

Introduction and Training On Cosmetics With Natural Ingredients As An Effort To Enhance The Creativity of Al Azhar Students

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ABSTRACT

As a form of improving the quality of Indonesian education and also graduating Islamic-based high school students, Al Azhar High School has a mission, namely one of them is for Al Azhar High School students to become religious beings and also have abilities and skills that can be applied directly to society. Steps that can be taken are to provide skills to be able to make innovative products made from natural ingredients, one of which is a body scrub made from coffee grounds typical of Lampung Province. Cosmetic product innovation was chosen because today both at the national and world level the development of the use of cosmetics is increasing, of course this is a great opportunity to start entrepreneurship. In addition, the use of coffee grounds also supports the main results of Lampung plantations which have an area of coffee plantations of around 156,458 ha in 2020, in order to produce secondary products that have higher economic value. The purpose of community service is to provide introduction, education, and train Al Azhar Bandarlampung High School students to make coffee-based cosmetic products, namely Becoffee Body Scrub. The specific target is to make students become pioneers in increasing MSMEs in the field of cosmetics specifically in exploiting the Natural Potential of Sumatra, especially in Lampung province, into cosmetic products.

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INTRODUCTION

The progress of a country can be judged from the education provided by the government to its people. Education is needed to educate people to become intelligent, moral and character human resources (HR). Good quality human resources will produce a good civilization as well. This will provide an opportunity for the Indonesian people to take part in global competition in a competitive manner, not inferior to developing countries or existing developed countries.

Indonesia is currently implementing the “12 Year Compulsory Education” education program, namely 6 years of formal education for Elementary School (SD), 3 years for Junior High School (SMP), and High School (SMA). This program must be followed to improve the quality and participation of all citizens when they are 7 years old. Various education systems in Indonesia have been implemented to adapt to linguistic and cultural diversity. The type of level given can be chosen, namely formal, non-formal and informal.

Coffee is a grain that is commonly used for drinks. Consuming coffee regularly can provide many benefits, including losing weight, protecting the liver and also increasing energy, brain function and mood. Coffee is not only for direct consumption, but can also be applied to the body. Adding coffee to cosmetic products such as masks, body washes, body scrubs and bath scrubs. Coffee grounds used in cosmetics also have a fairly high antioxidant content and have natural properties as a natural exfoliator. The use of cosmetics with the addition of coffee powder can have the effect of disguising black spots, reducing blackheads, treating acne, and repairing skin damage (Priandari, 2019).

The abundant coffee production is unfortunately only sold as dry beans or coffee grounds for consumption. Coffee can be reprocessed into the cosmetic product Becoffee Body Scrub which has a higher selling value using affordable processes and ingredients as well as the latest technology.

Students at SMA Al Azhar are expected to become pioneers in an effort to increase MSMEs in the field of cosmetics. The choice of SMA Al Azhar was based on the fact that students have the potential to understand the latest technology and knowledge regarding the manufacture of Becoffee Body Scrub and provide insight into becoming young entrepreneurs when they graduate.

LITERATURE REVIEW

Coffee is a plantation crop that has high economic value. Coffee is a very promising export commodity for Indonesia. Coffee does not only play an important role as a source of foreign exchange but is also a source of income for no less than one and a half million coffee farmers in Indonesia (Rahardjo, 2012). Coffee beans contain polyphenolic compounds of 0.2% which are useful as antioxidants for facial skin health. Coffee beans are very good for removing dead skin cells, moisturizing and softening the skin. Coffee (*coffea*) is a plant that belongs to the Rubiaceae family (Dewajanti, 2019), which is a species

that can grow in tropical and subtropical regions (Patay et al., 2016). At an altitude of 1,000-2,100 meters above sea level is an area suitable for coffee to grow, especially in the tropics because it will produce a good coffee taste, because the higher the location of the coffee plantation, the better the quality of the coffee produced (Dewajanti, 2019). Coffee contains a variety of distinctive compounds, including chlorogenic acid, caffeine, quinolic acids, trigonellin, tannins, and other compounds (Mangiwa & Maryuni, 2019). Coffee compounds which are considered the most important are caffeine and chlorogenic acid which have clinically useful pharmacological effects to stimulate the central nervous system, smooth muscle reactions, especially bronchial smooth muscle and cardiac muscle stimulation. Caffeine is a xanthine derivative containing a methyl group.

