



## EMPOWERMENT OF GRINTING VILLAGE HOUSEWIVES DURING COVID-19 THROUGH KANGKUNG VEGETABLE CULTIVATION TRAINING ACTIVITIES

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### ABSTRACT

*Organic vegetables are one of the sources of nutrients needed by humans. There is some nutritional content in vegetables that are not found in other food sources. Vegetables contain a lot of fiber that has many roles in the digestive process. One of them is Kale cultivation, planting Kale using soil media and polybag is one form of innovation that can be done to increase the knowledge of Grinting village people about planting vegetables more simply while also to improve the skills of the community in the midst of the Covid-19 pandemic. Planting kale using soil media and polybags only requires narrow land so it is more economically efficient because it does not require much complicated maintenance. Kale cultivation training using soil media and polybags targets housewives who aim to improve knowledge of balanced nutritional fulfillment for families during the Covid-19 pandemic.*

Sayur organik merupakan salah satu sumber nutrisi yang dibutuhkan oleh manusia. Ada beberapa kandungan gizi pada sayur yang tidak terdapat pada sumber bahan makanan lain. Sayur mengandung banyak serat yang memiliki banyak peranan dalam proses pencernaan. Salah satunya budidaya kangkung, penanaman kangkung menggunakan media tanah dan polybag merupakan salah satu bentuk inovasi yang dapat dilakukan untuk menambah pengetahuan masyarakat Desa Grinting mengenai penanaman sayuran yang lebih simpel sekaligus untuk meningkatkan keterampilan masyarakat di tengah masa pandemi Covid-19. Penanaman kangkung menggunakan media tanah dan polybag hanya membutuhkan lahan sempit sehingga lebih efisien secara ekonomi karena tidak terlalu membutuhkan perawatan yang rumit. Pelatihan budidaya kangkung dengan menggunakan media tanah dan polybag menasar ibu rumah tangga yang bertujuan untuk meningkatkan pengetahuan pemenuhan gizi seimbang untuk keluarga selama masa pandemi Covid-19.

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## INTRODUCTION

Grinting is a village located in Bulakamba District, Brebes Regency, Central Java Province. Grinting Village is geographically located on the north coast area, in the form of lowland areas. Seen from the map Grinting Village is located and directly adjacent to the Java Sea in the north. The village is located to the west of the capital Bulakamba sub-district or 13 km from the capital of Brebes Regency. The accessibility of this village is high, because it is located right next to a paved road and has good access to the road. The village is located between Kluwut Village and Bulakamba Village. Administratively, Grinting Village consists of 5 RW and 56 RT. The village has an area of 1,475,981 hectares with a population of 17,151. (wikipedia.org accessed 2020)

Public in Grinting Village is mostly livelihood as a rice field farmer, farm farmer and fisherman. In general, Grinting villagers use their land to grow rice, traditional rice planting using soil media. This is done interchangeably with corn crops to avoid pest attacks on crops that are being planted. Therefore, to increase the supply of vegetables is necessary innovation that is easy to give to the community.

Organic vegetables are one of the sources of nutrients needed by humans. There is some nutritional content in vegetables that are not found in other food sources. Vegetables contain a lot of fiber that has many roles in the digestive process. Fiber can promote digestion and can prevent and reduce the risk of the onset of some diseases (Jahari and Sumarno, 2001). Especially in the midst of this pandemic outbreak, we desperately need vegetables as a nutrient-based food to keep our immune system. Cultivation of land kale can be done in narrow land by utilizing the use of planting media in polybags. (Iskandar 2018) explained that the cultivation of kale in polybags is more efficient and economically profitable. Furthermore, in cultivation in polybags is required appropriate planting media. Planting media has three main functions: 1) providing air space and water; 2) helping to maximize root growth; and 3) can physically enforce plants. (Bilderback et al. 2005)

If an area has implemented a lockdown or PSBB (Social Restrictions in Large Time) will most likely hinder the distribution of food or vegetable supplies. Where we as humans are supposed to eat 3x a day to meet balanced nutritional needs and maintain health and maintain the immune system. In this pandemic we are required to always maintain self-hygiene as well as ensure the food we eat has a balanced nutrition. Especially if buying groceries in a market that is usually already held by sellers and other buyers. In anticipation of things that are not desired and ensure cleanliness on foodstings such as vegetables, it would be better to

cultivate vegetables yourself. Where the care and quality of cleanliness is ensured to be safe, because it is yourself who cares for and harvests it.

The purpose of this activity is to provide solutions to improve the food security of families in the covid-19 pandemic and increase knowledge to the housewives of Grinting Village Bulakamba District of Brebes District about agricultural systems with land media and using polybags. This activity is expected to be a means of exchange of information so as to improve skills that will have an impact on people's independence in the midst of the covid-19 pandemic.

## PROBLEM

The problem experienced by the residents of Grinting Brebes Village is the barriers to the distribution of food supply including vegetables that are a daily necessity. This condition is caused by the implementation of lockdown or PSBB (Large-Scale Social Restrictions) will most likely inhibit the distribution of food or vegetable supplies. Where we as humans are supposed to eat 3x a day to meet balanced nutritional needs and maintain health and maintain the immune system. In this pandemic we are required to always maintain self-hygiene as well as ensure the food we eat has a balanced nutrition. Especially if buying groceries in a market that is usually already held by sellers and other buyers. In anticipation of things that are not desired and ensure cleanliness on foodstings such as vegetables, it would be better to cultivate vegetables yourself. Where the care and quality of cleanliness is ensured to be safe, because it is yourself who cares for and harvests it.

