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## SOCIALIZATION OF COUNSELING AND INNOVATION IN THE DEVELOPMENT OF SLAM TEA PRODUCTS

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**Abstract.** Counseling on bay leaf tea bag MSME products is expected so that the residents of Salam Hamlet can understand and understand the benefits of bay leaves for health, especially in overcoming hypertension. And can set an example to make similar herbal tea products that can be used as a product that can be sold by residents. The place where community service activities are carried out is Salam Hamlet, Sarewu Village, RW 03, Pancalang District, Kuningan Regency has high-quality knowledge and health degrees so that a healthy community and environment are created. Community service activities are in the form of counseling, tea making, and the design and packaging of bay leaf tea. The participants of this counseling activity were very enthusiastic and were conducive. Many people ask in terms of its use in the manufacturing process. However, the testers of bay leaf tea bags and bay leaf tea bags distributed to participants were very limited because there were obstacles in the manufacturing process, namely in the drying because it always rained every day, so it hindered the drying process because we dried with sunlight (not using an oven) due to the limitations of the tools at the post. In the next development and innovation process, we have also made logo and packaging designs for bay leaf tea.

**Keywords:** tea, slam leaf, health

Nurhasanah

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## INTRODUCTION

One type of activity that allows students to live in society outside the campus is the Real Work Lecture Program (KKN). The learning process and ways for students to contribute to society, especially in the health sector. The joint efforts made by STIKES Muhammadiyah Cirebon KKN students are community empowerment and improving the quality of environmentally friendly health education. Students participate in the community to identify educational and health problems in the community and explore the potential to solve those problems. The potential includes providing information on the good and correct use of herbs, as well as producing bay leaf tea that can be packaged and sold.

Bay leaf, also known as *Syzygium polyanthum*, is one of the most common tropical plants found in Indonesia. The Myrtaceae family included in it is bay leaf. Known as antioxidants, bay leaves contain flavonoids, selenium, vitamin A, vitamin C, and vitamin E (Wistiana & Zubaidah, 2015). In addition, its flavonoids are known to have antimicrobial properties (Yuningtyas et al., 2021). In addition, bay leaves are known to have antiviral, anti-inflammatory, and antitumor properties (Halim, 2021). Several applications of bay leaf have been found in previous studies, such as in the manufacture of tamarind.

Because of the flavanoid content found in bay leaves, consuming bay leaf boiled water can reduce uric acid levels (Andriani and Chaidir, 2016). There is evidence that bay leaf decoction (*Syzygium polyanthum*) can reduce uric acid levels with a significance value of 0.009 ( $p < 0.05$ ). The average uric acid level reached 7.279 mg/dl at the pre-test, but after the treatment, the uric acid level dropped to 6.76 mg/dl (Darusalam and Rukmi, 2016). Therefore, the purpose of counseling MSME products with bay leaf tea bags is to improve the health of the surrounding community. The purpose of this counseling is for the people of Salam Hamlet to understand and understand the benefits of bay leaves for health, especially to reduce hypertension. For example, Serra can make similar herbal tea products that can be used as products that can be sold by residents.

One type of activity that allows students to live in the midst of society off campus is the Real Work Lecture (KKN), which is a learning process and a way for students to contribute to society, especially in the health sector. The joint efforts made by STIKES Muhammadiyah Cirebon KKN students are community empowerment and improving the quality of environmentally friendly health education. Students participate in the community to identify educational and health problems in the community and explore the potential to solve those

problems. The potential includes providing information on the good and correct use of herbs, as well as producing bay leaf tea that can be packaged and sold.