Cosmetics are materials or preparations intended for use on the outside of the human body (epidermis, hair, nails, lips and external genital organs), or teeth and oral mucous membranes, especially for cleaning, perfuming, changing appearance and/or repairing body odor or protect or maintain the body in good condition (Briliani et al., 2016). Currently the use of cosmetics continues to increase, many cosmetic industries are competing to release their newest products according to market demand. Body scrubs or in some products they are written as bath scrubs, which are scrubs that are used when the body is wet (bathing). Its use is by rubbing it on all parts of the body by rubbing it slowly. This type of scrub is relatively more suitable for those with sensitive skin because the granules are smaller and softer for use when the skin is wet and there is a carrier that functions to smooth the skin so that it avoids irritation when rubbed on the skin (Indrawati, et al., 2011). Based on Figure 1. the skin is the most external organ of the body and limits it from the human environment. The skin area of an adult is about 1.5 m² and weighs about 15% of body weight. The skin is an essential and vital organ and is a mirror of health and life. The skin is also very complex, elastic and sensitive, and varies with climatic conditions, age, sex, race and body location.

Entrepreneurial activity is one of the supporters that can determine the progress of the economy because this field gives freedom to work and be independent. This entrepreneur is able to create new jobs, but there are still few people who are entrepreneurs. This encourages efforts to increase public interest, especially in youth, to develop their potential by carrying out entrepreneurial activities by creating product innovations that have higher economic value (Ardiyanti, et al., 2018).

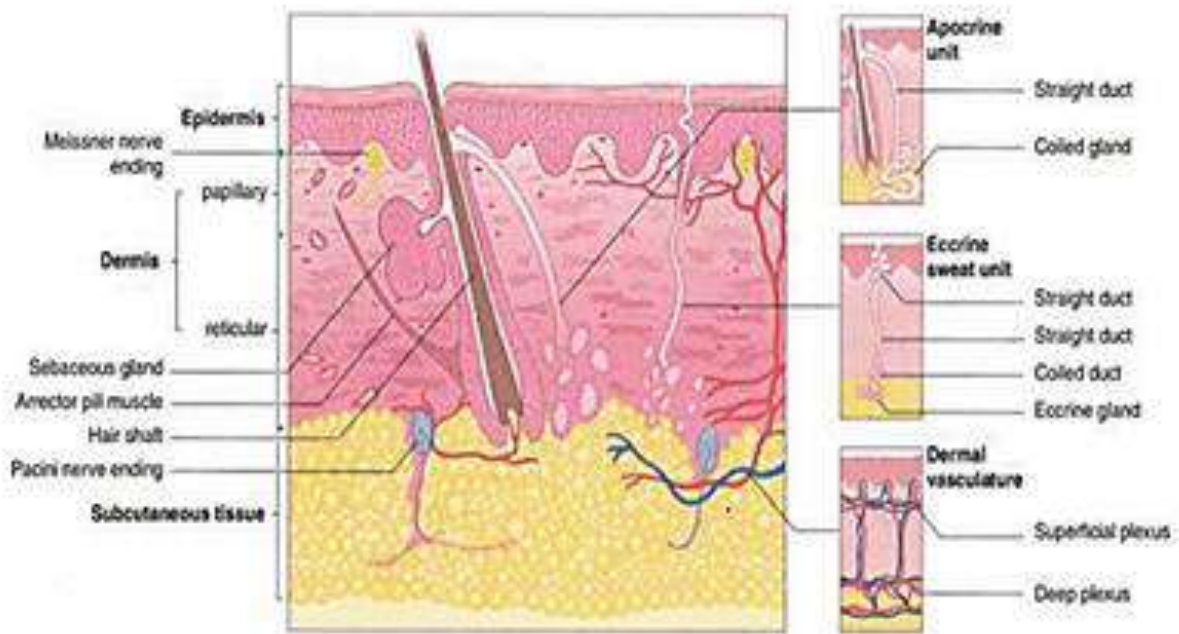


Figure 1.
Skin Structure.
(Rahmat dkk., 2020).

