

Extension of Salam Leaf Tea Making Process for Family Welfare Development Mothers in Sei Alim Ulu Village

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ABSTRACT. *Drinking tea or coffee is also a human culture or habit that has existed for a long time. Counselling on making tea from bay leaves to PKK mothers in Sei Alim Ulu village has been carried out smoothly. The aim of this service is to increase the understanding of Sei Alam Village Women in Making Bay Leaf Tea. The extension activity for making bay leaf tea was held on August 09, 2023, at the Sei Alim Ulu Village Hall Office Hall. This research uses an action research procedure (Action Research). Action research is a process that continuously alternates between inquiry and action, between application and innovative thinking. The researchers tried this action research using bay leaves in tea preparations by combining ginger and cinnamon recipes. This counselling is carried out to provide or transfer knowledge to mothers in the village that bay leaves can not only be used as spices in cooking and make business opportunities that can increase the income of Village-Owned Enterprises in the future. A suggestion for the public is to try combining bay leaf tea with other herbs such as ginger, turmeric or cinnamon to get more benefits. Not only does this combination provide a more enjoyable flavor, but it can also enhance its properties.*

Keywords: *Bay Leaves, Counseling, Tea.*

INTRODUCTION

Based on data from the World Atlas and Speciality Tea Alliance, Indonesia has the most tea producers, with the varieties produced being black and green tea. North Sumatra Province is one of Indonesia's largest tea-producing regions; in this case, North Sumatra is in third position after Central Java. According to data in 2022, the North Sumatra region reached 9,700 tons of tea production from an area of 5,946 ha (Vivek Voora, Steffany Bermúdez, 2019).

Currently, over 60 nations cultivate tea plants in tropical and subtropical areas, while the global population of tea consumers exceeds 3 billion. China and India are the top two tea-producing nations globally, with China accounting for 36.28% and India accounting for 22.61% of the

total worldwide tea output (Pan et al., 2022).

Africa is a significant contributor to global tea production. Kenya is a major producer of premium black tea. The tropical heat and rich volcanic soil in Kenya provide ideal conditions for the cultivation of tea plants. Malawi and Mozambique, among other African nations, also make lesser contributions to world tea production (Wanjobi et al., 2023).

Drinking tea or coffee is also a human culture or habit that has existed for a long time. There is even a tea ceremony in some countries, such as China, Korea, and Japan (Li, 2023). However, in Indonesia, consuming tea is still less desirable among teenagers. Among teenagers in Indonesia today, they prefer to consume coffee (Meylina Nur Aisyah et al., 2021). Tea becomes an option when someone cannot or is not allowed to drink coffee. Tea is similar to coffee; tea can be served in various kinds, such as instant tea, tea in ready-to-eat bottles, and tea with the desired flavour mixture (Czarniecka-Skubina et al., 2022a).

In 2020, tea became one of the drinks favoured by teenagers. Tea is popular because it has several flavours and can be added with several desired toppings (Soós et al., 2021). This is also due to the emergence of several tea brands sponsored by well-known artists, such as Ice Tea, Nusantara Tea, Thai Tea, and others. Likewise, with coffee drinks, there are more and more fans, so it is easy to find coffee shops everywhere. This is also one of the proofs that tea can also be consumed by several types of groups, from small children to the elderly. Some drinks also have their respective target markets, which can be seen clearly through the presentation or packaging of each beverage product (Spence & Velasco, 2018)

Sei Alim Ulu villagers have a habit that is similar to other villagers. Sei Alim Ulu villagers habitually entertain guests by serving or providing tea as a drink. This habit has existed for a long time, so it has become a culture passed down from generation to generation. This habit certainly has good and bad effects, respectively. According to Sanlier et al., (2018) Consuming too much tea can also cause several diseases. Even though tea is made from herbal or natural ingredients, tea is usually served as a banquet drink and is sweet. So, consuming excessive tea can cause the onset of sugar disease or even anaemia

From the explanation above, people should be concerned about their health and the habit of consuming excessive tea or coffee drinks. However, on the other hand, people's habit of serving tea to entertain guests is also difficult to eliminate (Czarniecka-Skubina et al., 2022b).

Therefore, if the habit has become a culture and is unlikely to be eliminated, then changing the ingredients served is part of the method that can be tried to protect the health of Sei Alim Ulu Village residents. In Sei Alim Ulu Village itself, one plant can be processed into a tea-shaped drink, namely bay leaves. Bay leaves are a type of leaf believed to cure various diseases found in the human body.