## METHOD

Grinting Village's agricultural produce dominated by rice and corn is the main problem why this devotion is carried out. This service was done to increase the innovation of vegetable supply as an improvement of family food security and increased knowledge for Grinting village community, especially Housewives. related to this, then this service is carried out in the form of training. The method used is the method of lectures and discussions.

The first stage of community service activities in Grinting Village is the preparatory stage. The preparation stage includes preparation of training materials, preparation of training media, preparation of training places, timing of training, and preparation of trainees namely Housewives in Grinting Village as many as 5 people. Training in devotional activities is carried out by one student domiciled in Grinting Village.

The second stage after preparation is the implementation stage. Community service activities,

especially Housewives in Grinting Village, are carried out in the form of training. The training was held as many as one meeting. The implementation stage is the provision of kangkung cultivation material in polybag and kangkung cultivation practice in polybag. The materials provided in the form of print outs containing why kangkung cultivation is necessary, tools and materials used in cultivation of kale, as well as how to cultivate kale in polybags. The explanation of the material is done using the method of lecture. After giving the material, participants were invited to practice cultivating kale in polybags. The facilities and infrastructure that have been prepared by students in this service are utilized in the practice of cultivation training. This is done so that participants better understand how to cultivate their own kale at home.

## RESULTS AND DISCUSSIONS

Community service activity in this case is Kale vegetable cultivation training using soil media and polybag conducted by one of Semarang state university students in Grinting Village Bulakamba District Brebes District followed by 5 participants while paying attention to the prevailing health protocols. Before conducting the training, participants are given directions and materials related to what is needed and what to do by participants during the training process. This is done to increase the public's knowledge of vegetable cultivation independently, in addition to this is to avoid confusion between participants.

The target of this Kale vegetable cultivation training participant is the Housewife who mostly livelihoods as a farmer or whose husband works as a farmer. Where the majority of them are vegetable farmers, among them are corn, chili, tomato, and so on. In addition to this, the goal by involving Housewives as the main target of Kale vegetable cultivation training is to increase the creativity of farming and increase knowledge of balanced nutritional needs in the midst of covid-19 pandemic. Because as we know that the position of Mother in a Household is very important in regulating everything, including related to the need for balanced nutrition. Especially during this pandemic period, we are required to always live a healthy life.

During the training process, participants are very active in participating in a series of activities that take place. Even when presenters start practicing what to do, they take presenters very seriously. Sometimes they also ask questions that are poorly understood from the explanations that the presenter has said. Great enthusiasm was also shown by the trainees; it was

evident from the impatience of the participants at the time the presenter began instructing them to conduct themselves according to the steps that had been delivered. For the participants whose dominant is Mother - Housewife, this is certainly very useful. Because in addition to filling activities while at home only, they also gain new knowledge in the midst of pandemics that all things are all difficult.

Based on the monitoring of students as trainees, when they are instructed to do their own planting, they look pretty good at practicing it. The trainees also welcomed and enthusiastic about the training of cultivating Kale vegetables, in addition to the uncomplicated process, the tools and materials needed are also very easy to find. After the training process, participants recognized that this training is very beneficial for them as well as adding new knowledge of the cultivation of vegetables consumption in their own home. This is evidenced by some of the responses they wrote at the end of the event.

The results of student activities in conducting Kale vegetable cultivation training using soil media and polybag are good enough. As for the indicator of success of Grinting village housewives empowerment activities during the covid-19 pandemic through Kale vegetable cultivation activities supported by several factors, among others are 1) The interest of participants, without the interest and support of the trainees, especially the residents of Grinting Village Rt 04 Rw 02, of course this cultivation training process will not take place, 2) Awareness of the participants, all trainees in fact realize that this training is beneficial for them especially in this covid 19 period that we should pay attention to intake

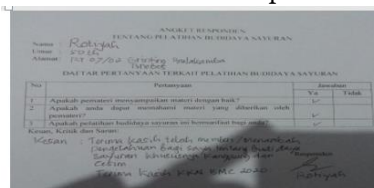


Figure 1. Response of one of the participants



Figure 2. The process of briefing and providing materials to participants



Figure 3. Planting training process by participants



Figure 4. Growing kale plants

of food that will enter our body to keep the body healthy and not easily sick.

## CONCLUSION

Kangkung planting method using soil media and polybag is one form of innovation that can be done to increase the knowledge of Grinting Village community about simpler methods of vegetable planting while

improving people's skills in the midst of the Covid-19 pandemic. This activity is to provide solutions to improve the food security of families in the covid-19 pandemic and increase knowledge to housewives Training kangkung cultivation by using soil media and polybags targeting housewives aimed at improving knowledge of balanced nutritional fulfillment for families during the Covid-19 pandemic. Further training activities need to be carried out to develop the farming skills of trainees and the people of Grinting Village so that agricultural products are more diverse with easier and more efficient planting methods in the midst of the Covid-19 pandemic, so that farming can be done by anyone and anywhere in an effort to fulfill food security and fulfill balanced nutrition of families.

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