MATERIAL AND METHOD

The materials and tools used include coffee grounds, oatmeal, olive oil, body scrub containers, plastic spoons, glass bowls, and glass cups. Training activities are aimed at SMA Al Azhar students in Bandarlampung. The community service program implemented has several process stages, namely:

1. Problem Formulation

The formulation of the problem is the planning stage where the PKM Team visits SMA Al Azhar Bandarlampung, to discuss planning activities as well as interviewing partners to be able to identify problems and increase the business potential of the community in Bandarlampung. After obtaining permission, getting an overview of the basic knowledge of students and understanding the natural potential of the area and the condition of the community, a problem formulation will be made. In general, troubleshooting steps can be seen in Figure 2.

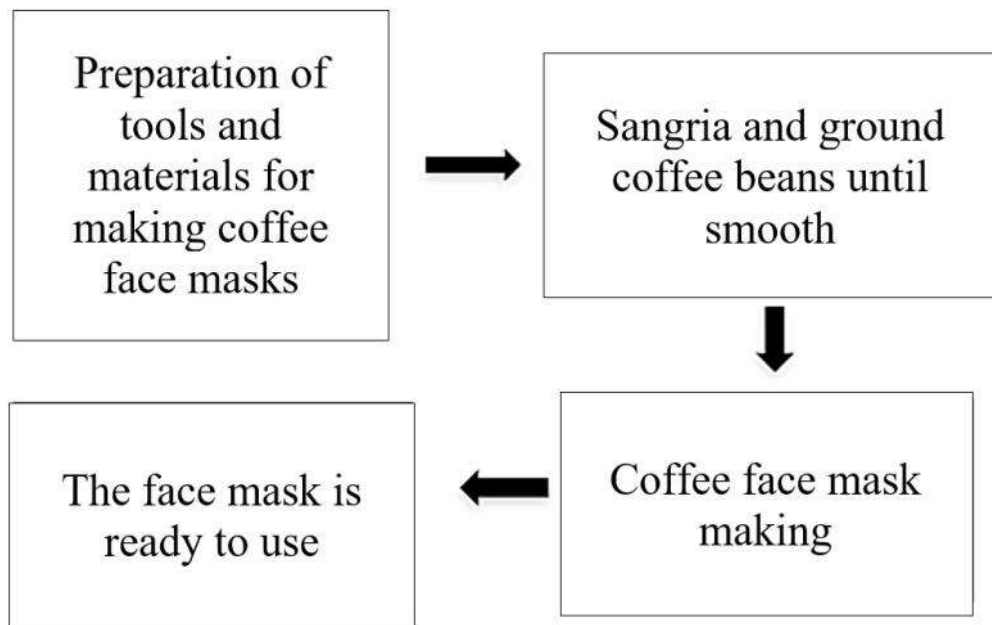


Figure 2.
Problem Solving Framework.

2. Designing a body scrub mask formula from coffee grounds
Trials on the product being developed were carried out prior to being given training in making coffee-based body scrubs at SMA Al Azhar Bandarlampung. Optimization of the body scrub formula is carried out to obtain safe, quality and effective products. Product evaluation includes organoleptic tests and physical quality tests.
3. Searching for literature and making materials related to how to market body scrub products
Searching for literature and making materials related to cosmetic registration. The source of the material was obtained from the Regulation of the Head of the Republic of Indonesia POM Agency No 03.1.23.12.10.11983 of 2010 concerning the criteria and procedures for submitting cosmetic notifications. Material materials on tips and tricks are also made so that cosmetic products are in demand by the wider community and e-commerce-based marketing methods.
4. Implementation of Body Scrub Production Training made from coffee grounds, attractive cosmetic product marketing training
The service program is carried out through training in making body scrubs made from coffee grounds which are the superior products of the target community. Students are trained to produce body scrub mask preparations from coffee grounds with simple and easy-to-obtain equipment and materials. Furthermore, students are taught how to design packaging that complies with BPOM regulations while at the same time attractive to consumers. After the community has mastered the practice of product processing according to socialized standards and knows good design, the team will also provide guidance on marketing techniques through an online market-based marketplace.
5. Training Evaluation
Evaluation of the training material will be carried out posttest to find out whether there is an increase in students' understanding and motivation in the material that has been delivered.

