Jurnal Pemberdayaan Masyarakat Madani, Vol 10 (1) 2026, 57 — 71
JURNAL PEMBERDAYAAN MASYARAKAT MADANI
http://journal.unj.ac.id/unj/index.php/jpm/index

EMPOWERMENT OF THE DASA WISMA MELATI GROUP: OPTIMIZING THE UTILIZATION OF YARD LAND FOR CULTIVATION OF VEGETABLES AND FAMILY MEDICINAL PLANTS (*TOGA*)

Dwiningtyas Padmaningrum[1], Suminah[1], Emi Widiyanti[1], Bekti Wahyu Utami[1], Hanifah Ihsaniyati[1]

[1]*Universitas Sebelas Maret, Indonesia*

ARTICLE INFO

Article history:
Received: 2nd November 2025
Accepted: 1st July 2026
Published: 1st July 2026

Keywords:
Empowerment, Women, Food Security

ABSTRACT

Utilizing household yards as a sustainable source of family food has significant potential in strengthening household food security. Optimizing the household yards into sustainable food areas is one of the community empowerment strategies, particularly for housewives, to increase access to nutritious food while creating opportunities to boost family income. This women's empowerment program aims to expand the knowledge and skills of the Dasa Wisma (Dawis) Melati group in managing the cultivation and economic potential of vegetable plants and family medicinal plants (TOGA) through the utilization of household yards. Empowerment methods include: (1) provision of seeds, planting media, fertilizers, and planting equipment; (2) extension program on the concept of KRPL, the benefits and techniques of cultivating vegetables and TOGA, and business analysis; (3) training and practice of cultivation in yard land; and (4) mentoring. This community service program was implemented in Sudimoro Village, Teras District, Boyolali Regency. Empowerment activities resulted in increased knowledge and skills among Dawis members in cultivating vegetables and TOGA, as well as the availability of vegetable and TOGA plants that Dawis members and the surrounding community utilize.

How to cite: Padmaningrum, D., Suminah., Widiyanti, E. (2025). Pemberdayaan Kelompok Dasa Wisma Melati dalam Pemanfaatan Lahan Pekarangan untuk Budidaya Tanaman Sayuran dan Tanaman Obat Keluarga. *Jurnal Pemberdayaan Masyarakat Madani*. 10 (1). 57-71. https://doi.org/10.21009/JPMM.010.1.04

* Corresponding Author.
dwiningtyas_p@staff.uns.ac.id
(Dwiningtyas Padmaningrum)

ISSN
2580-4332 (online)
DOI: https://doi.org/10.21009/JPMM.010.1.04

INTRODUCTION

Food security is a strategic issue in national development because it concerns the availability, access, and utilization of sufficient food for all households (Rumawas et al., 2021). The agricultural sector, particularly family-based agriculture, plays a crucial role in achieving food security at the local level. One possible approach is the utilization of household yards. Household yards not only serve as green spaces but also have significant potential for producing healthy, nutritious, and sustainable food (Saediman et al., 2021). The *Program Kawasan Rumah Pangan Lestari (KRPL)* emphasizes the importance of optimizing household yards to support food availability, diversify consumption, and empower communities based on local resources.

The *KRPL* program, which is implemented by the government, emphasizes optimizing home gardens to support food diversification, plant conservation, and improve household welfare (Saptana et al., 2021). Utilizing household yards through the *KRPL* approach has been shown to increase food self-sufficiency while providing additional economic benefits for families (Rahayu et al., 2022). Furthermore, international research shows that home food gardening significantly contributes to household food security, particularly during times of crisis (Algert et al., 2016).

The Dasa Wisma group, as a household-based social organization, plays a strategic role in mobilizing community participation, particularly housewives, in efforts to empower and strengthen family economies (Syafrin, 2024). Through collective activities, Dasa Wisma can be a driving force in utilizing household yards as a food source and a means of developing a productive economy. However, in reality, yard utilization is often hampered by limited technical skills, limited knowledge about crop diversification, and minimal use of environmentally friendly organic fertilizers (Hilal et al., 2023). As a result, the potential of the household yards has not been optimally maximized to support food security or increase family income.

