

# PengabdianMu

Jurnal Ilmiah Pengabdian Kepada Masyarakat

Volume 4, Issue 2, September 2019

**Tekstur Yoghurt Susu Kambing dengan Perbedaan Jenis Starter dan Lama Fermentasi**

*Sujono, Mochamad Rizal Ali Rofat, Hendra Kusuma, & Khusnul Khotimah*

**Pemberdayaan Perempuan melalui Pengembangan Usaha Minuman Tradisional Wedang Uwuh di Desa Muntuk, Dlingo, Bantul, Yogyakarta**

*Tanto Lailam & Awang Daru Murti*

**Pembuatan Teh Bawang Dayak dan Manfaatnya Bagi Kader Pusat Kesehatan Masyarakat Harapan Baru Samarinda Seberang**

*Annaas Budi Setyawan, Arief Budiman, & Taufik Septiawan*

**Pengenalan Teknologi Hidroponik dengan System Wick (Sumbu) bagi Siswa SMA Negeri 2 Kabupaten Rejang Lebong Bengkulu**

*Syaiful Eddy, Dian Mutiara, Trimin Kartika, Conny Masitoh, & Wahyu*

**Penyuluhan tentang Infeksi Menular Seksual pada Wanita Pekerja Seks di Lokalisasi Km. 12 Palangka Raya**

*Suryagustina, Eva Priskila, & Cyntia Christina*

**Relaksasi Otot Progresif untuk Mengurangi Gejala Fatigue pada Klien Diabetes Mellitus Tipe 2 di Wilayah Kerja Pusat Kesehatan Masyarakat Kayon**

*Reny Sulistyowati & Agnes Dewi Astuti*

**Cegah Masalah Gizi Anak dengan Sosialisasi Pemberian Makanan Bayi dan Anak**

*Rahayu Widaryanti*

**Pelatihan Pembuatan dan Pengembangan Pupuk Organik Cair Biokultur dan Biourin untuk Mendukung Sistem Budidaya Sayuran Organik**

*Sri Anjar Lasmuni, Idham, Anthon Monde, & Tarsono*

**Penyuluhan Teknik Pembuatan Lubang Biopori dalam Pencegahan Banjir di Desa Pemalongan Kecamatan Pelaihari Kabupaten Tanah Laut**

*Akhmad Gazali, Fathurrahman, Hendra Cahyadi*

**Pendampingan Pembuatan Krim Bawang Dayak Khas Kalteng sebagai Anti Acne di SMK Farmasi Muhammadiyah Palangka Raya**

*Syahrida Dian Ardhanay & Susi Novaryatiin*

**Pembudidayaan dan Pembuatan Teh Daun Binahong untuk Mengobati Penyakit Asam Urat**

*Havizur Rahman, Elisma, & Uce Lestari*

**Sosialisasi Keamanan Pangan dan Kosmetika pada Warga Aisyiyah Palangka Raya**

*Agustinawati Umaternate, Wahyu Puspita Dewi, & Widya Ayu Valentiningtyas*

**Pelatihan Teknik Permainan Konsentrasi pada Guru Sekolah Dasar Muhammadiyah Pahandut Palangka Raya**

*Misyanto, Agung Riadin, & Dwi Sari Usop*

**Pelatihan Penulisan Penelitian Tindakan Kelas pada Guru di Lingkungan Muhammadiyah Boarding School Ki Bagus Hadikusumo**

*M Koesmawan, Elliya Sestri, & Isnani Hari Mardika*

**Edukasi Resiko Penularan Penyakit Melalui Sampah pada Pemulung Sampah di Tempat Penampungan Sementara Kelurahan Bukit Tunggal Kota Palangka Raya**

*Suratno & Nurhalina*

Accredited at SINTA 4 until September 2021  
by Ministry of Research, Technology and Higher Education, Indonesia No: 10/E/KPT/2019.