A. Approach Method

Approaches to solving partner problems include understanding the basic science of Al Azhar Bandarlampung High School students, training in making body scrub products based on coffee grounds, providing product registration materials and marketing training, as well as evaluating program implementation.

B. Partner Participation

SMA Al Azhar Bandarlampung Partners understand the importance of developing product value from the natural potential of the region and provide adequate laboratories as well as a place for SMA Al Azhar Bandarlampung students to conduct production trials and evaluation of cosmetic products. In addition, partners can also include training materials in extracurricular activities, and encourage stu-

dents to become entrepreneurs, especially in the cosmetics field.

C. Continuous Evaluation

Continuous evaluation is in the form of a monitoring phase, namely assisting post-training participants to find out if there are difficulties and obstacles faced by participants when implementing the training results that have been obtained.

RESULT AND DISCUSSION

A. Education About Development Natural Ingredients for Cosmetics and Promoting Safe and Halal Cosmetics

Based on BPOM RI No. 23 of 2019, the technical requirements for cosmetic ingredients include requirements for safety, efficacy and quality. Cosmetic product safety requirements are requirements that must be known by the public using cosmetic products. Knowledge of cosmetic product safety requirements will help the public (consumers) to choose cosmetics that are suitable and safe for consumers. This knowledge is important because many cosmetic products containing dangerous cosmetic ingredients are still circulating illegally in Indonesia. Based on this, educational and socialization activities are needed regarding the safety of cosmetic products so that partners can increase knowledge, especially students of SMA AL Azhar 3 Bandar Lampung regarding natural ingredients and ingredients that are allowed and safe that may be contained in cosmetic products. Socialization is a process of how to introduce a system to someone. And how to introduce the system to someone and then how that person determines his response and reaction (Sunaryo, 2004). Meanwhile, education or also known as education is any effort that is planned to influence other people, be it individuals, groups, or communities so that they do what is expected by educational actors (Notoadmojo, 2003).

Education in this activity is able to increase participants' knowledge about safe cosmetic product safety.

ABesides that, participants are also trained to make cosmetic products from natural ingredients, which in this case is to utilize the abundant coffee in Lampung to be formulated into Bodyscrub. Material for developing and increasing the use of natural cosmetic ingredients is given because the sources of natural raw materials in Indonesia are abundant and support environmental sustainability, this is in accordance with the knowledge that participants must have and increases the creativity of participants.

B. Explanation of Cosmetic Halal Materials

The increasing use of cosmetic products, especially cosmetics that can be used in all daily activities including Muslim worship. Therefore, the importance of halal cosmetic products. Materials are provid-

ed such as how cosmetic products can be called halal cosmetics, one of which is that all series in the manufacture of products are included in the Halal Assurance System (SJH) mechanism, starting from materials, production processes, products, Human Resources, and also procedures must comply with LPPOM requirements MUI. For cosmetic products that are claimed to be halal, a halal certificate from LPPOM MUI is needed. Based on the Fatwa of the Indonesian Ulema Council Number: 26 of 2013 concerning halal standards for cosmetic products and their use, namely the use of internal cosmetics (for consumption/entering the body) that do not use unclean or haram ingredients, the product is illegal. The activities that have been given provide knowledge for participants, namely Al Azhar 3 Bandarlampung High School students who are all Muslim and must use halal cosmetic products.

C. Training on Making Becoffee Body Scrub

Al-Azhar 3 Bandarlampung High School students not only receive knowledge about cosmetics, but also practice making body scrubs using coffee powder as the main raw material. The following describes the materials and tools used as well as the steps taken to make the body scrub and can also be seen in Figure 3.

Steps:

1. Students prepare olive oil into plastic cups. Students measure coffee grounds and oatmeal using a plastic spoon with a flattened surface using a toothpick.
2. Students put coffee powder and oatmeal that have been flattened into a bowl as much as 7 spoons each.
3. Students put 7 spoons of olive oil into a bowl.
4. All ingredients are stirred until evenly distributed for 10 – 15 minutes.
5. After evenly distributed, the body scrub is put into the container.

D. Results of the Becoffee Body Scrub Training Observer

After carrying out the training on making Becoffee Body Scrub, participants from Al-Azhar High School are expected to be able to produce halal cosmetic products that are environmentally friendly and can be produced independently.