The area of Jrangkah Hamlet, Sudimoro Village, Teras District, Boyolali Regency, has potential household yards and vacant land that can be developed for the cultivation of family medicinal plants (*TOGA*) and vegetables. However, problems in the management of *TOGA* and vegetables are still encountered, both in the technical aspects of cultivation and their use as a productive economic resource by the Dasa Wisma Melati group. This condition indicates the need for intervention in the form of a community empowerment program that can improve the skills, knowledge, and

ISSN 2580-4332 (online)
DOI: https://doi.org/10.21009/JPMM.010.1.04

participation of Dasa Wisma groups in managing yards sustainably. Vegetable and *TOGA* plants have strategic value not only in meeting family nutritional needs but also as an economic source based on yard products (Purwanti et al., 2022).

Based on these conditions, the community service program conducted by the Agricultural Communication Research Group at Sebelas Maret University (UNS) aims to improve the knowledge, motivation, and skills of the Dasa Wisma Melati group in optimally utilizing their yard space. This activity is conducted through an extension program, practical training, and intensive mentoring in the cultivation of vegetables and herbal medicine. This program is expected to strengthen household food security, open business opportunities based on yard products, and sustainably improve community welfare.

LITERATURE REVIEW

Empowerment is defined as a form of effort aimed at meeting the needs of an individual or community group. Empowerment is a means and a process to increase community capacity and independence (Firman, 2021). Community empowerment will provide a role for the community to participate in the formulation, implementation, monitoring, and evaluation of an activity. Empowerment refers to the state desired by social change, namely a society that is empowered, has the knowledge and ability to meet its needs, and participates in social activities
(Ardiani and Dibyorini, 2021). One effort to empower women, especially through women's farmer groups or dasawisma groups, functions to develop their potential, broaden their horizons, and equip women with a sense of responsibility (Teddu and Ahmad, 2023).

The Dasa Wisma group is part of the family welfare movement, which has long been designed to empower women, particularly housewives, in family and community development. Dasa Wisma is a strategic group in strengthening family resilience because its activities directly impact the social and economic dynamics of households. In line with the general function and purpose of Dasa Wisma, its role extends beyond supporting family welfare movement programs to also partnering in the community empowerment process (Amalia and Arifin, 2025). It plays an active role in disseminating government programs in health, education, and microeconomics directly to the household level. They serve as effective information centers, distribute

ISSN 2580-4332 (online)
DOI: https://doi.org/10.21009/JPMM.010.1.04

social assistance, facilitate access to health services, and encourage community participation in village development programs. Through training, mentoring, and collaboration with government and private sectors, these groups also enhance community empowerment, expand access to training and resources, and ensure that residents' voices and aspirations are effectively conveyed (Suryani, 2021). The Dasa Wisma group not only functions as a social instrument but also as an agent of local economic development (Bappeda Samarinda, 2023).

The Dasa Wisma also plays a role in family economic development, improving health, and community education. Dasa Wisma's success in community empowerment is heavily influenced by local government support, cadre training, and collaboration with other stakeholders. These results confirm that Dasa Wisma is an effective community-based empowerment model for enhancing the community's quality of life, although further capacity building and cross-sector collaboration are still necessary for optimal and sustainable impacts (Sulaiman, 2021). These groups are expected to establish an early warning and preparedness system for community problems. Another strategic role of Dasa Wisma groups is to serve as organizational units that can reach the community directly and help identify and address potential problems. It also plays a role in collecting and updating data related to family conditions, including nutrition monitoring and the Family Planning (*KB*) program, which aims to improve the community's quality of life (Nuraini, 2024).

Regarding this group's role in managing the economic potential of household yards, community empowerment programs through yard land utilization can foster productive agricultural businesses, especially for housewives as a profitable side activity (Sasora et al., 2022). Household yards can be used to grow crops to meet family food and economic needs. Household yards have various functions in family life, including serving as places to grow medicinal plants, food, and horticultural crops. They also have a positive impact on the environment, increase household income, and meet family needs (Nasirudin et al., 2021). Sukenti et al. (2019) stated that household yards is one of the potential areas used to grow plants such as ornamental plants, fruits, vegetables, and medicines.