**Institute for Research and Community Services**  
Universitas Muhammadiyah Palangkaraya

# PengabdianMu

Jurnal Ilmiah Pengabdian Kepada Masyarakat

Volume 4, Issue 2, September 2019

- Tekstur Yoghurt Susu Kambing dengan Perbedaan Jenis Starter dan Lama Fermentasi**  
*Sujono, Mochamad Rizal Ali Rofat, Hendra Kusuma, & Khusnul Khotimah* 55-60
- Pemberdayaan Perempuan melalui Pengembangan Usaha Minuman Tradisional Wedang Uwuh di Desa Muntuk, Dlingo, Bantul, Yogyakarta**  
*Tanto Lailam & Awang Daru Murti* 61-67
- Pembuatan Teh Bawang Dayak dan Manfaatnya Bagi Kader Pusat Kesehatan Masyarakat Harapan Baru Samarinda Seberang**  
*Annaas Budi Setyawan, Arief Budiman, & Taufik Septiawan* 68-73
- Pengenalan Teknologi Hidroponik dengan System Wick (Sumbu) bagi Siswa SMA Negeri 2 Kabupaten Rejang Lebong Bengkulu**  
*Syaiful Eddy, Dian Mutiara, Trimin Kartika, Conny Masitoh, & Wahyu* 74-79
- Penyuluhan tentang Infeksi Menular Seksual pada Wanita Pekerja Seks di Lokalisasi Km. 12 Palangka Raya**  
*Suryagustina, Eva Priskila, & Cyntia Christina* 80-86
- Relaksasi Otot Progresif untuk Mengurangi Gejala Fatigue pada Klien Diabetes Mellitus Tipe 2 di Wilayah Kerja Pusat Kesehatan Masyarakat Kayon**  
*Reny Sulistyowati & Agnes Dewi Astuti* 87-93
- Cegah Masalah Gizi Anak dengan Sosialisasi Pemberian Makanan Bayi dan Anak**  
*Rahayu Widaryanti* 94-98
- Pelatihan Pembuatan dan Pengembangan Pupuk Organik Cair Biokultur dan Biourin untuk Mendukung Sistem Budidaya Sayuran Organik**  
*Sri Anjar Lasmini, Idham, Anthon Monde, & Tarsono* 99-104
- Penyuluhan Teknik Pembuatan Lubang Biopori dalam Pencegahan Banjir di Desa Pemalongan Kecamatan Pelaihari Kabupaten Tanah Laut**  
*Akhmad Gazali, Fathurrahman, Hendra Cahyadi* 105-110
- Pendampingan Pembuatan Krim Bawang Dayak Khas Kalteng sebagai Anti Acne di SMK Farmasi Muhammadiyah Palangka Raya**  
*Syahrida Dian Ardhanay & Susi Novaryatiin* 111-116
- Pembudidayaan dan Pembuatan Teh Daun Binahong untuk Mengobati Penyakit Asam Urat**  
*Havizur Rahman, Elisma, & Uce Lestari* 117-123
- Sosialisasi Keamanan Pangan dan Kosmetika pada Warga Aisyiyah Palangka Raya**  
*Agustinawati Umaternate, Wahyu Puspita Dewi, & Widya Ayu Valentiningtyas* 124-129
- Pelatihan Teknik Permainan Konsentrasi pada Guru Sekolah Dasar Muhammadiyah Pahandut Palangka Raya**  
*Misyanto, Agung Riadin, & Dwi Sari Usop* 130-134
- Pelatihan Penulisan Penelitian Tindakan Kelas pada Guru di Lingkungan Muhammadiyah Boarding School Ki Bagus Hadikusumo**  
*M Koesmawan, Elliya Sestri, & Isnan Hari Mardika* 135-140
- Edukasi Resiko Penularan Penyakit Melalui Sampah pada Pemulung Sampah di Tempat Penampungan Sementara Kelurahan Bukit Tunggal Kota Palangka Raya**  
*Suratno & Nurhalina* 141-148

**Accredited at SINTA 4 until September 2021**  
**by Ministry of Research, Technology and Higher Education, Indonesia No: 10/E/KPT/2019.**



**Institute for Research and Community Services**  
**Universitas Muhammadiyah Palangkaraya**

# *PengabdianMu:* *Jurnal Ilmiah Pengabdian kepada Masyarakat*

**Publisher:**

*Institute for Research and Community Services  
Universitas Muhammadiyah Palangkaraya*

**Editor-in-Chief:**

*Dr. Nurul Hikmah Kartini, S.Si., M.Pd.*

**Managing Editors:**

*Mohammad Rizki Fadhil Pratama, S.Farm., M.Si., Apt.*

*Endang Sri Suyati, M.Pd.*

*Miftahurrizqi, M.Kom.*

*Sutami, M.Kom.*

**Reviewers:**

*Dr. Arta Moro Sundaja, M.M.*

*Muhammad Nurtanto, M.Pd.*

*Dr. Hamdanah, M.Ag.*

*Muhammad Iqbal Ansari, M.Pd.I.*

*Dr. Laksmindari, S.H., M.H.*

*Dr. R. Biroum Bernardianto, M.Si.*

(Binus University)

(Universitas Sultan Ageng Tirtayasa)

(Institut Agama Islam Negeri Palangka Raya)

(Universitas Islam Kalimantan M A A B Banjarmasin)

(Universitas Muhammadiyah Palangkaraya)

(Universitas Muhammadiyah Palangkaraya)

**Circulation:**

*The Staff of Institute for Research and Community Services  
Universitas Muhammadiyah Palangkaraya*

**Address:**

*Institute for Research and Community Services*

*Universitas Muhammadiyah Palangkaraya*

*Campus I building B ground floor*

RTA Milono St. Km.1,5 Palangka Raya 73111 Indonesia

Phone/Fax. (0536) 3222184; email : [lp2m@umpalangkaraya.ac.id](mailto:lp2m@umpalangkaraya.ac.id)

website : <http://journal.umpalangkaraya.ac.id/index.php/pengabdianmu>

---

Published twice a year (in March and September), contains articles of Community Services in Education, Economic, Guidance and Counseling, Social, Political, Agrotechnology, Forestry, Fisheries, Islamic Studies, Engineering, and Health. Editors accept submissions of well-prepared manuscript that have not been published in other publications. The manuscript format and requirements are listed on the back cover page. Incoming manuscripts will be evaluated and edited for the uniformity of formats, terms, and other writing procedures.

