

**LAPORAN AKHIR
PENGABDIAN MASYARAKAT SKEMA PKM REGULER**



**PENDAMPINGAN MASYARAKAT UNTUK PEMANFAATAN
TANAMAN JAHE BAGI KESEHATAN DALAM PENGOLAHAN HASIL
KEBUN HERBAL MILIK KAMPUNG JAHE PULESARI**

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Nina Salamah

UNIVERSITAS MUHAMMADIYAH YOGYAKARTA

Dibiayai Oleh Direktorat Riset dan Pengabdian (DRP)
Universitas Muhammadiyah Yogyakarta
Tahun Anggaran 2024/2025



UNIVERSITAS MUHAMMADIYAH YOGYAKARTA

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PROTEKSI ISI LAPORAN AKHIR PENGABDIAN

Dilarang menyalin, menyimpan, memperbanyak sebagian atau seluruh isi laporan ini dalam bentuk apapun kecuali oleh
pengabdi dan pengelola administrasi pengabdian.

LAPORAN AKHIR PENGABDIAN

Informasi Data Usulan Pengabdian

1. IDENTITAS PENGABDIAN

A. JUDUL PENGABDIAN

Pendampingan Masyarakat untuk Pemanfaatan Tanaman Jahe bagi Kesehatan dalam Pengolahan Hasil Kebun Herbal Milik Kampung Jahe Pulesari

B. SKEMA, BIDANG, TEMA, DAN TOPIK PENGABDIAN

Skema Pengabdian	Bidang Fokus Pengabdian	Tema Pengabdian	Topik Pengabdian
PKM Reguler	Kesehatan - Obat	Teknologi kemandirian bahan baku obat	Pengembangan fitofarmaka berbasis sumber daya lokal.

C. RUMPUN ILMU PENGABDIAN

Rumpun Ilmu 1	Rumpun Ilmu 2	Rumpun Ilmu 3
ILMU KESEHATAN	ILMU FARMASI	Farmasi Umum dan Apoteker

D. PENELITIAN

Judul Penelitian
AKTIVITAS ANTIBAKTERI MINYAK ATSIRI DAUN CENGKEH (<i>Syzygium aromaticum</i> L.) TERHADAP BAKTERI <i>Staphylococcus aureus</i>

E. PELAKSANAAN

Tahun Usulan	Tahun Pelaksanaan	Lama Pengabdian
2024	2025	1 Tahun

F. SUSTAINABLE DEVELOPMENT GOALS

Tujuan	Target	Indikator
4. Pendidikan Bermutu	Target 4.4.	Pada tahun 2030, meningkatkan secara signifikan jumlah pemuda dan orang dewasa yang memiliki keterampilan yang relevan, termasuk keterampilan teknik dan kejuruan, untuk pekerjaan, pekerjaan yang layak dan kewirausahaan.
8. Pekerjaan yang Layak dan Pertumbuhan Ekonomi	Target 8.3.	Menggalakkan kebijakan pembangunan yang mendukung kegiatan produktif, penciptaan lapangan kerja layak, kewirausahaan, kreativitas dan inovasi, dan mendorong formalisasi dan pertumbuhan usaha mikro, kecil, dan menengah, termasuk melalui akses terhadap jasa keuangan.
8. Pekerjaan yang Layak dan Pertumbuhan Ekonomi	Target 8.9.	Pada tahun 2030, menyusun dan melaksanakan kebijakan untuk mempromosikan pariwisata berkelanjutan yang menciptakan lapangan kerja dan mempromosikan budaya dan produk lokal

2. IDENTITAS PENGABDIAN

Nama	Peran	Tugas
Rima Erviana, Apt. , S.Farm., M.Sc., Ph.D.	Ketua Pengusul	
Sabtanti Harimurti, RR. apt., S.Si., M.Sc., Ph.D.	Anggota Pengabdian	Merumuskan buku panduan
Aris Widayati, S.Si., Apt., M.Si., Ph.D.	Anggota Pengabdian	Melakukan koordinasi dengan mitra
Zelmi Dwi Novita, A.Md.	Anggota Tendik	Mempersiapkan administrasi dan konsumsi
Regita Cahyani Salsabila Putri	Angota Mahasiswa	Mempersiapkan alat dan bahan pengabdian

