

Training on Making Healthy and Nutritious Snack Products: KEPAYA (Papaya Chips) in Bati-Bati District, Tanah Laut Regency

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Abstract

Papaya fruit is a fruit that has a high nutritional content, especially levels of vitamin C and vitamin A. Every 100 grams of papaya contains 3.65 mg of vitamin A and 78 mg of vitamin C. Tanah Laut Regency is the largest papaya-producing area in South Kalimantan and has the potential to develop various business opportunities. The problem encountered in the community is a lack of knowledge about the other benefits of papaya fruit. chips snacks, most of the people's income is only from agriculture, From the existing problems, the team provides a solution, namely to provide knowledge about other benefits of papaya fruit, provide training on making papaya chips, and utilize the potential of papaya fruit as an effort to increase the income of the community in Bati District -Bati, with partners PKK RT 08 Liang Anggang Village through this Community Service will add references for the community to be able to do entrepreneurship from the papaya fruit they produce, a product that has a sale value, is healthy and nutritious such as making papaya fruit into chips snacks which can be enjoyed by all groups, with these various benefits, this Community Service is carried out in order to utilize the potential of natural resources in the Tanah Laut Regency area, especially the Bati-Bati District, where most of the people work as farmers. The community knows other benefits of papaya fruit which can be used as a product or other way of consuming papaya fruit, creating KEPAYA snack products, Papaya Chips which are nutritious and healthy. The results achieved from the output of this program are that it can produce a processed snack derived from papaya fruit where this papaya fruit has many benefits for our bodies and to increase the income of the people in the Bati-Bati District.

Keywords : Papaya;Chips ; Healthy; Nuritious

Abstrak

Buah pepaya merupakan buah yang memiliki kandungan gizi yang tinggi terutama kadar vitamin C dan vitamin A. Setiap 100 gram pepaya mengandung 3,65mg vitamin A dan 78mg vitamin C. keseluruhan tanaman pepaya sangat bermanfaat bagi kesehatan manusia. Manfaat yang lain, dapat dijadikan alternatif obat penyakit, sembelit, penyakit jantung, kanker, kolesterol tinggi, jerawat, dan peradangan. Kabupaten Tanah laut adalah daerah penghasil buah pepaya terbesar di Kalimantan Selatan, sebagai daerah penghasil pepaya, tentunya masyarakatnya sangat berpotensi dalam mengembangkan berbagai peluang usaha, masalah yang ditemui di masyarakat adalah kurangnya pengetahuan tentang manfaat lain buah pepaya, masyarakat tidak mengetahui cara membuat buah pepaya menjadi cemilan keripik, sebagian besar mata penghasilan masyarakat hanya dari pertanian saja, dari masalah yang ada, tim memberikan solusi yaitu untuk

memberikan pengetahuan tentang manfaat lain buah pepaya, memberikan pelatihan membuat keripik pepaya, dan pemanfaatan potensi buah pepaya sebagai upaya peningkatan pendapatan Masyarakat di Kecamatan Bati-Bati, dengan mitra ibu-ibu PKK RT 08 Desa Liang Anggang melalui Pengabdian Kepada Masyarakat ini akan menambah referensi bagi masyarakat agar bisa berwirausaha dari buah pepaya yang dihasilkan, salah satu produk yang bernilai jual, sehat dan bergizi seperti membuat buah pepaya menjadi cemilan keripik yang bisa dinikmati semua kalangan, maka Pengabdian ini dilaksanakan guna memanfaatkan potensi sumber daya alam di daerah Kabupaten Tanah Laut khususnya Kecamatan Bati-Bati yang sebagian besar masyarakatnya berprofesi sebagai petani. Masyarakat mengetahui manfaat lain dari buah pepaya yang bisa dijadikan produk atau cara lain dalam mengonsumsi buah pepaya, terciptanya produk cemilan KEPAYA, Keripik Pepaya yang bergizi dan sehat. Hasil yang dicapai dari luaran program ini yakni dapat menghasilkan sebuah olahan cemilan yang berasal dari buah pepaya yang mana buah pepaya ini memiliki banyak manfaat untuk tubuh kita dan untuk meningkatkan pendapatan masyarakat di Kecamatan Bati-Bati.