Large areas of land can be used for planting food crops, such as cassava and sweet potatoes, as well as family medicinal plants (*TOGA*), including turmeric, ginger, Javanese ginger, lemongrass, and vegetables like kale, spinach, and chilies, and ornamental plants (Oktavianti et al., 2020). Family medicinal plants are plants

ISSN 2580-4332 (online)
DOI: https://doi.org/10.21009/JPMM.010.1.04

with medicinal properties planted in yards and managed by families to meet their needs for medicines from natural sources (Parawansah et al., 2020). These plants are useful for improving health and treating various diseases. Family medicinal plants can be obtained, mixed, and grown independently without the help of medical personnel. Therefore, the use of medicinal plants needs to be encouraged to increase community independence in addressing health problems. Additionally, family medicinal plants are beneficial for improving family nutrition and can serve as a source of community income (Nurjanah et al., 2019).

MATERIAL AND METHOD

The method of implementing community service is carried out by combining 3 methods, including: (1) extension and training in cultivation techniques, post-harvest, processing, as well as the benefits and business opportunities of vegetable and medicinal plants; (2) training and direct practice in the yard and (3) mentoring carried out by monitoring plant development, providing solutions to obstacles, and evaluation. The steps for implementing community service include the following stages:

1. Program Preparation

   Program preparation involves planning the use of household yards and land managed by Dasa Wisma, which includes collaboration with administrators and members of Dasa Wisma Melati. This preparatory phase is carried out to ensure optimal program implementation in terms of permits, participation, and sustainability.

2. Extension

   The extension was conducted through interactive presentations, group discussions, and live demonstrations to ensure that participants understood the material presented and its application. This activity began with an explanation of: (1) the concept and objectives of the *KRPL*, (2) the benefits of cultivating vegetables and *TOGA*, and (3) cultivation techniques, including planting, maintenance, and harvesting. Participants were then provided with examples of successful yards from various regions that have optimized their household yards, offering inspiration and a concrete understanding of the benefits. Through a question-and-answer session, participants were encouraged to explore their potential and identify potential obstacles in implementing the program in their

ISSN 2580-4332 (online)
DOI: https://doi.org/10.21009/JPMM.010.1.04

respective environments.

3. Vegetable and Toga Cultivation Training

The vegetable and *TOGA* cultivation training is conducted through hands-on practice (learning by doing) to ensure participants gain understanding and practical skills. The activity begins with an explanation of selecting plant species appropriate to local environmental conditions, including climate factors, soil type, and water availability. Next, participants are provided with materials on planting techniques, maintenance, and harvesting methods to achieve optimal yields. To strengthen their understanding, participants engage in hands-on practice in the planting process, from preparing the planting medium to planting seedlings and basic care. The types of vegetables grown in the Dasa Wisma Melati Group's household yards include red spinach, green spinach, kale, bitter melon, long beans, chili peppers, and eggplants. Medicinal plants include binahong, black ginger, elephant ginger, trempuyung, rosemary, 8 o'clock flower, Korean ginseng, and *parijoto*.

4. Mentoring

Mentoring is provided through monitoring methods, including both mobile phone use and field visits, to assess the effectiveness of community service activities and ensure that participants can effectively implement the material provided. Additionally, field observations are conducted to assess the extent to which participants are implementing organic cultivation and fertilizer application, as well as the harvesting and utilization processes. Through discussions and consultations, participants can identify challenges they face and receive solutions and guidance tailored to their circumstances.

To ensure the participation of the group's members, efforts are made to involve village community members from the outset of community service planning. Partner participation begins with: (1) participation in activity planning (providing opinions on desired crop types, location, and timing); (2) participation in implementation (providing space, land for training and cultivation, active participation in discussions, providing feedback, and participating in extension, training, and practical sessions); (3) participation in the results by utilizing cultivation results, ensuring sustainable land and plant maintenance, and replacing plants when they are no longer productive.