3. MITRA KERJASAMA PENGABDIAN (JIKA ADA)

Pelaksanaan pengabdian dapat melibatkan mitra kerjasama, yaitu mitra kerjasama dalam melaksanakan pengabdian, mitra sebagai calon pengguna hasil pengabdian, atau mitra investor

Nama Institusi Mitra	KWT Pulesari
Nama Mitra	Partini Masiran
Bidang Mitra	Pembangunan Ekonomi Berkelanjutan dan Pembangunan Ekonomi Kelautan
Provinsi	Daerah Istimewa Yogyakarta
Kabupaten/Kota	Kab. Gunung Kidul
Kecamatan	Patuk
Alamat	Pugeran RT 3/ RW 05 Semoyo Patuk Gunung Kidul Yogyakarta
Link Google Maps	https://www.google.com/maps/place/Pugeran,+Semoyo,+Patuk,+Gunung+Kidul+Regency,+Special+Region+of+Yogyakarta/7.8815193,110.4782159,15z/data=!3m1!4m6!3m5!1s0x2e7a522dbf3d7761:0xeff2a2022c333f72!8m2!3d-7.8805449!4d110.4768555!16s%2Fg%2F11f613rh5t?authuser=0&entry=ttu&g_ep=EgoyMDI0MTEyNC4xIKXMDSoAS
Kordinat	-7.880580, 110.479234

4. MITRA KOLABORASI/KOLABORATOR

Pelaksanaan pengabdian dapat melibatkan mitra kolaborasi/kolaborator, yaitu kolaborasi kerjasama dalam melaksanakan pengabdian.

Nama	NIDN/NIDK	Instansi	Kepakaran	Dana
Nina Salamah	0623037801	Universitas Ahmad Dahlan	Kimia Farmasi	Rp. 0

5. LUARAN DAN TARGET CAPAIAN

Luaran Wajib

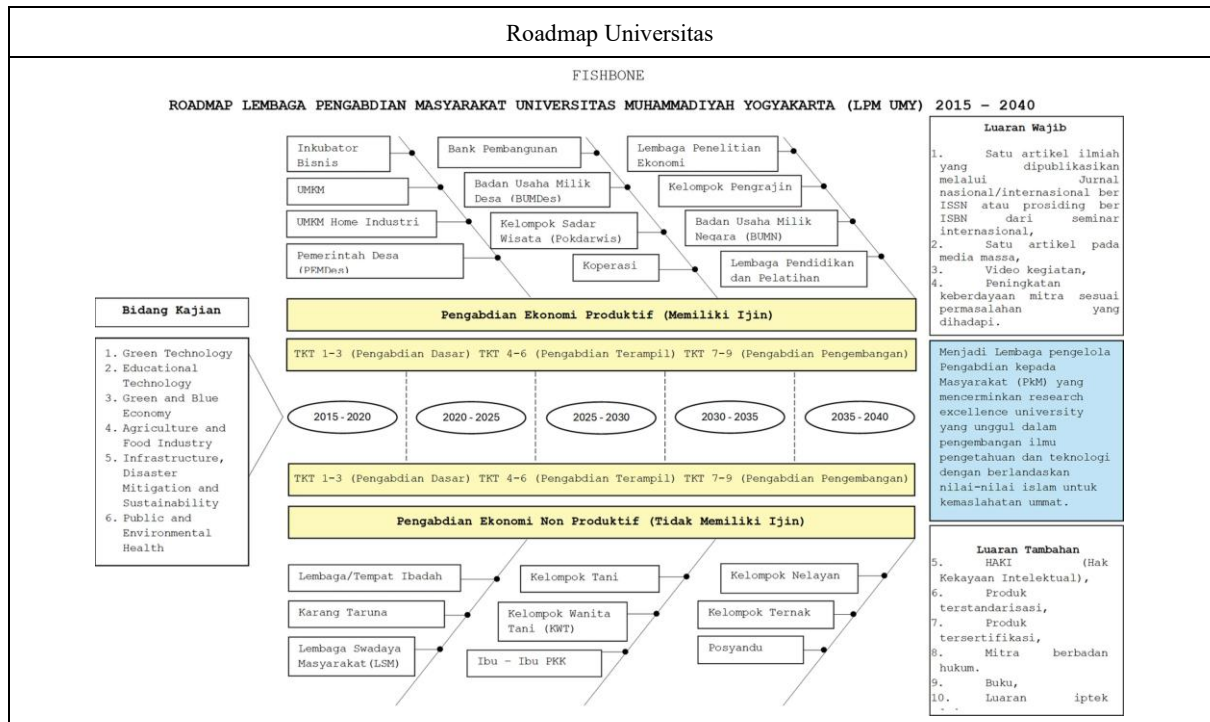
Tahun	Jenis Luaran
1	Artikel ilmiah yang dipublikasikan melalui Jurnal nasional/internasional ber ISSN atau prosiding ber ISBN dari seminar internasional
1	Publikasi Media Masa
1	Video Program Pengabdian