Bay leaf, also known as *Syzygium polyanthum*, is one of the most common tropical plants found in Indonesia. The Myrtaceae family included in it is bay leaf. One of the contents of bay leaves that are known to have antimicrobial properties is flavonoids, selenium, vitamin A, vitamin C, and vitamin E (Wistiana & Zubaidah, 2015). In addition, bay leaves are known to have antiviral, anti-inflammatory, and antitumor properties (Halim, 2021). Used in herbal teas, natural preservatives, and jelly drinks (Trisnasary & Wardaya, 2021). Because of the flavanoid content found in bay leaves, consuming bay leaf boiled water can reduce uric acid levels (Andriani and Chaidir, 2016). There is evidence that bay leaf decoction (*Syzygium polyanthum*) can reduce uric acid levels with a significance value of 0.009 ( $p < 0.05$ ). The average uric acid level reached 7.279 mg/dl at the pre-test, but after the treatment, the uric acid level dropped to 6.76 mg/dl (Darusalam and Rukmi, 2016). Therefore, the purpose of counseling MSME products with bay leaf tea bags is to improve the health of the surrounding community. The purpose of this counseling is for the people of Salam Hamlet to understand and understand the benefits of bay leaves for health, especially to reduce hypertension. For example, Serra can make similar herbal tea products that can be used as products that can be sold by the public.

## **METHOD**

### Time and Place of Activities

#### a. Topic

Counseling on MSME products with bay leaf tea bags

Target : The target of counseling is the residents of Salam Hamlet RW 03, Sarewu Village, Pancalang District, Kuningan Regency

#### b. Method

The methods used in counseling are:

- a. Material presentation
- b. Frequently asked questions
- c. Give the tester bay leaf tea bag drink

d. Distributing bay leaf tea bag products

Media and Tools

- a. Leaflets
- b. Power point
- c. Laptop
- d. In focus

Time and Place

Day/Date : Monday, February 12, 2024  
 Hour : 15.00-17.00 WIB  
 Place : Madrasah Dusun Salam

*Setting the Place: The setting of the place for the implementation of counseling is as follows:*



**RESULTS AND DISCUSSION**

**A. Problem Observation Results**

Observing village officials, village midwives and the people of Sarewu Village to find out the social conditions of the village that we will use as a benchmark for the work program that we will run. Based on the results of field observations and interviews with Sarewu Village officials and the community, several problems were found, as follows:

1. Health Sector

Problems in the field of education in Sarewu Village include:

- a. Lack of public understanding of the correct use of drugs

2. Economic Field

Problems in the field of education in Sarewu Village include:

- a. Lack of public understanding in using online platforms

**B. Output Target**

1. The output targets achieved in this KKN are:

| No | Activities | Output Target |
|----|------------|---------------|
|----|------------|---------------|

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|    |   |   |
|----|---|---|
| 1. | Development of Traditional Medicine of Daun Salam as an active ingredient in the manufacture of herbs that can be used as MSME products | <p>The use of the Daun Salam medicinal plant as a living pharmacy which is used as an antihypertensive treatment, through:</p> <ul style="list-style-type: none"> <li>• Explains the beneficial content contained in bay leaves</li> <li>• Explaining the benefits of consuming bay leaf tea for health</li> <li>• Explain and teach how to make bay-leaf tea bag products</li> <li>• Providing beverage testers with bay leaf tea bags</li> <li>• Distributing leaflets and bay leaf tea bag products</li> </ul> |
|----|---|---|

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#### Discussion of the Output Target of the Extension Event Unit

- a. Development of Traditional Medicine of Daun Salam as an active ingredient in the manufacture of herbs that can be used as MSME products

Indonesia has a lot of biodiversity that can provide benefits for all aspects of human life. One of the real forms of utilization of biological resources is traditional medicine. As time goes by, people begin to turn to traditional medicine to cure various diseases. This is due to the increasing public confidence in their health status. With the increasing use of herbal medicines, quality control and safety of herbal medicines used according to procedures are very important for health. To ensure the quality of herbal medicines, it is necessary to test their efficacy and safety because the use of drugs is generally carried out empirically (Sutanto, 2013).

Bay leaf (*Syzygium polyanthum*) is one of the medicinal plants that can be used in traditional medicine. Bay leaves contain tannins, essential oils, citrals, eugenols, saponins, and flavonoids. The bay plant also has antioxidant activity. Tannins have anti-inflammatory and antibacterial properties (Kiptiah et al., 2020). *Syzygium polyanthum* or bay leaf is one of the plants that has many health benefits. In addition to being used as a cooking spice, bay leaves are also used as medicine due to their ability to treat various diseases, including high blood pressure. The content of bay leaves can lower blood pressure (Nurcahyati, 2018). A study by Trisna (2015) found that bay leaves, not avocados, can lower blood pressure better than bay leaves. This is because tannins, compounds in bay leaves, have the ability to lower blood pressure.