In addition to producing ready-to-use products that are halal and cheap, students also gain good knowledge about skills or skills in the production of Becoffee Body Scrub cosmetic products and the mechanism of the Halal Assurance System for the development of cosmetic products. The level of knowledge of students is measured through the provision of pre-test and post-test. The pre-test was carried out before the implementation of the training and the post-test was carried out after the students received the training material and carried out practical work on making Becoffee Body Scrub. The content of the study material in the pre-test and post-test is the same so that by comparing the results of the results of these two tests, we can find out the extent of students' understanding of cosmetic products



Figure 3.
Steps for making Becoffee Body Scrub.

and the mechanism of the Halal Assurance System for the development of cosmetic products in general before receiving training and after receiving training.

The pre-test and post-test questions totaled 24 questions with the criteria of 13 questions related to the provisions of safe cosmetic products and 11 questions related to the mechanism of the Halal Assurance System for the development of halal cosmetic products. The pre-test and post-test questions are available in Appendix 6. The number of students who took the pre-test and post-test were 31 people. The following are the results of the Pretest achievements of SMA Al-Azhar 3 Bandarlampung students also be seen in Figure 4. It can be concluded that the average score of students in the pre-test ranged from 65-67. Participants who scored 80 and above were only 6 out of 31 participants who took the pre-test.

It can be concluded that the average student score is 84.83 for an understanding of safe cosmetic products and the mechanism of the Halal Assurance System for the development of cosmetic products. Then the median value of the post test results is 85 with 8 participants. Then more than 4 students got a perfect score of 100. There was a very significant increase in students' understanding after getting material for the study of safe cosmetic products and the mechanism of the Halal Assurance System for developing cosmetic products, as well as the practice of making Becoffee Body Scrub.

E. Outcomes of PkM

The output of this PkM is the achievement of indicators of increased understanding and skills of Al-Azhar 3 High School students, which can be seen from the results of the post test scores in Figure 5 which have increased in value compared to the pretest in Figure 4, while the achievement indicators have increased skills seen from the product produced by the students in the form of a body scrub made from a mixture of coffee, oatmeal and olive oil which is shown in Figure 6 which is also documentation of the activity.

CONCLUSION AND RECOMMENDATION

This activity was held at Al-Azhar 3 High School on Wednesday, July 27 2022, which was attended by class XII students of Al-Azhar 3 High School. This activity was well organized and smooth from the beginning to the end of the event. During the presentation of the material, students also showed enthusiasm in asking or answering questions given by the presenters, as well as during the training on making Becoffee Body Scrub, students were also very enthusiastic and active.

The suggestions for this activity are that education and training activities are very important to do to increase understanding about cosmetics that are safe for our bodies and cosmetics can also be used from ingredients at home. Therefore, it is necessary to carry out other education and training and it is better not only for students, but also for teachers and fathers to participate.

