

The Role of DPC ASPETRI Surabaya in Improving Community Health through the Distribution of Jamu at the Health Post in Joyoboyo Terminal

Teguh Setiawan Wibowo¹, Christina Wulansari², Nurul Hidayati³, Abdul Kholiq⁴

^{1,2} STIE Mahardhika, ³ Institut Kesehatan dan Bisnis Surabaya, ⁴ ASPETRI Surabaya

*Corresponding author

E-mail: teguh10setiawan@gmail.com*

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Abstract: Public health is an important aspect in supporting daily activities, especially for public transport users and workers in terminal environments. Jamu, as a heritage of Indonesian herbal medicine, has great potential in boosting immunity and preventing various diseases. This community service activity was conducted by the Surabaya Branch of the Indonesian Traditional Herbal Healers Association (DPC ASPETRI) through the distribution of jamu at the Health Post in Joyoboyo Terminal. The primary aim of this activity is to raise public awareness of the benefits of jamu as part of a healthy lifestyle and to provide easy access to quality herbal drinks. This activity involved a brief education on the benefits of jamu, the proper consumption methods, and the distribution of jamu to the terminal community. The results of the activity showed a positive response from the public, with an increased understanding of jamu as an herbal alternative for maintaining health. It is hoped that this activity will serve as a model for similar initiatives in various places, supporting the preservation and utilization of jamu in the public health system.

Keywords:

Jamu, Public Health, Community Service, Joyoboyo Terminal, ASPETRI

Introduction

Public health is a critical issue in the development of a nation. One important aspect of maintaining public health is educating the community about healthy living habits and providing accessible healthcare services. A terminal, as a place of interaction for many people, especially transportation terminals like Terminal Joyoboyo in Surabaya, is a location with potential for preventive efforts in maintaining public health, particularly for those who rely on public transportation. As a place frequently visited by passengers from various regions, this terminal becomes an area susceptible to the spread of diseases and other health issues. To enhance public health in this environment, the Surabaya Branch of the Indonesian Traditional Medicine

Association (DPC ASPETRI) initiated a community service activity by distributing herbal drinks at the Health Post of Terminal Joyoboyo.

Jamu, as part of Indonesia's cultural heritage, has long been recognized as a herbal concoction used to maintain health. In the context of health, jamu has proven to have various significant benefits. Among the many types of jamu, rosella flower (*Hibiscus sabdariffa*) is a herbal ingredient with numerous health benefits. Rosella flowers contain various bioactive compounds, such as anthocyanins, flavonoids, and ascorbic acid, known for their antioxidant, anti-inflammatory, and antihypertensive properties. Rosella flowers can enhance immunity, improve blood circulation, and lower blood pressure, making them excellent for consumption by people from various backgrounds, especially those who often experience fatigue or stress due to high mobility. Therefore, distributing rosella jamu at Terminal Joyoboyo aims to provide a solution for passengers and terminal workers to maintain their health.

Terminal Joyoboyo, as one of the largest terminals in Surabaya, is a meeting point for individuals from diverse backgrounds and regions. Passengers transiting at this terminal often spend hours before continuing their journey. This situation makes them vulnerable to health issues such as dehydration, fatigue, and digestive disorders. Thus, the existence of a Health Post in this terminal is crucial for providing easily accessible healthcare services. To improve the quality of healthcare services, DPC ASPETRI Surabaya introduced the idea of distributing rosella flower jamu as a refreshing beverage that can rejuvenate the body while offering health benefits. Additionally, this jamu distribution aims to introduce the public to the efficacy of rosella flowers and other herbal benefits as part of preventive self-care.

The community service activity organized by DPC ASPETRI not only focuses on distributing jamu but also aims to educate the public about the importance of natural health maintenance using herbal ingredients passed down through generations. In this activity, ASPETRI health officers not only distribute rosella flower jamu but also explain how these herbal ingredients work in the body, the correct consumption methods to obtain maximum benefits, and other potential advantages. Through this educational approach, it is hoped that the community can better understand how to maintain health naturally and affordably, without solely relying on chemical medications.

