

Education and Training in Making Herbal Soap Products in Puasana Village, South Konawe Regency

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Abstract The community service program was carried out to provide education and training in making herbal soap products in Puasana Village, North Moramo District, South Konawe Regency. The Community Service activities aimed to provide knowledge for the community and skill processing by utilizing local natural ingredients to maintain health. The method used in carrying out this community service program is providing counselling regarding the properties of local medicinal plants as well as providing training in making herbal soap products from sago flour. This community service was accomplished by educating the target audience through presentations and providing training on how to make soap by demonstrating directly how to make soap from local, natural ingredients and how to package and label it. Instant herbal soap was formulated with base soap, sago flour, and oleum rosae fragrance (rose oil). Specific targets to be achieved are skill processing local natural ingredients into traditional cosmetic preparations as well as motivating the public to always maintain a healthy body. The implementation of education through counselling and making herbal soap as one of the community service programs carried out in Puasana Village has been carried out well and received good and inspiring responses. Counseling on the use of medicinal plants to be used as ingredients for making soap as well as the training provided hopefully will provide sustainable benefits to the Puasana Village community to increase their knowledge and skills in the use of nutritious plants.

1. INTRODUCTION

Cosmetics are pharmaceutical ingredients that are used by women and men every day (Septianingrum et al., 2023). The millennial generation are among the largest users of cosmetics. They try to look attractive or beautiful at all times (Sarmita & Tobokan, 2021). Cosmetics are materials or preparations that are intended for use on the outside of the human body (epidermis, hair, nails, lips and genital organs parts external) or teeth and oral mucosa especially for cleans, perfumes, changes appearance and/or improve body odor or protect or maintain the body in good condition (Indriarty et al., 2018). The desire for cosmetics continues to increase, this supports the growth of the Indonesian cosmetics sector (Supriningrum & Jubaidah, 2019).

Herbal soap is a soap preparation made from natural ingredients and is a basic human need to maintain cleanliness. Currently, the use of soap as a skin cleanser

is increasingly popular and the variety of types, colors, aromas and benefits offered by commercially available soaps shows its diversity (Panaungi, 2022). The use of chemicals in soap preparations can cause skin irritation and affect body health, so using natural ingredients is an alternative solution because it is not harmful to skin health (Fitriani & Hidayati, 2021). The sago plant is a local plant from Southeast Sulawesi which has many benefits, one of which is antibacterial (Nurlaila & Fua, 2021). The sago plant is traditionally used a lot for treatment of a disease (Isrul et al., 2023).

However, the potential of this plant has not yet been utilized optimally (Santoso, 2017). Local people only use sago as food. This plant can be used as an active ingredient in soap preparations. Puasana Village is in a coastal area which is a village supported by the Pharmacy Study

Program, Mandala Waluya University. The population of this village has a relatively low level of education, socio-economic conditions are below the average poverty line, most of the people work as fishermen, and the local community lacks understanding about the importance of maintaining cleanliness. The geographical location of this village supports abundant natural resources but there is a lack of understanding in developing the potential of these natural resources.

Based on the above background, the community service team held educational training on making soap products from natural ingredients. It is hoped that this community service activity will be able to provide knowledge and skills to the community, especially Puasana Village, to utilize local plants as raw materials for making soap preparations that are commonly used daily.

2. METHOD

This community service activity was carried out in June 2023 and in Puasana Village, North Moramo District, South Konawe Regency, Southeast Sulawesi Province. This community service activity was attended by 35 participants, who were PKK mothers in Puasana Village (Figure 1). The method used in this community service activity was providing education through presentations to the target audience and training methods. This community service activity provided understanding and knowledge to the public about making herbal soap which was prepared from soap base, sago flour and oleum rosae (rose oil) fragrance using several simple equipment such as glass containers, knives, graters, gas stoves, gas cylinders, wooden stirrers, scales, plastic measuring cups, silicone soap molds, and label paper, all of which were used in the training during this community service program. The photo of herbal soap can be seen in Figure 2.



Figure 1 . Photo of the community service activity participants



Figure 2 . Photo of herbal soap

The method used in carrying out this community service activity was providing education through presentations to the target audience regarding the benefits of sago and several herbal plants which can be used as cosmetic preparations in the form of herbal soap, introducing soap and the ingredients used in making soap and their functions, as well as providing training on how to make soap by demonstrating directly how to make soap from local natural ingredients, as well as how to package and label.

This activity provided understanding and knowledge to the public about making herbal soap which is processed from soap base, sago flour and oleum rosae (rose oil) fragrance using several simple equipment such as glass containers, knives, graters, gas stoves, gas cylinders, wooden stirrers, scales, plastic measuring cups, silicone soap molds, and label paper are used to carry out this community service program. First of all, melt the base soap (soap base) by heating it. Second, add the ground sago flour and it stir well. Thirdly, add rose oil as aroma, heat, and stir it until evenly distributed. Fourth, pour the soap base into the mold and wait 18 hours until the soap solidifies. Fifth, the soap is ready for use. This training stage was assisted by two students who were involved in taking part in this activity.

3. RESULT AND DISCUSSION

This community service activity was carried out in Puasana Village, North Moramo District, South Konawe Regency, Southeast Sulawesi Province. The stages in this activity are explained in the following.