**PREFACE**  
**EDITOR-IN-CHIEF**

*Assalamu'alaikum Wr. Wb.*

Dear reader, now *PengabdianMu: Jurnal Ilmiah Pengabdian kepada Masyarakat* re-published on Volume 4 Issue 2 September 2019. The success of this publication is the result of good cooperation of all parties who maintain the publishing sustainability twice a year.

The publication of *PengabdianMu: Jurnal Ilmiah Pengabdian kepada Masyarakat* certainly participate in disseminating the results of community services in science and technology development conducted by lecturers and researchers especially from UM Palangkaraya and other universities.

This edition contains 15 articles consisting of Education, Social and Political, Islamic Studies, Engineering, and Health Science topics. Editorial boards are fully aware that there are still room for improvement in this edition, hence with all humility willing to accept constructive suggestions and feedback for improvements to the publication for the next editions.

The editorial board would like to thank the University, all editors and reviewers, and contributors of the scientific articles who have provided the repertoire in this issue. We hope that all parties, especially the contributors of the articles, could re-participate for the success of the publication in the next edition on December 2019.

*Wassalamu'alaikum Wr. Wb.*

Palangka Raya, September 2019  
Editor-in-Chief,

signed

**Dr. Nurul Hikmah Kartini, S.Si., M.Pd.**

## AUTHOR GUIDELINES

1. Writing is the result of community services in the field but not limited to education, social, political, agricultural, forestry, islamic studies, engineering, and health sciences which has never been published.
2. The manuscript is written in Indonesian or English with Book Antiqua font 10 pt, 2 (two) column, density 1.5 spaces, on A4 paper with a top-down margins of 3.5 cm and right-left margins 2 cm.
3. The manuscript is typed with MS-Word program using the provided template and saved in .doc or .docx format.
4. The manuscript is typed strictly with the following rules:
  - a. **Title**, Short and clear, written in Indonesian and English. The title length does not exceed 20 words.
  - b. **Authors**, listed without mention of title or degree, under the name including the affiliation and complete address, and email of the corresponding author.
  - c. **Abstract**, written in Indonesian and English which is a summary of the article. Abstract are created in one paragraph and a maximum of 250 words with Book Antiqua font 9 pt, single column, and space 1.
  - d. **Introduction**, background, reasons for the importance of underlying research or hypotheses, general approaches and objectives of research and relevant literature review. The number of paragraphs is not restricted but the contents must include background, objectives, positions on previous researches, as well as novelty of the research. Little theoretical basis which is directly related to the contents of the article could be included without sub-chapters required. Citation of more than one author written in et al.
  - e. **Methodology**, Research method consists of 2 sub-chapters including instruments and materials, and methods. If data analysis is specific, or the way of analysis is novel, then data analysis sub-chapter could be added. The sub-chapters are written without numbering or bullet.
  - f. **Results and Discussion**, at least contains three subjects (1) description of results, (2) interpretation or explanation of results, and (3) comparative of results with previous studies results. If the sub-chapters very long could be made sub-sub-chapters with arabic numbering. Description of the results can be in the form of tables and figures with serial number (Table uses a sequence of roman numerals and placed at the top, while figures using arabic numeric sequence and placed in the below).
  - g. **Conclusion**, made in a single paragraph without the citation contains the final conclusion and suggestions for advanced research.
  - h. **References**, a list of recently selected topics is published last 5 years (minimum 75% of at least 10 references). Bibliography written in alphabetical order chronologically without serial number (Harvard System) and suggested using a reference management application such as End Note, Mendelley, Zotero, and other applications.
5. The typed manuscripts submitted via OJS *PengabdianMu: Jurnal Ilmiah Pengabdian kepada Masyarakat* with the url <http://journal umpalangkaraya.ac.id/index.php/pengabdianmu>.
6. Authors whose manuscripts are published, subject to Publication Fee of Rp. 500.000,- as per the cost of printing and may change at anytime according to the printing prices.
7. Authors will get 1 printed copy of issue and the article also published on e-journal of UM Palangkaraya at the website <http://journal umpalangkaraya.ac.id/index.php/pengabdianmu>.



9 772654 438010