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Empowering Housewives Through Training in Making D'Bagur (Savory Pork Jerky) Increases Opportunities for **Economic Prosperity**

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ABSTRAK

Melihat permasalahan yang di alami banyak warga yang memiliki ternak babi tetapi hanya di jual hidup dan banyak warga terutama ibu-ibu yang ingin meningkatkan kesejahteraan ekonomi, maka dilakukan kegiatan Pengabdian Kepada Masyarakat. Babi merupakan ternak yang difungsikan untuk di ambil dagingnya. Daging babi merupakan salah satu sumber protein hewani. Kandungan nutrisi 100 gr daging babi segar 450 kkal, 11,9 gr protein, 45 gr lemak. Melihat kandungan daging babi strategi yang digunakan adalah dengan diversifikasi daging babi menjadi olahan dendeng. Inisiatif ini bertujuan untuk mendorong ide kreatif dan motivasi berwirausaha ibu-ibu rumah tangga di Kelurahan Bangka Leda. Jenis penelitian ini adalah kualitatif. Subjek yang terlibat dalam penelitian ini ibu-ibu rumah tangga. Metode pengumpulan data Kegiatan pengabdian masyarakat ini mencakup observasi, Focus Group Discussion (FGD), sosialisasi, pendampingan pelatihan pembuatan produk, diskusi dan evaluasi. Metode analisis data yang digunakan analisis deskriptif. Hasil yang di dapat dalam kegiatan Pengabdian Kepada Masyarakat ini adalah ibu-ibu rumah tangga mendapat respon positif dan sangat antusias. Pembuatan produk kreatif dan inovatif ini diharapkan dapat meningkatkan tingkat pengetahuan, keterampilan dan peluang kesejahteraan ekonomi. Implikasi penelitian ini pelatihan ini tidak hanya memberikan keterampilan teknis, tetapi juga membuka peluang usaha baru bagi ibu rumah tangga, yang sebelumnya tidak terlibat dalam aktivitas ekonomi produktif.

ABSTRACT

Seeing the problems experienced by many residents who own pigs but only sell them live and many residents, especially mothers, want to improve their economic welfare, Community Service activities are carried out. Pigs are livestock that are used for their meat. Pork is a source of animal protein. The nutritional content of 100 grams of fresh pork is 450 kcal, 11.9 grams of protein, 45 grams of fat. Looking at the pork content, the strategy used is to diversify pork into processed beef jerky. This initiative aims to encourage creative ideas and entrepreneurial motivation among housewives in Bangka Leda Village. This type of research is qualitative. The subjects involved in this research were housewives. Data collection methods. This community service activity includes observation, Focus Group Discussion (FGD), socialization, product manufacturing training assistance, discussion and evaluation. The data analysis method used is descriptive analysis. The results obtained from this Community Service activity were that housewives received a positive and very enthusiastic response. It is hoped that making creative and innovative products can increase the level of knowledge, skills and opportunities for economic prosperity. Implications of this research This training not only provides technical skills, but also opens up new business opportunities for housewives, who were previously not involved in productive economic activities.

1. INTRODUCTION

Bangka Leda is one of the villages in Langke Rembong District, Manggarai Regency, East Nusa Tenggara (NTT) Province, Indonesia. It is one of 11 villages and hamlets in Langke Rembong District. The area is 1,343.83 km2, with a population of 326,737 people. The first identification is that the average person in Bangka Leda raises pigs when they reach ideal weight and sells them live without processing the pork into products. The second identification, Bangka Leda Village has people, especially housewives, who are of productive age and are known to be unemployed (Limbong et al., 2021; Maiyena & Mawarnis, 2022). This encouraged the PkM (Community Service) team from Santu Paulus Catholic University, Ruteng, to carry out PkM activities with the aim of developing a rural economy based on community empowerment. Community empowerment is an economic development idea that includes community values to create jobs, improve technology and intellectual property. The process of increasing the added value of results can be done by developing food products from the use of intellectual property in the form of individual creativity, expertise and talent into a product that can be sold (Ainal Ikram, 2023; Limbong et al., 2021). One potential community component that can play a role in developing the economy of local residents is by forming Micro, Small and Medium Enterprises (MSMEs). Previous research findings argue that Micro, Small and Medium Enterprises (MSMEs) are one of the fields that make a significant contribution in spurring Indonesia's economic growth. This is because the absorption capacity of MSMEs in the workforce is very large and they are close to small communities who are expected to become movers and pioneers of various small businesses (Anekawati et al., 2021; Ihza, 2021).