Beyond the physical benefits of rosella flowers, this activity also has a positive social impact. By introducing jamu as a health alternative, it is hoped that public awareness of preserving Indonesia's cultural heritage, especially in traditional

medicine, can be fostered. The community, especially those unfamiliar with jamu consumption, can receive direct information on how to prepare and consume rosella jamu, allowing them to experience its benefits firsthand. Moreover, this activity positions ASPETRI as a contributor to enhancing the image of Indonesian herbal traditional medicine, which is often overshadowed by modern medical practices.

The challenge in this activity lies in reaching out to communities unaccustomed to consuming jamu or those who prefer modern medicine. Therefore, the approach used in distributing rosella flower jamu is tailored to the local community's conditions. One method is presenting the jamu as a fresh beverage that is easy to consume on-site, enabling the community to immediately experience its benefits. The distribution occurs at the Health Post of Terminal Joyoboyo, a strategic location to reach many people. Transit passengers can directly benefit, while terminal workers can access healthcare services without traveling far from their workplace.

The significance of this activity is evident not only from the direct health impacts on the community but also from efforts to promote jamu consumption as part of a healthy lifestyle accessible to everyone. Distributing rosella flower jamu at Terminal Joyoboyo's Health Post is expected to inspire similar activities elsewhere, both in Surabaya and other regions in Indonesia, to raise public awareness about the importance of safe and natural herbal-based preventive healthcare.

Overall, this activity is a positive step in developing community health based on local wisdom. DPC ASPETRI Surabaya, through this community service, contributes to educating and providing direct benefits to the public, especially in utilizing herbal ingredients as preventive measures against health issues. By promoting rosella flower jamu, this activity not only offers practical and natural health solutions but also supports the preservation of Indonesia's rich and diverse traditional medicine culture.

Method

This community service activity was carried out over two days, on March 28-29, 2025, at the Health Post of Terminal Joyoboyo, Surabaya. Each day, 100 bottles of freshly prepared rosella herbal drink were distributed to individuals at the terminal, including both transit passengers and terminal workers. The implementation process began with the preparation of rosella jamu ingredients, which were processed hygienically and safely. The preparation was conducted by the management of DPC ASPETRI Surabaya under the leadership of the Head of DPC ASPETRI Surabaya, Mr.

Abdul Kholiq. The rosella flowers used for jamu production were selected from high-quality herbal materials that have been scientifically proven to provide health benefits.

On the day of the activity, the community service team, consisting of members of DPC ASPETRI Surabaya and traditional health practitioners affiliated with ASPETRI, distributed informational leaflets about the health benefits of rosella jamu. These materials explained its ability to boost the immune system, reduce stress, and promote relaxation. Additionally, the team provided education on the proper consumption of rosella jamu to maximize its health benefits. Each bottle of jamu was distributed directly at the Health Post of Terminal Joyoboyo in an easily accessible manner. The distribution process was conducted while maintaining strict health protocols, ensuring safety and comfort for all participants.

Throughout the event, health officers actively engaged with the public, providing direct explanations about jamu and other herbal benefits while encouraging them to integrate traditional medicine into their daily lives. The enthusiasm from the community was evident, as many participants expressed interest in continuing to consume rosella jamu. This initiative successfully raised awareness about the importance of maintaining health through natural and culturally relevant approaches. The event also served as an example of how community service can contribute to public health improvements in terminal environments.

Hasil

The implementation of this community service activity demonstrated several key insights into the role of herbal medicine in public health promotion. First, the choice of rosella jamu as the herbal drink distributed in this program was highly appropriate, considering its scientifically proven health benefits. Rosella (*Hibiscus sabdariffa*) is widely known for its antioxidant properties, which help protect the body from free radicals. Additionally, it is rich in vitamins, particularly vitamin C, which plays a crucial role in strengthening the immune system. This makes rosella jamu a suitable drink for individuals who frequently travel or work in environments with high exposure to pollutants and fatigue.