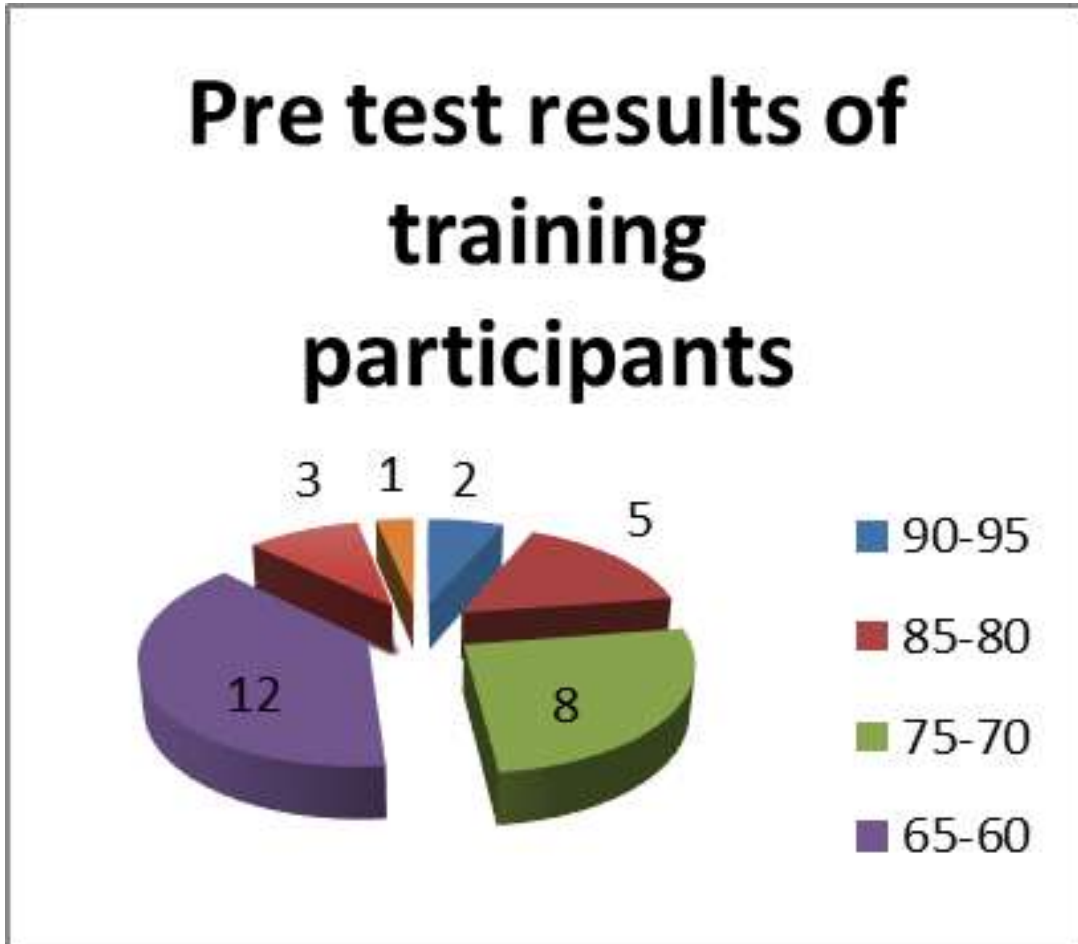


Figure 4.
Percentage of Training Participants' Pre Test Results.

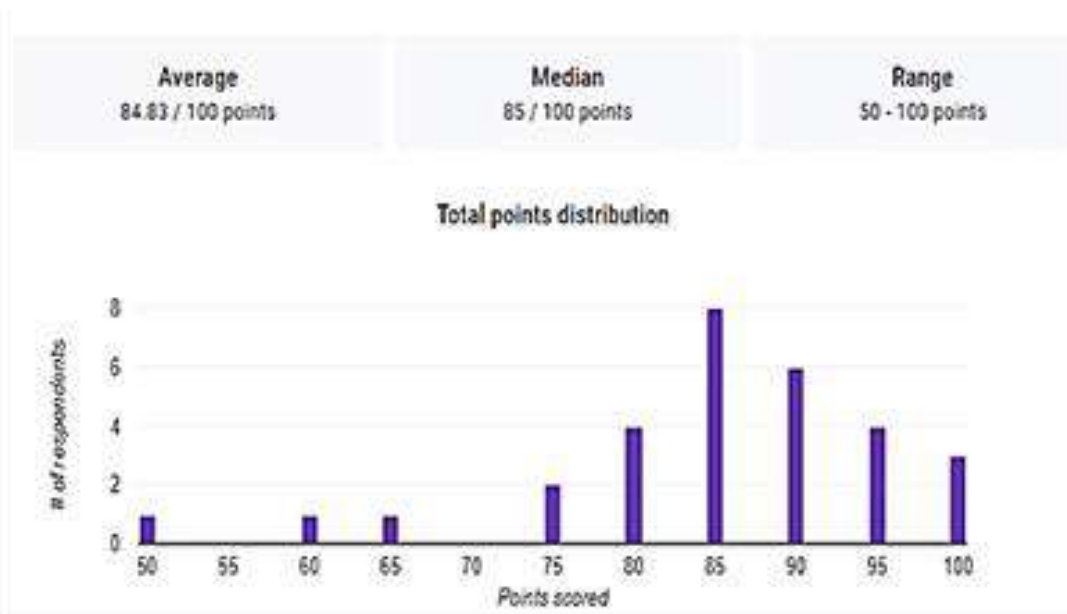


Figure 5.
Distribution of Training Participants' Post Test Scores.



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Figure 6.
Documentation of training activities.

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