5. Monitoring and Evaluation

In this activity, the community service team conducted an evaluation with the following objectives: (1) assessing the effectiveness of the extension, training, and practical training in improving the knowledge and skills of Dasa Wisma members in understanding

ISSN 2580-4332 (online)
DOI: https://doi.org/10.21009/JPMM.010.1.04

the extension, training, and practical training materials in vegetable and medicinal plant cultivation; (2) identifying any obstacles or barriers faced by participants during the activity; and (3) evaluating the impact of the activity on participants. The evaluation was conducted using the following methods:

a. Observation: observing the active participation of participants during the extension, training, and practical activities. The indicator of success was determined by a minimum of 75% active participant attendance during the activity.
b. Interviews: exploring participants' experiences regarding the benefits, challenges, and suggestions for improvements for similar activities in the future.
c. Documentation: recording the results of the activity through photographs and the development of the vegetable and medicinal plant crops.

RESULT AND DISCUSSION

The impacts of the socialization and outreach activities can be described descriptively as follows:

1. Program Preparation

Program preparation was carried out through a site survey and discussions with representatives of the Dasa Wisma Melati group in Jrangkah Hamlet, Sudimoro Village, Teras District, Boyolali Regency. During this program preparation, the UNS community service team and the group agreed on the activities to be implemented. This stage resulted in an agreement regarding the time and location of the activities, the participants involved, and the types of vegetables and medicinal plants to be planted in the group's yard.

ISSN 2580-4332 (online)
DOI: https://doi.org/10.21009/JPMM.010.1.04

Figure 1. Program Preparation

2. Socialization and Educational Outreach on Herbal Plants and Vegetables

This phase consisted of several activities, including socialization and outreach on the concept of the *KRPL*, the benefits of cultivating vegetables and family medicinal plants (*TOGA*), cultivation techniques, and small business analysis. These activities increased the understanding of Dasa Wisma Melati members regarding the potential use of their household yards. Theoretically, the success of the socialization phase aligns with the diffusion of innovation framework (Rogers, 2003), which states that an innovation will be adopted more quickly if the innovation's attributes are perceived by participants as feasible, in terms of relative advantages, appropriateness to their social situation and experience, trialability, simplicity, and ease of understanding and implementation, with tangible results demonstrating an understanding of the innovation's benefits.

The outreach materials related to the concept of the *KRPL* emphasize the use of home gardens to increase the availability of healthy and diverse food. In addition, Dasa Wisma Melati members were also provided with an understanding of the benefits of cultivating vegetables and *TOGA*, as well as good cultivation techniques and an analysis of small businesses that can be developed from these crops. This activity was carried out on June 20, 2025. This phase also finalized the implementation of vegetable and medicinal plant cultivation practices on the provided land. Participatory outreach and outreach strengthened community awareness of managing household yards as a food source. Furthermore, a recent study in Girirejo showed that home gardening can change household food consumption

ISSN 2580-4332 (online)
DOI: https://doi.org/10.21009/JPMM.010.1.04

patterns following outreach and mentoring interventions (Suseno et al., 2025).

Figure 2. Socialization and Extension of Vegetables and *TOGA* Plants

3. Training and Practical Cultivation of Medicinal Plants and Vegetables

The training was held on July 4 and 11, 2025, using a learning-by-doing method. This involved hands-on practice growing vegetable plants: red spinach (Amaranthus dubius), green spinach (Amaranthus viridis), kale (Brassica oleracea var. Sabellica), bitter melon (Momordica charantia L.), long beans (Vigna unguiculata ssp. Sesquipedalis), chili peppers (Capsicum annuum L.), ketimun (Cucumis sativus), and eggplants (Solanum melongena). The medicinal plants consist of: binahong (Anredera cordifolia), black ginger (Kaempferia parviflora), elephant ginger (Zingiber officinale Roscoe var), trempuyung (Sonchus arvensis), rosemary (Salvia rosmarinus), 8 o'clock flower (Turnera subulata), Korean ginseng (Panax ginseng), and parijoto (Medinilla speciosa). This combination of plants was intended to achieve both short-term benefits from the vegetables and long-term benefits from the medicinal plants. The cultivation techniques taught focused on environmentally friendly practices, utilizing local organic materials as planting media and fermented cow and goat manure. The use of locally sourced, organic fertilizers, such as fermented cow and goat manure, is expected to have a positive impact on plant growth. The team was supported by the Kans.id team during this training.

According to Galhena et al. (2013), home gardening with an environmentally friendly approach has also been shown to improve food security while maintaining ecosystem sustainability. According to Wulandari et al. (2023), utilizing urban yards can support food security, although the majority of these are still used for ornamental plants. This highlights the importance of training to guide communities towards more productive use of their yards.