Tea from bay leaves is produced from processed bay leaves that go through several steps in its manufacture even though it is relatively simple (Killedar & Pawar, 2017). In the *Eugeniapolyanthum* literature, it is mentioned that bay leaves have several properties, especially in terms of treatment, such as sweet micturition, hypertension, high cholesterol, gastritis, diarrhoea, gout, eczema, scabies, and itching. With some of the benefits in bay leaves, it is possible to replace tea leaves to reduce the risk of other diseases caused by consuming excessive tea. Bay leaves can also increase urine production, which can cause a decrease in uric acid levels in humans (Ng et al., 2018).

In Sei Alim Ulu Village, few people know that bay leaves can be processed into tea. The people of Sei Alim Ulu only make bay leaves or plants with the Latin name *Syzygium polyanthum* as spices in the mixture or seasoning of dishes. Therefore, the women of Sei Alim Ulu Village PKK were chosen as partners to work together in making bay leaf tea as an alternative or substitute for tea commonly consumed by Sei Alim Ulu Village people. PKK women were chosen as partners because PKK is an active community organisation that plays an active role in routine village activities. With this counselling, it is hoped that it can provide or increase knowledge to PKK mothers and make bay leaf tea as a processed drink or traditional drink that can be used as a business opportunity and participate in increasing MSMEs in Sei Alim Ulu village.

METHODS

The extension activity for making bay leaf tea was held on August 09, 2023, at the Sei Alim Ulu Village Hall Office Hall. This research uses an action research procedure (Action Research). Action research is a process that continuously alternates between inquiry and action, between application and innovative thinking. The researchers tried this action research using bay leaves in tea preparations by combining ginger and cinnamon recipes.



Figure 1: Extension of Salam Leaf Tea

Tools and Materials

Equipment is also used in making this bay leaf tea: dandang, wok, stove, knife, slicing board, plastic wrapper and blender. The ingredients used in making this bay leaf tea consist of Bay leaves, cinnamon, ginger, and water.

Research Stages

The application of extension activities for making bay leaf tea consists of 2 stages: preparation sessions and application sessions.

Preparation Stage

1. Coordinating PKK women to participate in making alternative beverage products for bay leaf tea.
2. Conducting activities together in the team.
3. Determining the activity schedule and implementing the activity implementation convention.
4. Prepare equipment and materials as extension activity equipment.

Stages of Implementation

1. Conduct a workshop and training on making bay leaf tea before the implementation activity. A workshop activity was tried to create basic knowledge about the benefits of bay leaves, cinnamon and ginger and the steps to make them.
2. Application of making bay leaf tea: After the workshop activity, the division was divided into teams, and each team practised making bay leaf tea.

RESULTS AND DISCUSSION

The process of making bay leaf herbal tea is tried with the method of drying directly under sunlight, after which the bay leaves are blended to facilitate the process of bay leaves into tea powder. The content of active compounds from bay leaves has tremendous benefits for health, so the use

of bay leaves made into tea not only as a type of drink but also as a health herbal medicine.

The process of making bay leaf tea must be tried first drying, which aims to stop enzymatic response activities that can interfere with simplisia. In its use, the bay leaf is boiled to reduce pain and refresh the body.

Bay plants are medicinal plants that can be utilized in everyday life based solely on experience passed down from generation to generation. Bay plants have the benefit of lowering blood pressure. Empirically, boiled water (infuse) of bay leaves is used by residents for healing hypertension, large cholesterol, sweet kensing, gastritis, and diarrhoea. The chemical content in bay leaves is tannin, flavonoids, essential oils, citral, eugenol, sesquiterpenes, and triterpenoids.

Cinnamon (*Cinnamomum burmannii*) is part of 250 species of cinnamomum, and the part utilized is generally the bark. Cinnamon is used as a flavouring agent and dye in the industrial field. It is traditional medicine in the health sector because it has antioxidant, antimicrobial and anti-diabetic properties.

The content of cinnamon can help increase body metabolism and fat burning. In one study, this herb can increase thermogenesis (body heat creation) by 20 per cent. In other words, this herb can help burn more calories.

Ginger rhizome has various nutrients that are useful for the body, including energy, carbohydrates, fibre, protein, sodium, iron, potassium, and vitamin C. Not only that, ginger rhizome also has magnesium, phosphorus, zinc, folate, vitamin B6, vitamin A, riboflavin, and niacin. The carbohydrate content of ginger rhizome functions as an energy producer, protects heart health, protects muscle mass, and slows fatigue. Energy is one of the metabolic products of carbohydrates, proteins, and fats. Excess energy is placed in the form of glycogen as a short-term energy reserve and fat as a long-term reserve.