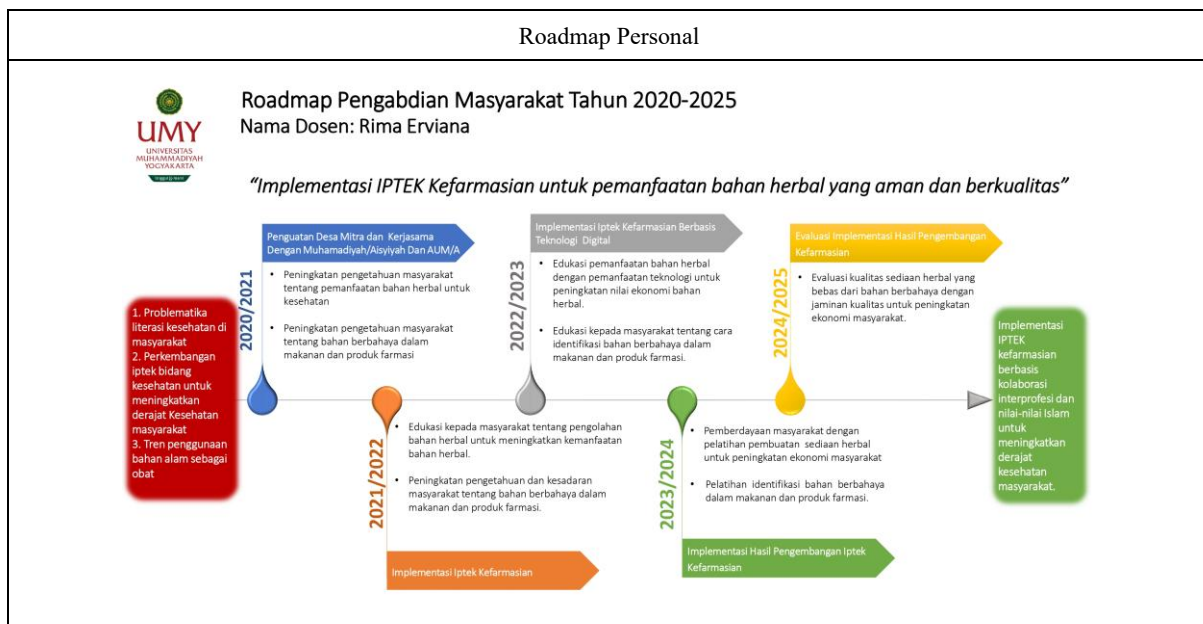
Luaran Tambahan

Tahun	Jenis Luaran
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6. KLUSTER DAN ROADMAP

Kluster
Sustainability-Public and Environmental Health





7. ANGGARAN

Rencana anggaran biaya pengabdian mengacu pada PMK yang berlaku dengan besaran minimum dan maksimum sebagaimana diatur pada buku Panduan Penelitian dan Pengabdian kepada Masyarakat.