The first stage was a coordination meeting of the community service team which was carried out together with related parties in Puasana village with the Pharmacy Study Program. We discussed activities to be carried out based on the study program service roadmap and in accordance with existing problems in Puasana Village. The community service program's partner was the Head of Puasana Village. From the results of this coordination, a training activity for making herbal soap from sago, which is a natural resource in Puasana Village and had not been utilized properly, was formulated, planned, and carried out in the village complemented by health examinations targeting the Puasana Village residents. The community service activity was assisted by two students of the Pharmacy Study Program.

The second stage was a counseling with regard to the preparation of the educational and training activities. Preparation for this activity consisted of determining the herbal soap formula and preparing presentation material regarding natural ingredients in Puasana village which could be used to produce cosmetic preparations in the form of herbal soap. The educational material contained an introduction to soap and its functions, ingredients that can be used to make soap, tools needed and how to make herbal soap. In preparation for making the herbal soap, formulation was carried out first to obtain the right composition to produce good soap. The herbal soap formula produced is as Table 1.

Table 1 . Solid soap formation

R/	Soap Base	250 g
	Sago Flour	5 g
	Rose Oil	2 g

The implementation of the education and training was organized in the form of lectures or presentations to the target audience, namely the women of Puasana Village. After the presentation activity, the program continued with the training in making herbal soap by directly practicing how to make soap and continued with a question-and-answer session.

The initial stage was providing education regarding the use of natural or traditional ingredients that could be used as raw materials for traditional medicines and cosmetics found in the environment around where the Puasana Village community lives. Subsequently, the training in how to make herbal soap products was accompanied by an explanation of how to create packaging designs for containers that would be used in the product packaging process and followed by product labeling. After this activity was completed, an evaluation was carried out through inviting questions from the participants and answering them continued with direct practice done by the village community.

The community service program was intended for the people of Puasana Village who live in the coastal area and are the Assisted Village of the Pharmacy Study Program, Mandala Waluya University. In Puasana Village, several medicinal plants are found, such as Sago Tree, Temulawak, Turmeric, Keji Beling, Sambiloto, Ginger, Garlic, Beluntas, Cloves, Dewa Leaves, Guava, Lime, Jatropha, Cat's Whiskers, Sand Ginger, Rumut Mutiara, White Tumeric, Tapak Dara, Som Jaya Plants, Meniran, Water Henna Flower, Bidara Upas, Bidara laut laut (Aris & La Ode, 2013). Equipped with the potential of natural ingredients found in the area around the village, it was chosen as our partner to be given training in this community service activities, namely counselling and training making instant herbal products and traditional cosmetics. These natural ingredients can be used as a source of active substances to make simple herbal soaps. However, sago flour is used as a sample in making this herbal soap with the aim of giving a perception to the Puasana village community that making soap is quite easy using ingredients that are also relatively easy to obtain.

The initial stage of implementing the community service program was a coordination with the Puasana Village. The next stage was organizing a follow-up meeting to discuss technical guidance and counselling and training on herbal soap products. The first activity carried out was providing education through counselling about medicinal plants that can be used as traditional medicines and traditional cosmetics such as herbal soap in the form of solid soap. During the session, the participants were able ask questions and receive valuable answers, so that they could clear up any misunderstanding and even obtained more knowledge about the materials. This aimed to make participants able to understand the materials that were

delivered. Furthermore, the training in making herbal soap products was conducted and facilitated by one member of the community service team. The training was assisted by students; they were involved in helping with activities, and they could experience social interactions with the participants that benefit them as university students who needed continuous academic improvements. The process of making this soap was accompanied by training with regard to the packaging and labelling of the herbal soap products.

The training participants were allowed to make their own instant herbal products and traditional cosmetics based on what had been taught and shown by the facilitator in the previous session. It was hoped that this would directly provide experience to participants, and they could also immediately discuss matters that could seem to be obstacles during the process of making these herbal products. The instructor's assessment results of the training participants were incredibly good due to the high enthusiasm of the participants during the material delivery and during the practice of making this herbal soap products.

The herbal soaps produced from this activity were solid soap preparations. Soap was chosen as the preparation made in this community service activity because soap preparations are daily care products used to cleanse the body from dirt. The outcome of this activity was the acquisition of knowledge and skills of PKK women in Puasana Village regarding the use and processing of herbal plants into solid soap to support and improve their families' income and health. Making solid soap from herbal plants could be a profitable business alternative because the making method is simple and does not require much money. The use of soap is routinely done every day, and therefore the availability of soap in every home is a major requirement. As a result, it was hoped that the knowledge shared with the community in Puasana village with regard to how to make herbal soap could help the target community to produce their own soap for personal hygiene, this could inspire the village residents to produce products for MSME purposes.

4. CONCLUSION

The organization of the education through counseling and training in making herbal soap as one of the community service programs carried out in Puasana Village had been carried out successfully and received positive and promising responses. The Puasana village community, especially the PKK women, were quite enthusiastic and active in participating in the counseling and training in making the solid herbal soap because this training provided new knowledge and skills of how to make herbal soap from local herbal plant ingredients that could be a profitable business alternative. This was because the method of making it was simple and did not require much money.

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CONFLICT OF INTERESTS

The authors declare there is no conflict of interest.

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