ISSN 2580-4332 (online)
DOI: https://doi.org/10.21009/JPMM.010.1.04

Figure 3. Training and Practice in Cultivation of Vegetables and *TOGA*

4. Mentoring and Monitoring of the Development of *TOGA* and Vegetable Plants

Routine mentoring was conducted by the UNS team from June to November 2025, through a combination of field visits and online communication. This activity served to provide technical solutions to cultivation challenges and increase members' motivation to consistently care for the plants. Intensive mentoring in the Dasa Wisma (Sub-District) groups increased the sustainability of household productive activities. According to Suwardi et al. (2024), community mentoring plays a crucial role in maintaining the diversity and sustainability of household gardens.

Figure 4. Mentoring and Monitoring of Vegetable and *TOGA* Plant

Plant care involves regular watering, weeding, applying organic fertilizers, and using natural pest control methods. This organic approach produces healthier produce while maintaining soil fertility. The application of organic cultivation principles aims to maintain the sustainability of the household yard ecosystem while producing healthy and safe produce. Through maintenance activities, group members gain practical experience

ISSN 2580-4332 (online)
DOI: https://doi.org/10.21009/JPMM.010.1.04

that strengthens their skills in maintaining plant sustainability. Regular monitoring by the UNS community service team indicates an increase in members' capacity to understand plant needs. Consistency in maintenance implementation has proven to be a key factor in the success of home garden productivity, strengthening collective responsibility among group members.

Figure 5. The Plant Maintenance

Harvesting is carried out based on the physiological age of the plants. Leafy vegetables, such as spinach and kale, are harvested 20–30 days after planting, while medicinal plants, like ginger and turmeric, are harvested after 8–10 months. The harvest is not only consumed by group members but also has the potential to be marketed on a small scale as an additional source of income for the household. A scheduled and sustainable harvesting process is expected to foster healthy consumption patterns at the family level while strengthening local food self-sufficiency. Harvesting is carried out using simple techniques taught in the training, namely picking or uprooting plants carefully to avoid damaging still-productive plants. With systematic maintenance and harvesting, this program not only provides short-term results in the form of food availability but also opens up long-term opportunities for developing a creative economy based on home garden products.

ISSN 2580-4332 (online)
DOI: https://doi.org/10.21009/JPMM.010.1.04

Figure 6. The Harvesting Vegetables

Figure 7. The Harvesting Vegetables

5. Activity Evaluation

The UNS community service team conducted the activity evaluation through interviews and discussions on follow-up plans with members of the Dasa Wisma Melati Group. During the process, women actively engaged in discussions, including sharing their opinions on *TOGA* and vegetable cultivation practices. This activity aimed to explore participants' experiences, identify challenges, and develop relevant follow-up plans. Therefore, the evaluation not only serves as an assessment of the program's success but also serves as a basis for planning the sustainability of post-community service activities, ensuring that the group continues to enjoy the benefits gained.

CONCLUSION AND RECOMMENDATION

The community service program implemented in Dukuh Jrangkah, Sudimoro Village, Teras District, Boyolali, has successfully increased the capacity of Dasa Wisma Melati

ISSN 2580-4332 (online)
DOI: https://doi.org/10.21009/JPMM.010.1.04

members to utilize their household yards through outreach activities, training, cultivation practices, mentoring, and monitoring. Group members acquired knowledge and practical skills in organic-based TOGA cultivation, encompassing planting, maintenance, and harvesting. The program results showed an increase in Dasa Wisma members' understanding of the KRPL concept, cultivation skills, and motivation to maintain the sustainability of their home gardens. Consistent maintenance activities and continuous mentoring proved to be key to increasing the productivity of home gardens. In addition, the harvest not only supports healthy household food consumption but also opens up opportunities for small businesses based on home garden products. Thus, this program contributes to strengthening family food security, increasing household economic independence, and empowering women through the Dasa Wisma group.

ACKNOWLEDGMENTS

We would like to express our gratitude to the Lembaga Penelitian dan Pengabdian Kepada Masyarakat (LPPM) of Universitas Sebelas Maret for their financial support for this community service program.

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