Total Keseluruhan RAB Rp. 8,000,000

Total Keseluruhan Biaya Dari Institusi Lain Rp. 0

Tahun 1 Total Rp. 8,000,000

Jenis Pembelanjaan	Komponen	Item	Satuan	Vol.	Harga Satuan	Total
BAHAN	Hibah Alat/Barang	Buku Manfaat Jahe untuk Kesehatan	Unit	75	Rp. 30,000	Rp. 2,250,000
BAHAN	ATK (Kertas/Tinta/Alat Tulis dll)	Alat tulis dan peraga	Paket	1	Rp. 500,000	Rp. 500,000
PENGUMPULAN DATA	Transportasi/BBM	Biaya transportasi ke tempat pengabdian	OK(Kali)	10	Rp. 200,000	Rp. 2,000,000
BAHAN	Bahan (Habis Pakai)	Konsumsi kegiatan	Unit	75	Rp. 30,000	Rp. 2,250,000
PENGUMPULAN DATA	Biaya Konsumsi Harian	Biaya konsumsi rapat	OH	1	Rp. 500,000	Rp. 500,000
PENGUMPULAN DATA	Biaya Telepon	Biaya studi pustaka, internet, dan komunikasi	OK(Kali)	1	Rp. 500,000	Rp. 500,000

8. LEMBAR PENGESAHAN

HALAMAN PENGESAHAN LAPORAN AKHIR PENGABDIAN MASYARAKAT SKEMA:

Judul : Pendampingan Masyarakat untuk Pemanfaatan Tanaman Jahe bagi Kesehatan dalam Pengolahan Hasil Kebun Herbal Milik Kampung Jahe Pulesari
Pengabdi/Pelaksana : Rima Erviana, Apt. , S.Farm., M.Sc., Ph.D.
NIDN : 0506067803
Jabatan Fungsional : Asisten Ahli
Program Studi/Fakultas : Farmasi
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Anggota

Nama : Sabtanti Harimurti, RR. apt., S.Si., M.Sc., Ph.D.
NIDN : 0523027304
Jabatan Fungsional : Lektor Kepala
Program Studi/Fakultas : Farmasi

Nama : Aris Widayati, S.Si., Apt., M.Si., Ph.D.
NIDN : 0530077401
Jabatan Fungsional : Lektor Kepala
Program Studi/Fakultas : Farmasi

Nama : Zelmi Dwi Novita, A.Md.
NIK : 19931124202004 100 437
Unit Kerja : Fakultas Kedokteran & Ilmu Kesehatan

Nama : Regita Cahyani Salsabila Putri
NIM : 20210350055
Prodi : S1 Farmasi

Mitra : KWT Pulesari
Nama Mitra : Partini Masiran
Kepakaran : Pembangunan Ekonomi Berkelanjutan dan Pembangunan Ekonomi Kelautan

Kolaborator : Nina Salamah
NIK : 0
Institusi : Universitas Ahmad Dahlan

Biaya : Rp. 8,000,000
Biaya Dari Institusi Lain : Rp. 0

Yogyakarta, 10 Juli 2025
Mengetahui,
Direktur Direktorat Riset dan Pengabdian,



apt. RR. Sabtanti Harimurti, M.Sc. Ph.D.

NIK. 19730223201310 173 127

Community Empowerment of Pulesari Ginger Village through Counselling on the Benefits of Ginger Plants for Health

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Abstract. Ginger (*Zingiber officinale*) is one of the herbal plants that has been used in traditional and modern medicine for a long time. The active compounds of ginger provide various health benefits, such as anti-inflammatory, antioxidant, and gastroprotective. This community service activity was carried out in Pulesari Ginger Village, Semoyo, Patuk, Gunung Kidul, with the aim of increasing public knowledge about the benefits of ginger plants for health. Ginger is the main commodity that has been used by the community as raw material for selling products, but understanding of the health benefits of ginger plants is still limited. This counseling was conducted as an effort to empower the community so that they are able to optimize ginger products with added health value. The activity was attended by 35 participants, and it used interactive counseling methods that invite the community to actively participate in the discussions. Evaluation results showed an increase in participants' knowledge point from 63,6% to 85,4% and an increased interest in developing ginger-based products. This activity is expected to increase the income and welfare of the community.