Most people around the world drink tea as a refreshing and healthy beverage. This is because the densest tea content has many health benefits. Although technology has developed,

the main ingredient for making tea is usually obtained from tea leaf plants. The raw material for tea can come from leaves, flowers, stems, or roots. The types of leaves that can be used include bay leaves, moringa leaves, soursop, avocados, and others.

In making tea, bay leaf (*Eugenia polyantha*) has many medical benefits, including lowering hypertension, lowering cholesterol levels, relieving gout, and antibacterial, and antioxidants because it contains flavonoids that function as antioxidants and antibacterial. Bay leaves contain secondary metabolites such as saponins that can serve as a source of antioxidants. Saponins also can prevent damage to body cells. In addition, its flavonoid content can help lower hypertension and high cholesterol (Ainurrafiq et al, 2019). Previous research has found tea bags that combine bay leaves and moringa (Agus, Firmansyah, and Basri, 2020). The results of the health examination that we conducted on the residents of Salam Hamlet showed that most of the people who underwent the examination experienced hypertension. So, we want to make MSME products that are beneficial to the residents of Salam Hamlet and can be purchased by residents. Because bay leaves can help treat hypertension, we chose bay leaves to make bay leaf tea bags MSMEs with the name "TEA SLAM".

1. Activity Process

| No. | Activity Stages | Extension Activities  | Participant Activities  | Time       |
|-----|-----------------|---|---|------------|
| 1.  | Unveiling       | <ul style="list-style-type: none"> <li>• Preparation of the venue and media/tools to be used</li> <li>• Opening greetings</li> <li>• Introduction of all KKN members of the group</li> <li>• Explain the purpose and purpose of the counseling</li> </ul>   | <ul style="list-style-type: none"> <li>• Answering greetings</li> <li>• Listening, paying attention and listening</li> </ul>                                  | 30 minutes |
| 2.  | Implementation  | <ul style="list-style-type: none"> <li>• Provides an explanation of the beneficial content contained in bay leaves</li> <li>• Providing an explanation of the benefits of consuming bay leaf tea for health</li> <li>• Explain and teach how to make bay leaf tea bag products</li> <li>• Providing beverage testers with bay leaf tea bags</li> <li>• Distributing leaflets and bay leaf tea bag products</li> </ul> | <ul style="list-style-type: none"> <li>• Listening, paying attention and listening</li> </ul>   | 60 minutes |
| 2.  | Cover           | <ul style="list-style-type: none"> <li>• Conduct Q&amp;A with the audience</li> <li>• Closing counseling and giving greetings</li> </ul>  | <ul style="list-style-type: none"> <li>• Ask if anyone doesn't understand</li> <li>• Paying attention and listening</li> <li>• Answering greetings</li> </ul> | 30 minutes |

## 2. Evaluation

The participants of this counseling activity were very enthusiastic and ran conductively. Many people ask in terms of its use to the manufacturing process. However, the testers of bay leaf tea bags and bay leaf tea bags distributed to participants were very limited because there were obstacles in the manufacturing process, namely in the drying because it always rained every day, so it hindered the drying process because we dried with sunlight (not using an oven) due to the limitations of the tools at the post.

Photo of Making Bay Leaf Tea Bags



### Product Photos



### Packaging Sticker Design



### Documentation of MSME Counseling Tea Slam (Bay Leaf Tea Bags)

#### CONCLUSION

The participants were very enthusiastic and the counseling activities went well. Many people ask about the manufacturing process and its utilization. However, the assessment of bay leaf tea bags and bay leaf tea bag products given to participants was very limited due to obstacles in the manufacturing process. Almost every day the rain inhibits the drying process, so we use sunlight instead of the oven. Due to the limitations of equipment at the post, we carried out further development and innovation by using sunlight as a substitute for an oven.

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