Kata Kunci : Pepaya; Keripik; Sehat; Bergizi

INTRODUCTION

Indonesia is an agricultural country rich in abundant natural resources, especially agricultural products. Fruits are one of the largest potential natural resources in Indonesia. This is reflected in the wide variety of tropical fruits found in Indonesia, such as papaya. Papaya fruit is a fruit that has a high nutritional content, especially levels of vitamin C and vitamin A. Every 100 grams of papaya contains 3.65 mg of vitamin A and 78 mg of vitamin C. The whole papaya plant is very beneficial for human health. Ripe papaya fruit is superior in terms of beta-carotene (276 micrograms/100 g), beta-cryptoxanthin (761 micrograms/100 g), as well as lutein and zeaxanthin (75 micrograms/100 g) (Suprapti, 2005). Beta-carotene is a pro-vitamin A as well as a very powerful antioxidant to counteract free radical attacks. In addition, papaya and all its parts contain papain, which is an enzyme that helps digest protein. This enzyme, used to treat sports injuries, other causes of trauma, and allergies, is especially concentrated in the unripe papaya fruit. Papaya is extracted to make food digestive enzyme supplements and can also be used as an ingredient in some chewing gums. Other benefits, can be used as an alternative medicine for diseases, constipation, heart disease, cancer, high cholesterol, acne, and inflammation (Wicaksana & Rachman, 2018).

Apart from the fruit, it turns out that according to Dr. Wahyu Triasmara (Risca Kurnia Sari et al., 2022) papaya fruit seeds are useful as antioxidants in the blood because they can lower cholesterol and LDL levels, and increase HDL (high-density lipoprotein) levels. Papaya seeds have a hypolipidemic effect for the treatment of hyperlipidemia caused by too high levels of vegetable fat or cholesterol because the seed extract contains alkaloids, flavonoids, tannins, saponins, anthraquinones, and anthocyanins. According to him, papaya seeds can be consumed by blending and serving as juice, or by brewing it, such as brewing coffee, after the skin is first dried and blended. Tanah Laut Regency is the largest papaya-producing area in South Kalimantan (BPS Kabupaten Tanah Laut, 2023), as a papaya-producing area, of course, the people have the potential to develop various business opportunities, through Community Service this will add references for the community to be able to do entrepreneurship from the resulting papaya fruit, one of the products that have a sale value, is healthy and nutritious such as making papaya fruit

into a snack of chips that can be enjoyed by all people, Chips are a snack or snack that is very thin in shape in slices so it is very popular among the people because chips have crunchy, tasty and does not make the stomach too full (Sahri et al., 2019) . These chips look minimalist and practical so they are more durable and easy to serve with these various benefits (SUPRANA, 2012). This service is carried out in order to utilize the potential of natural resources in the Tanah Laut Regency, especially the Bati-Bati District, where most of the people work as farmers.

GENERAL DESCRIPTION OF THE COMMUNITY, PROBLEMS AND TARGET SOLUTIONS

General description

Bati-Bati Subdistrict is located in Tanah Laut Regency, the distance from the provincial capital of South Kalimantan / Banjarmasin is about 41 km, most of the people work as farmers, the fertile area is the advantage of this area and is one of the largest producers of papaya fruit in South Kalimantan. The purpose of this Community Service Training is to provide knowledge of the benefits and other uses of papaya fruit, then to increase public knowledge about how to make papaya chips snacks which can be used as a business so as to increase people's income in the Bati-Bati sub-district. The community group or partners who participated in the training were a group of PKK Rukun Tetangga 08 mothers located at Jalan 55 Liang Anggang Village in Bati-Bati District. This PKM activity is important because it can improve a creative, innovative and independent academic climate (Rumanintya et al., 2019). Improving the quality of tertiary institutions so that in the future they can become members of society who have academic and professional abilities who can apply, develop and disseminate science and technology and enrich national culture (Sahri et al., 2019)).