Keywords: Community Empowerment, Counselling, Ginger, Pulesari

1 INTRODUCTION

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Ginger (*Zingiber officinale*) is a rhizome plant that belongs to the Zingiberaceae family. Ginger is scientifically known as *Zingiber officinale*. Ginger has a long history of use as a traditional medicine in a number of nations, particularly in Asian regions such as India, China, and Indonesia[1]. This practice dates back thousands of years. Ginger contains active compounds such as gingerol, shogaol, and zingeron that have significant pharmacological effects, including anti-inflammatory, antioxidant, and antimicrobial[2].

In Indonesia, ginger is not only used as a kitchen spice, but also as a source for herbal medicine and health remedies[3]. In the local context, Pulesari Ginger Village, that is located in Semoyo, Patuk, Gunung Kidul, is one of the potential ginger producing areas. The community in this village has developed various processed ginger products such as instant ginger powder, ginger cake, and ginger drinks. However, the potential added value of ginger products is still not fully utilized due to limited knowledge about the content and health benefits of ginger.

The primary bioactive constituents in ginger are gingerols, particularly [6]-gingerol, which provides a pungent flavor and exhibits significant biological activity. In addition to gingerol, chemicals such as shogaol and paradol are also present following the heating or processing of dried ginger[4]. Scientifically validated health advantages of ginger encompass its anti-inflammatory and analgesic properties[5]. Ginger is recognized for its ability to suppress inflammatory pathways, including COX-2 and prostaglandins, so effectively alleviating pain in conditions such as osteoarthritis and dysmenorrhea[6]. Ginger extract is frequently utilized to alleviate nausea associated with pregnancy, chemotherapy, and motion sickness. A meta-analysis indicated that ginger was superior to placebo in alleviating nausea symptoms[7].

In addition, ginger is useful for accelerating gastric emptying and increasing the secretion of digestive enzymes, making it beneficial for people with functional dyspepsia[8]. Another benefit of the ginger plant is being an antioxidant and immunomodulatory material that is useful for increasing endurance. The polyphenol content in ginger provides antioxidant effects that protect body cells from oxidative damage. In addition, ginger is also reported to enhance immune response through modulating the activity of T cells and macrophages[9].

In Pulesari Ginger Village, ginger is the main commodity of garden products that have been cultivated by the community in their yards. The community of Pulesari Ginger Village has started to produce various processed ginger, but most of the products that have been marketed are still simple products and on a limited scale. The suboptimal utilization of the added value of ginger plants is caused by several factors, including the lack of public knowledge about the standardization process of herbal products, lack of access to adequate post-harvest and packaging technology, and low public literacy about the pharmacological benefits of ginger. Lack of knowledge about the pharmacological benefits of ginger plants has an impact on the lack of health benefit-based promotion[10].

This community service activity seeks to provide assistance to the community of Pulesari Ginger Village on the development of ginger as a strategic commodity with a scientific approach and based on local potential. Community service plays an important role in transferring science and technology to the community in order to solve socio-economic problems[11]. Through counseling and training, the community can be empowered to improve the productivity and quality of local products.