One of the small business potentials in question is entrepreneurial diversification of food processing from pork to beef jerky. Jerky is a type of processed dried meat food that is produced traditionally and conventionally through a combination of preservation and drying processes. The process consists of cutting the meat into thin sheets, then mixing it with salt, sugar, and spices such as coriander, garlic, shallots, *laos*, and ginger (Limbong et al., 2021; Palgunadi et al., 2022). Pork jerky is a processed livestock product that has the advantage of having low water content so it has a longer shelf life. Basically, meat is a perishable product so further processing needs to be done to overcome this in the form of processing the meat into jerky. Jerky can be stored at room temperature and can last for about a month at that temperature, so jerky storage does not require refrigeration (Minantyo et al., 2022; Sau et al., 2023).

The problem experienced by the target group, namely housewives in Bangka Leda Village, is a lack of knowledge and skills in processing pork jerky and marketing it; The target group is not yet aware that processed pork jerky has market opportunities so that it can be sold to increase income, and the target group does not yet know the prospects of pork jerky as a diversified, nutritious food. Based on the problems above, the PkM team empowered housewives to increase family income through training in making processed pork products that have economic value for residents in Bangka Leda Village, Langke Rembong District, Manggarai, East Nusa Tenggara. This research aims to explore the empowerment of housewives through training in making D'Bagur (Savory Pork Jerky) as an effort to improve their economic welfare. With increasing public interest in locally processed food, this training not only teaches cooking skills, but also aspects of marketing and small business management. training increases the ability of housewives to create quality products and exploit market opportunities, which in turn has a positive impact on family income. Through this community-based approach, this research proposes that the development of local products such as D'Bagur can be an effective strategy in empowering women, increasing economic independence, and strengthening food security at the household level.

2. METHOD

The method for implementing Community Service will be carried out offline on January 30 2024 in Bangka Leda Village. This type of research is qualitative. The subjects involved in this research were housewives. Data collection methods. This community service activity includes observation, Focus Group Discussion (FGD), socialization, product manufacturing training assistance, discussion and evaluation. The data analysis method used is descriptive analysis. The brief research procedure begins with the first activity carried out, namely observation with the aim of exploring and collecting information regarding data, problems and potential. Observations were carried out by conducting interviews with the village government (Indrawati et al., 2020; Minantyo et al., 2022; Mokmin et al., 2019) second activity is Focus Group Discussion (FGD), this activity was carried out with the aim of getting a clear picture of the potential and problems that hinder residents in Bangka Leda (Sau et al., 2023; Sipahelut et al., 2023). The third socialization process was brought by Mrs. Maria Aprilliana Ade Karlina, M.Pt from the field of Animal Products Technology, with material on processing pork into pork jerky to extend shelf life and add creative and innovative ideas. In the socialization activity, participants were given a pretest in the form of a questionnaire regarding the extent to which mothers understand how to process livestock products, especially pork. The fourth process is training in making savory pork jerky. In the community service team training using a community participatory approach method (D'Souza et al., 2020) participants are directly involved in each process of making the product. In the product manufacturing process, the main target is housewives who will study and process a livestock product. The fifth activity is a discussion and evaluation of the results of the process of making savory pork jerky. In this activity, participants were given a posttest in the form of a questionnaire to measure housewives in making and practicing independently in processing pork into D'Bagur (Savory Pork Jerky). The evaluation aims to see indicators of success in describing activities (Kandriasari & Fadiati, 2020).

3. RESULTS AND DISCUSSION

Results

The results of observations as a first step in Bangka Leda Village are that on average every resident has pigs and only trades them live, as well as the formation of an organization of housewives who wanted to form an MSME but did not succeed. Have a unique product idea to sell. After carrying out the second stage of observation, namely Focus Group Discussion (FGD) with village communities and housewives to find solutions by looking at local natural resources, namely by processing pork into savory pork jerky (D'Bagur). The source of the problems faced is a lack of knowledge in processing pork into innovative and long-lasting food. Implementation is active from implementers and partners. This activity was attended by 22 housewives.

