8 month
4	Serai (<i>Cymbopogon citratus</i>)	Cholesterol lowering, aromatherapy	4–6 month
5	Temulawak (<i>Curcuma xanthorrhiza</i>)	Increases appetite, maintains liver health	8–10 month
6	Lidah Buaya (<i>Aloe vera</i>)	Nourishes hair, heals burns	6–8 month
7	Daun Sirih (<i>Piper betle</i>)	Antibacterial, combats bad breath	6–8 month
8	Pegagan (<i>Centella asiatica</i>)	Improves memory, heals wounds	2–3 month
9	Seledri (<i>Apium graveolens</i>)	Lowers blood pressure, enhances cooking aroma	2–3 month
10	Sambiloto (<i>Andrographis paniculata</i>)	Boosts immunity, antiviral	3–4 month

Source : taken from various sources

The family medicinal plants recommended in the table above are generally relatively easy to cultivate and don't require a large area. Most can be planted in the yard, either directly in the ground or in containers such as pots or polybags. The planting medium used is a mixture of loose soil, organic fertilizer, and sand in equal proportions to maintain aeration and nutrient availability. Planting can be done using rhizome seedlings, stem cuttings, or seeds, depending on the plant type. For example, ginger, turmeric, galangal, and Javanese ginger can be propagated from rhizome cuttings, while betel leaves can be propagated from stem cuttings. Watering should be done regularly but not excessively, to maintain soil moisture without making it soggy, as excess moisture can trigger root or rhizome rot.

Caring for these medicinal plants is also quite simple, including regular weeding, organic fertilization every one to two months, and pest and disease control using natural methods such as botanical pesticide solutions. Harvesting is carried out according to the age of each plant, which varies between two and ten months. Short-lived plants such as pegagan, celery, and bitter leaf can be harvested repeatedly after pruning, while long-lived plants such

as ginger, turmeric, and Javanese ginger are usually harvested once their rhizomes are mature enough and their aromas are strong. In general, the success of cultivating medicinal plants in yards is greatly influenced by selecting species suited to environmental conditions, consistent maintenance, and sustainable land management. By optimally utilizing land, communities can obtain a source of medicinal plants that are always available at home, thus supporting the creation of family health independence.



Picture 1. Socialization Participants from the PKK Group of Karangmojo Village

The results of the community service showed that participants' knowledge of medicinal plant species and cultivation techniques significantly increased. Participants also began to develop awareness about utilizing previously neglected yard space. Several PKK members immediately expressed their commitment to developing TOGA gardens at their homes and formed small groups to share seeds and cultivation experiences. The participatory approach used in this activity proved effective in encouraging community involvement. In addition to providing direct benefits in the form of new skills, this activity also fostered a sense of ownership of the program, so it is hoped that TOGA utilization will be sustainable. The challenge going forward is ensuring regular mentoring and the availability of seeds, so that the TOGA gardens that have been initiated are maintained and thrive.

Future projections from this community service activity show significant potential in fostering family health independence in Karangmojo Village. By utilizing yard land for cultivating Family Medicinal Plants (TOGA), the community is expected to have a readily accessible supply of natural medicinal ingredients. This will reduce dependence on chemical drugs for minor ailments and raise awareness of the importance of disease prevention through a healthy, nature-based lifestyle. If this program continues and receives support from the village government and relevant parties, TOGA could develop into a collective community movement that focuses not only on health but also on strengthening local food security.

Furthermore, the success of this program has the potential to open economic opportunities for residents. By improving community skills in cultivating and processing medicinal plants, excess harvests can be marketed fresh or processed, such as dried herbs, herbal medicines, or herbal drinks. Marketing these products can provide additional income while expanding the economic benefits of community service. If accompanied by entrepreneurship training and digital-based marketing, Karangmojo Village has the potential

to become a model village for integrated, sustainable herbal medicine management, providing multiple benefits for the health and well-being of its community.

4. CONCLUSIONS

A community service activity conducted in Karangmojo Village, Weru District, Sukoharjo Regency, involving Family Welfare Movement (PKK) members as partners, successfully achieved its stated goal of improving community knowledge and skills in utilizing yard land for Family Medicinal Plant (TOGA) cultivation. Through a series of activities including education, training, field practice, and mentoring, participants gained a better understanding of the types of medicinal plants, proper cultivation techniques, and how to harvest and utilize them for family health. The enthusiasm and active participation of participants demonstrated that the participatory approach used was effective in building awareness and motivation to optimize previously unused land. In addition to providing direct benefits in the form of the availability of medicinal plant sources at home, this activity also opened up opportunities for the community to develop small businesses based on herbal products in the future. Thus, this program is expected to be sustainable and become the first step in establishing a village that is independent in health, economically empowered, and in line with the principles of environmental conservation.

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