2 Methods

This community service activity was held at the Ginger Pulesari Village Hall, Semoyo, Patuk, Gunung Kidul on May 13, 2025. There are 35 participants involved in this activity. The participants consisted of elements of the Pugeran Farmers Group commonly referred to as

KWT (Kelompok Warga Tani) Pulesari and several representatives from the farmer in the Semoyo Region nearby Pulesari Ginger Village. This activity was also supported by Karang Taruna Pulesari Ginger Village and the Pharmacy Student Association of Universitas Muhammadiyah Yogyakarta, who helped in the preparation and organization of the event. The method used in this activity is interactive counseling with a participatory approach, which consists of delivering material about the benefits of ginger for health, followed by discussion in the question-and-answer sessions. To evaluate this community service activity, at the beginning and end of the activity the ability of the community was evaluated by questionnaire. Data was collected through a closed questionnaire containing questions about the understanding of ginger plant knowledge and its benefits. Besides the closed questionnaire, the community also received an open-ended question asking them to mention some of the health benefits of ginger plants. The number of ginger plant benefits that can be mentioned correctly was analyzed to measure the knowledge of the community in innovating the utilization of ginger plants for health. The results of filling out the questionnaire after and before the service activity were compared to evaluating the success of the activity.

3 Result and Discussion

One form of community service that has a direct impact on increasing community capacity is education based on local potential, especially in the development of natural resources with economic and health value. In this case, the community service activities carried out in Pulesari Ginger Village that located in Pugeran, Semoyo, Patuk, Gunung Kidul, targeted the Pulesari Farmers Group which has great potential in the cultivation and processing of ginger plants. Pulesari Ginger Village is known as one of the fertile agricultural areas and a center for the cultivation of rhizome plants, especially ginger. Although the community has made various processed ginger products, the products produced are still simple preparations without high added value. Therefore, this service activity is designed to increase the capacity of the community in terms of ginger-based health knowledge, introduction to the content of its active compounds, and processing skills of derivative products that have high commercial potential. It will be useful to increase their ability to develop their products[12][13].

The implementation of the activity began with interactive counseling aimed at providing scientific information on the health benefits of ginger. The ginger's main chemical content such as gingerol, shogaol, and zingeron, as well as its use in traditional medicine. The counseling method was conducted in a participatory manner by emphasizing the experience and active involvement of participants. Active learning becomes more optimal if the material presented is relevant to their life experiences and can be directly applied in their daily lives[14].

Evaluation of the activity results showed a significant increase in participants' knowledge. Based on pre-test and post-test data, before the activity, the average score of the right answer on questionnaire was only 63,6%. It was assumed that the level of knowledge of the participants on the health benefits of ginger plants was 63,6%. After participating in the counseling, the average score of the right answer on questionnaire was increased to 85,4%.

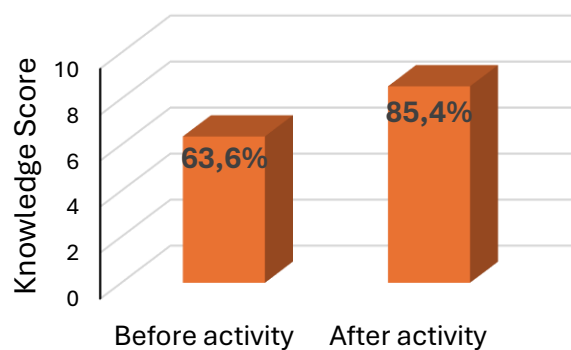


Figure 1. The level of knowledge on the health benefits of ginger plants

In accordance with the question points in the questionnaire after the implementation of community service activities, participants became more aware of the active compound components contained in ginger which play a role in the benefits of ginger plants for health. In the learning process, information about several additional herbal ingredients that can increase the effects of ginger plants for several diseases such as anti-inflammatory, cough, influenza, and antiseptic were added. This information can help strengthen the potency of the product with specific efficacy.

In addition, before the activity, the participants also asked to mention the benefit of ginger plants for health purposes. Before the activity the average participant could only mention 2.3 kinds of ginger health benefits, while after the activity participants could mention up to 5.8 benefits, as shown in figure 2. These results show that counseling based on scientific evidence and local relevance can have a real impact in increasing the cognitive capacity of the community.