Before continuing with socialization regarding the origin of jerky products, providing an overview of the business, content and continuing with training on making pork jerky products. Participants were given a pretest questionnaire to measure their knowledge in understanding the processing of pork into jerky. After completing the questionnaire, outreach was carried out by conveying the nutritional content of pork, processing methods, advantages of jerky products and opportunities for creative and innovative ideas for MSME products. The socialization activity for making savory pork jerky is presented in Figures 1.





Figures 1. Socialization of Making Savory Pork Jerky

The next activity event was the practice of making pork jerky by means of a demonstration. The activity carried out is to prepare the ingredients needed, namely pork, brown sugar, tamarind, pepper, garlic and salt. Meanwhile, the tools used are a chopper, oven and stove. Jerky is the result of one of the traditional or conventional dried meat products which is a combination of preservation and drying processes by cutting it into thin sheets and then adding salt, sugar and spices such as coriander, garlic, laos and ginger. The process of making pork jerky is presented in Figure 2.





Figures 2. Training In Making Savory Pork Jerky

After carrying out product manufacturing training practices. After implementing the product manufacturing training, an evaluation was carried out which is presented in the data in Graphs 1 and 2 as follows. The evaluation results were carried out using a posttest obtained before the socialization was carried out. The result was that 23% of housewives had processed pork into jerky and 77% of housewives had never processed pork into jerky. After direct outreach and training, the data obtained was that 95% of housewives in Bangka Leda were able to independently make savory pork jerky and 5% were not yet able to independently make savory pork jerky. Savory pork jerky products showed in Figure 3.



Figure 3. Savory Pork Jerky Products

This evaluation was carried out as an indicator of the level of success of the training participants in making D'Bagur (Savory Pork Jerky). The evaluation results show that 95% of housewives in Bangka Leda village are able to make savory pork jerky so it can be concluded that the process was successful.

Discussion

The increasing economic needs of families in Bangka Leda Village has encouraged the formation of MSMEs aimed at housewives to help the family economy. As family income increases, family welfare immediately increases (Ihza, 2021; Kandriasari & Fadiati, 2020). Therefore, it is important for housewives to understand and realize that apart from carrying out their duties as housewives, they can also earn income without having to leave their household work. Small and medium businesses have a strategic role by making a huge contribution to the development and economy of a country and region. This strategic role includes absorbing labor, producing goods and services at affordable prices for the needs of many low-income people and generating foreign exchange (Cahyono & Kunhadi, 2020; Dipuja et al., 2022; Halid et al., 2021).

Based on the results of observations and focus group discussions, housewives in Bangka Leda will make savory pork jerky (D'Bagur) into a creative and innovative product. Socialization was carried out after the FGD to provide detailed information on how to process pork into jerky. The purpose of socialization and training is to provide education to the public about something they don't know yet which they can later implement themselves. Jerky is a meat preservation product to extend shelf life (Halid et al., 2021; Herpandi et al., 2021). Dendeng is a traditional processed meat product and has been widely practiced by Indonesian people since time immemorial. The jerky that is often found on the market comes from beef. Jerky is a semicooked food product which is usually made from thin and thick meat or fish, seasoned and dried (Khusaini et al., 2022; Prayitno & Lailiyah, 2022; Ulfa et al., 2023). The basic ingredient of jerky in the form of meat is a source of animal food protein which can support people's health and growth because the nutritional composition of meat is quite good (Ina. 2022; Novita et al., 2022). Previous research findings reveal that the nutritional content in 100 g of fresh pork is 450 kcal, protein 11.9 g, fat 45 g, calcium 7 mg, phosphorus 117 mg, iron 1.8 mg. The nutritional composition of meat is a good medium for microbes to grow and reproduce, thus affecting physical and chemical damage to meat. The damage that occurs is characterized by physical changes including the formation of mucus, changes in color, smell, taste and rancidity due to the breakdown or oxidation of fat (Maiyena & Mawarnis, 2022; Mokmin et al., 2019).