One of the most significant findings from this initiative was the positive response from the community. The high enthusiasm shown by transit passengers and terminal workers highlighted the potential of herbal beverages as a daily health solution. Many participants admitted that they were previously unaware of the benefits of rosella jamu and had never considered it as an alternative to modern health

supplements. By providing them with firsthand experience, this program successfully introduced jamu as an accessible and effective health solution.

Furthermore, this initiative aligns with the growing global interest in herbal and natural health solutions. In recent years, there has been an increasing awareness of the importance of consuming plant-based remedies to maintain long-term health. The introduction of rosella jamu in a public setting like Terminal Joyoboyo supports this trend and encourages more people to explore traditional medicine as part of their daily routines.

Another important aspect observed during this activity was the significance of education in promoting herbal medicine. Simply distributing jamu was not enough; providing educational materials and direct explanations played a crucial role in ensuring that the community understood how to incorporate herbal remedies into their lifestyle. This approach increased public trust and willingness to consume jamu regularly.

Despite the success of this initiative, several challenges were identified. One of the main obstacles was public perception regarding herbal medicine. Some individuals were hesitant to try jamu due to misconceptions about its taste, effectiveness, or possible side effects. To overcome this, the community service team ensured that the jamu was presented in an appealing manner, with a refreshing taste and clear explanations of its benefits. By addressing these concerns, the program was able to reach a wider audience.

Additionally, sustainability is a crucial factor for similar future initiatives. While the event successfully introduced rosella jamu to the public, ensuring that people continue consuming it requires further efforts. Establishing small-scale herbal drink vendors at transportation hubs or collaborating with local businesses to make jamu more widely available could be potential next steps.



Figure 1. Label of Fresh Rosella Jamu.



Figure 2. Fresh Rosella Jamu Ready for Distribution.



Figure 3. Health Post at Terminal Joyoboyo

Conclusion

This community service activity by DPC ASPETRI Surabaya demonstrated the significant role that traditional herbal medicine can play in improving public health, particularly in high-mobility areas such as Terminal Joyoboyo. The distribution of rosella jamu provided direct health benefits to the public while also serving as an educational platform to promote the use of herbal remedies.

The positive response from participants indicated a growing interest in natural health solutions, which suggests that similar initiatives should be encouraged in other public spaces. Furthermore, the combination of distribution and education proved to be an effective strategy in increasing public awareness about the benefits of herbal medicine.

Moving forward, efforts should be made to sustain this initiative by promoting the continued availability of rosella jamu and other herbal drinks in transportation hubs and other public spaces. By doing so, the benefits of traditional Indonesian medicine can be preserved and integrated into modern health practices, contributing to a healthier society.

Acknowledgement

With deep gratitude and appreciation, we extend our highest recognition to the people of Surabaya who actively participated in and supported the community service program organized by DPC ASPETRI Surabaya at the Health Post of Terminal Joyoboyo. The presence and enthusiasm of the community played a crucial role in the success of this initiative, which aimed to raise awareness about the importance of health through traditional medicine and natural herbal remedies. Without the support and active participation of the public, this activity would not have run smoothly or created a meaningful impact.

We would also like to express our heartfelt thanks to all the administrators of DPC ASPETRI Surabaya, who worked tirelessly to prepare and execute this event. Their dedication and commitment were instrumental in ensuring the success of the program, particularly in the distribution of fresh rosella jamu and the educational sessions on healthy living.

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To all travelers passing through Terminal Joyoboyo, we encourage you to take care of your health during your journey. May you safely reunite with your beloved families in good health and celebrate Eid al-Fitr with joy and peace.

Lastly, we wish you a blessed Eid al-Fitr 1446 H. Mohon Maaf Lahir dan Batin (We sincerely ask for forgiveness for any mistakes in words or actions). May our acts of worship be accepted, and may we all be granted health, happiness, and safety always

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