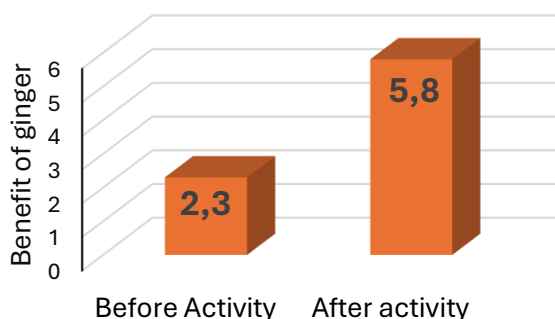


Figure 2. The ability to mention the health benefits of ginger plants

This service activity also introduced the community to various recipes and techniques for processing ginger plants into value-added products. The implementation of this activity refers to the principle of *community-based development*, which emphasizes the empowerment and active involvement of citizens in the entire activity process. The success of community development is determined by the extent to which they feel ownership and play a role in the process[15]. This approach is reinforced by the theory of *asset-based community development* (ABCD), which states that community development must start with identifying assets and potentials that have been owned by residents, not from their shortcomings [16].

In the context of Pulesari Ginger Village, ginger plants are a potential local asset to be developed, both in terms of agribusiness and health. With a scientific understanding of the benefits of ginger and training in processing skills, the community began to show high enthusiasm for developing more varied and market-competitive ginger products. Participants

actively discussed, asked questions, and even expressed creative ideas about ginger products such as cough medicine, colds, aches, pains, and anti-inflammatories.

The increased knowledge and skills are expected to encourage the birth of new entrepreneurs in the field of ginger-based herbal products. In the long run, this will contribute to strengthening the local economy, increasing food security, and improving the welfare of residents. In addition, this activity is also in line with the Sustainable Development Goals (SDGs), especially in point 3 (good health and well-being) and point 8 (decent work and economic growth). As part of the follow-up activities, the community will be introduced to marketing licenses for the development of processed ginger products. The group will be facilitated in obtaining distribution permits, product labeling, and access to digital markets. Further mentoring activities will be designed to support the micro-enterprise incubation process.

Thus, the community service activities carried out are not only a medium for education and knowledge transfer, but also the beginning of socio-economic transformation in Pulesari Ginger Village, Semoyo, Patuk, Gunung Kidul. Interventions conducted through counseling, training, and mentoring have opened new insights into the great potential of ginger plants as a source of income and health. This activity is a concrete example that community service based on local potential and participatory approaches can have a sustainable positive impact on village communities.

4 Conclusion

Ginger is a herbal plant that has great potential, both in terms of health and economy. In Pulesari Ginger Village, this plant has become an important commodity, but its utilization is still not optimal. Public understanding of the scientific benefits of ginger needs to be improved through education, innovative product development, and research-based policy support. With a holistic approach, ginger can be a driving force of the local economy as well as a contribution to public health.

References

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Lampiran.

a. Surat kesediaan Mitra

**SURAT PERNYATAAN
KESEDIAAN MENJADI MITRA
PELAKSANAAN PROGRAM PENGABDIAN PADA MASYARAKAT**

Yang bertandatangan di bawah ini;

Nama : Partini Masiran
Pimpinan Mitra : KWT Pulesari
Alamat : Pugeran RT 3/ RW 05 Semoyo Patuk Gunung Kidul
Yogyakarta

menyatakan **Bersedia untuk Bekerjasama** dengan Pelaksana Kegiatan **Program Pengabdian Masyarakat**

Nama Ketua Tim Pengusul : Rima Erviana, Apt., S.Farm., M.Sc.
Program Studi : Farmasi
Perguruan Tinggi : Universitas Muhammadiyah Yogyakarta
Judul Pengabdian : Pendampingan Masyarakat untuk Pemanfaatan Tanaman Jahe bagi Kesehatan dalam Pengolahan Hasil Kebun Herbal Milik Kampung Jahe Pulesari

guna melaksanakan Program Pengabdian Masyarakat serta menerapkan dan/atau mengembangkan IPTEKS pada masyarakat.