Pork is processed by housewives in Bangka Leda Village through an oven-drying process into delicious pork jerky (D'bagur). Drying is a process that aims to reduce the water content of food. The drying process is one of the determinants of beef jerky quality. During the drying process, changes in color, aroma, texture and nutrition occur. The drying area uses a metal tray and is covered with plastic so that the beef jerky dries quickly and evenly (D'Souza et al., 2020; Danasari et al., 2021). The process of drying in the sun is included in the traditional drying process, drying can be done with the help of mechanical devices such

as ovens. Having this tool can help with faster drying times, measured temperatures, not much contact with outside air, can be done at any time regardless of the weather (Nada et al., 2023; Sipahelut et al., 2023). One of the raw materials for making jerky is brown sugar and the oven drying process makes the color of the jerky become brownish red. The color of fresh meat changes to dark red due to the Maillard reaction. Another factor that influences the Maillard reaction is sugar concentration (Khusaini et al., 2022; Peka et al., 2021). In the process of processing pork jerky through the curing process, jerky making requires modifications to the seasoning formulation, salting (curing) and precooking techniques to reduce residue. The basic spices used for beef jerky are 3% salt, 30% brown sugar, 2% coriander, 1.5% garlic, 3% shallots, 1% tamarind and 5% saltpeter (Dewi et al., 2023; Herpandi et al., 2021).

The processing of pork into pork jerky products (D'Bagur) is the result of creative and innovative product innovation carried out by housewives. Business actors must have new ways of selling their products, business actors must be more creative and innovative in making their products or services to meet consumer needs and desires, with the hope that there will continue to be development of new products and services. Product development or product innovation is needed to increase sales value and food production (Reswita et al., 2023; Utami et al., 2022; Wiyono et al., 2020). In carrying out the processing process directly, housewives take an active role, this is done so that they can know the details of how it is made. The process of making products directly can increase motivation so that participants play an active role in exploring and sharing skills and knowledge, especially in processing a product (Dewi et al., 2023; Dipuja et al., 2022). The implications of this research indicate that empowering housewives through training in making D'Bagur (Savory Pork Jerky) has significant potential in improving their economic welfare. This training not only provides technical skills, but also opens up new business opportunities for housewives, who were previously not involved in productive economic activities. With the skills acquired, participants can create products with high sales value, increase family income, and contribute to the local economy. Apart from that, this training also increases women's self-confidence and independence, and encourages their participation in the entrepreneurial sector. The broader implication is that there is potential for community-based economic development and increasing gender equality through similar empowerment programs in other regions.

Limitations of this research include that the scale of participation is limited to the community of housewives in one particular area, so the results may not be fully generalizable to other contexts with different socio-economic characteristics. Apart from that, the training only focuses on making D'Bagur (Savory Pork Jerky) and does not include developing other products that can increase business diversification. Another challenge is participants' limited access to a wider market, as well as a lack of initial capital which may limit their ability to develop their business further after training. As a recommendation, further research is suggested to involve participants from various regions with different socio-economic backgrounds to gain a more comprehensive understanding. In addition, training can be expanded to cover more in-depth aspects of business development, such as financial management, branding and digital marketing, so that participants can be better prepared to face market challenges. Collaboration with local governments or microfinance institutions is also recommended to help provide access to business capital and expand market reach through a wider marketing network, so that the economic impact of this empowerment can be more sustainable.

4. CONCLUSION

Making savory pork jerky (D'Bagur) as a community service activity in Bangka Leda Village targeting housewives received a positive and very enthusiastic response. It is hoped that making creative and innovative products can increase the level of knowledge, skills and opportunities for economic prosperity. Empowering housewives through training in making D'Bagur (Savory Pork Jerky) is effective in improving their economic welfare. This training succeeded in providing new skills to the participants, which not only increased their capacity to produce quality processed food, but also opened up business opportunities that could increase family income. Apart from technical skills, participants also gain knowledge about marketing and small business management, which is important for developing businesses sustainably. This empowerment program not only has a positive impact on the household economy, but also increases the self-confidence and independence of housewives in contributing to the community economy. In conclusion, local skills-based empowerment like this can be an effective strategy in improving economic prosperity while strengthening the role of women in society.

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