This bay leaf tea will be an alternative drink. It can reduce cholesterol content in the body, overcome and cure diabetes, reduce uric acid, and reduce chronic ulcers. There are objectives: the creation of a product in the form of herbal tea, made from bay leaves, which can be eaten one day, the creation of business opportunities for partner residents, the occurrence of a community that cares about health, the occurrence of residents who are economical and can make home products to reduce reductions every day.

According to Britany & Sumarni (2020) study, it has been discovered that Moringa leaf tea serves as an alternative herbal remedy to enhance the

body's immune system amid a current epidemic. Ingesting moringa leaves is a proactive measure to prevent the occurrence of infections and disorders. Furthermore, the process of socializing the practice of brewing tea from moringa leaves is deemed less efficacious when conducted online due to the absence of direct observation of the procedure and the resulting tea. The remaining films that were released have garnered favorable feedback from both YouTube account users and inhabitants of the complex where the session took place.

During Kiptiah et al., (2020) service, it was discovered that the production of bay leaf tea included drying the leaves in an oven at a temperature of 110 °C for 30 minutes, followed by a temperature of 70 °C for 1 hour, in order to get high-quality tea powder. The quality of tea is determined by the characteristics of the bay leaves used. Young bay leaves have a higher quality compared to old bay leaves due to their lower water content of 3.24% compared to 3.58% in old bay leaves. Additionally, young bay leaves also contain higher levels of tannins, flavonoids, and vitamin C. In hedonic testing, a higher number of participants preferred the taste of young bay leaves, with a total score of 7 (like).

Luthfiyani et al., (2019) investigation determined that the training session on the preparation of moringa tea in Kampung Utan Village, Depok, was successful. The participants' comprehension of the advantages of moringa leaves and the process of preparing moringa tea had a 42% enhancement. With support, the manufacturing and marketing of moringa tea products may be further developed to boost the income of the community in Kampung Utan Depok Village.

Firmansyah (2023) service effectively achieved results in the guiding process for mothers in Santan village about the preparation of Moringa leaf tea, which serves as a supplement to boost the body's immune system. This alternate beverage is highly favored by moms as a means to enhance bodily immunity throughout the COVID-19 pandemic. A majority of over 69% of inhabitants regularly use moringa tea as a preventive measure against viral infections and several other ailments. Offline teaching for moms on the process of preparing tea from moringa leaves is crucial as it allows them to actively engage in the tea-making process. The people of Santan Aceh Besar village, particularly mothers, have had a favorable reaction to the utilization of moringa tea in generating family income.

Introducing moringa leaf powder as a supplement may enhance the nutritional value of food items. The incorporation of moringa leaf powder resulted in a substantial augmentation of protein, fiber, and mineral levels

in several food items. The inclusion of a greater concentration of moringa powder led to the most significant increase in protein, fat, fiber, and mineral content in various food items. Nevertheless, the maximum concentration of moringa powder deemed acceptable by the judges is 5% or less (Angelina et al., 2021).

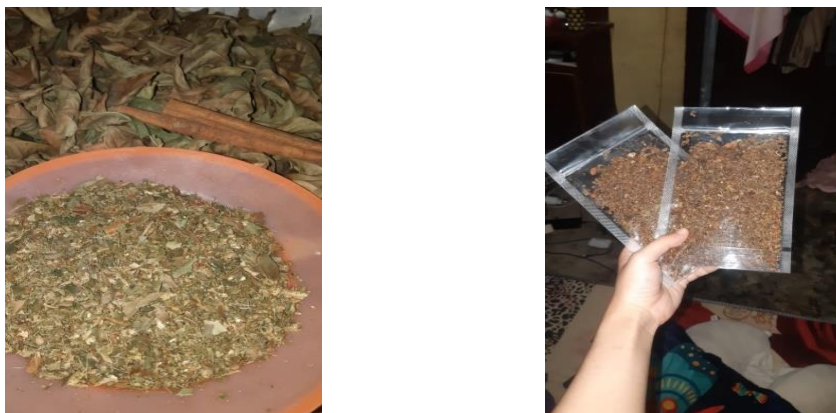


Figure 2. Processed bay leaf tea powder

CONCLUSIONS

Counselling on making tea from bay leaves to PKK mothers in Sei Alim Ulu village has been carried out smoothly. This counselling is carried out to provide or transfer knowledge to mothers in the village that bay leaves can not only be used as spices in cooking and make business opportunities that can increase the income of Village-Owned Enterprises in the future.

Because bay leaves contain various types of antioxidants such as flavonoids, tannins, and polyphenols. These antioxidants play an important role in protecting the body's cells from free radical damage, which can help prevent various degenerative diseases.

A suggestion for the public is to try combining bay leaf tea with other herbs such as ginger, turmeric or cinnamon to get more benefits. Not only does this combination provide a more enjoyable flavor, but it can also enhance its properties.

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