Bersama ini kami menyatakan dengan sebenarnya bahwa di antara pihak Mitra dan Pelaksana Kegiatan Program Pengabdian Masyarakat tidak terdapat ikatan kekeluargaan dan ikatan usaha dalam wujud apapun juga.

Demikian Pernyataan ini dibuat dengan penuh kesadaran dan tanggung jawab tanpa ada unsur pemaksaan dari pihak manapun dan dapat digunakan seperlunya.

Yogyakarta, 15 November 2024
Yang menyatakan,



(Partini Masiran)

b. Berita Acara Hibah Barang

**BERITA ACARA SERAH TERIMA HIBAH BARANG KEPADA
MITRA PENGABDIAN KEPADA MASYARAKAT
UNIVERSITAS MUHAMMADIYAH YOGYAKARTA**

Pada hari Senin, tanggal 12 Mei 2025 yang bertanda tangan di bawah ini:

- | | |
|----------|--|
| 1. Nama | : apt. Rima Erviana, Ph.D |
| NIK/NIDN | : 1978 0606 201504 173240 |
| Jabatan | : Ketua Tim Pengabdian |
| Alamat | : Krikilan RL05 Rw.22 Gg. Dahlia Sarihajo Ngaglik Sleman |

Selanjutnya disebut Pihak Pertama bertindak sebagai dan atas nama perwakilan
Universitas Muhammadiyah Yogyakarta

- | | |
|----------------|---|
| 2. Nama | : Partini Masiran |
| Pimpinan Mitra | : KWT Pulesari |
| Alamat | : Pugeran RT 3/ RW 5 Semoyo, Patuk, Gunungkidul |

PIHAK PERTAMA menyerahkan hibah barang kepada **PIHAK KEDUA** dalam kegiatan pengabdian kepada masyarakat yang dibiayai oleh Universitas Muhammadiyah Yogyakarta pada tahun anggaran 2024/2025.

PIHAK KEDUA menerima hibah barang dari Universitas Muhammadiyah Yogyakarta dalam kegiatan pengabdian kepada masyarakat.

PARA PIHAK bersepakat untuk menandatangani berita acara ini sebagai kelengkapan serah terima barang yang dibubuhi materi cukup dan mempunyai kekuatan hukum yang sama.

Pihak Pertama



apt. Rima Erviana, Ph.D
1978 0606 201504 173240

Pihak Kedua



Partini Masiran

c. Surat Keterangan Selesai

	Kampung Jahe Pulesari <small>"Kegiatan Kita dari Lahan Pulesari"</small>	
	0822-2428-5951	 kampungjahepulesari.id  Kampung Jahe Pulesari
SURAT KETERANGAN PROGRAM PENGABDIAN MASYARAKAT		
<p>Yang bertandatangan di bawah ini:</p> <p>Nama : Partini Masirin</p> <p>Pimpinan Mitra : KWT Pulesari</p> <p>Alamat : Pegeran RT 3/ RW 5 Semoyo, Puthuk, Gunungkidul</p> <p>Menyatakan bahwa:</p> <p>Nama : apt. Rima Erviana, Ph.D apt. Sabtanti Harimurti, Ph.D apt. Aris Widayati, Ph.D Zelmi Dwi Novita, A. Md Regita Cahyani Salsabila Putri</p> <p>Program Studi : Farmasi</p> <p>Perguruan Tinggi : Universitas Muhammadiyah Yogyakarta</p> <p>Topik : "Pendampingan Masyarakat Untuk Pemanfaatan Tanaman Jahe Bagi Kesehatan Dalam Pengolahan Hasil Kebun Herbal Milik Kampung Jahe Pulesari"</p> <p><u>Telah selesai</u> melaksanakan Program Pengabdian Masyarakat dengan baik. Demikian keterangan ini dibuat dan diberikan untuk dipergunakan selainya.</p> <p style="text-align: right;">Yogyakarta, 12 Mei 2025 Ketua K.WT Pulesari</p> <p style="text-align: center;"></p> <p style="text-align: center;">Partini Masirin</p>		