Table 1. Target description

No	Name of target	Characteristics of target	Amount	General problem or targets
1	Economic target	Women group	20	Education Sector and Economy Sector

Problem

Tabel 2 Problem and solution

No	Problem	Solution	Indicators Of Goal
1	Lack of knowledge about the benefits of papaya	Provide knowledge about the benefits of papaya	Increase skor knowledge
2	People don't know how to make papaya fruit into chip	Provide training in making papaya chips	Increase skor skill
3	The people's income is only from agriculture.	Increase in community income in Bati-Bati District	Economic Increase

METHOD

The implementation of this PKM is described as follows:

1. Site survey and permit management
2. Determination of Implementation Time
3. Pretest knowledge of participants
4. Dissemination of the Benefits of Papaya Fruit
5. How to make papaya chips

- 1) Tools: Stove and gas cylinder, frying pan, knife, basin, spatula, oil drainer, napkin
 spice basket, pot, cutting board and blender
 - 2) Ingredients: Young papaya fruit, cooking oil, seasonings (balado and lime leaves)
 - 3) Production process: Selecting raw materials, how to make, how to package the product to
 make it attractive
6. Frequently Asked Questions about Papaya Chips
 7. Responses from PKM Activity Participants
 8. Posttest the knowledge of participants

RESULTS AND DISCUSSION

This activity is an implementation of community service by the Management study program at Sari Mulia University with the title Training on Making Healthy and Nutritious Snack Products: KEPAYA (Papaya Chips) in Bati-Bati District, Tanah Laut Regency with 20 participants from PKK RT 08 Liang Village Anggang All participants are productive age villagers, 68% of participants are aged 20-30 years, 27% are aged 31-40 years, and the remaining 2% are over 41 years old. The number of participants who are interested in running a papaya chips business is quite large, with 70% of participants wanting to learn how to process papaya into papaya chips and can be marketed so that they can improve the economy of the people in Liang Anggang Village. Education is carried out to increase knowledge about the benefits and potential of papaya fruit by processing papaya into commercial products such as papaya chips. Participants' knowledge was measured using a questionnaire given before (pretest) and after (posttest) the activity (Masita & Maimunah, 2019). A comparison of the results of the participants' achievements on the pretest and posttest can be seen in table 3

Table 3. Participants' achievements in the pretest and posttest

Question	score	
	Pretest	Posttest
1) Benefits of Papaya fruit		
Papaya contains vitamins	70,6	80,6
Papaya for health	61,1	94,4
Papaya for beauty	77,2	97,2
Papaya benefits for all ages	97,2	100,0
2) Another way to consume Papaya fruit	Pretest	Posttest
Papaya is made into a drink	66,7	97,2
Papaya is made food	50,0	71,7
Papaya is made as a snack	44,4	75,0
Papaya is made medicine	38,9	77,8
3) Improving the Community's Economy	Pretest	Posttest
How to make papaya fruit into a commercial product	54,4	95,6
How to process papaya into snack products	47,2	91,7
How to make papaya chips	43,3	97,2

It can be seen from table 3 that the results of the pretest and posttest show that the knowledge of PKK RT 8 Liang Anggang Village about papaya has increased and seen from their enthusiasm for participating in the training it can be concluded that this activity has a positive impact, the community knows the benefits of other papaya fruit which can be used as a product or another way of consuming papaya fruit, creating KEPAYA snack products, namely Papaya Chips which are

nutritious and healthy (Masita, Elly Dwi, 2018). The results achieved from the output of this program are that it can produce processed snacks derived from papaya fruit where this papaya fruit has many benefits for our bodies and can increase the income of the people in the Bati-Bati District.



Figure 1. Implementation of Training

CONCLUSIONS AND SUGGESTIONS

The production process can be carried out in everyday life because the ingredients are easy to obtain, by utilizing papaya fruit in the Bati-Bati sub-district, it can produce papaya chips and these chips can be marketed so that they can help increase people's economic income. Papaya chips are snacks that are not widely known by the local community, with various new innovations in processed raw papaya fruit into papaya chips with a savoury, crunchy flavour that is suitable for making good snacks with family, friends, and so on. provide new job vacancies for the surrounding community, the next suggestion for PKM is to provide training on how to market papaya chips so that people know how to do effective marketing.

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