

INDONESIAN SCHOLARPLAN : CREATIVE SOLUTIONS TO INCREASE VEGETABLE CULTIVATION COMPETENCIES EARLY IN CLASS 3 AND 4 MADRASAH IBTIDAIYAH AL-IKHLAS DUSUN SIDOMULYO

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Abstract

Vegetables are a general term for plant foods that usually contain high water content, vegetables are very beneficial for health, development and growth, especially consumed for children, especially elementary school age who are still in the period of development and growth, the nutrients contained in vegetables are: Fiber is needed by our body for metabolic processes. In addition to fiber, vegetables also contain vitamins needed to prevent various diseases such as night blindness (lack of vitamin A), beriberi (lack of vitamin B), canker sores (lack of vitamin C), and others. For this reason, socialization of vegetable cultivation is carried out so that students of Madrasah Ibtidaiyah Al-Ikhlash know and understand the meaning of vegetables, types of vegetables, benefits and content contained in vegetables, the impact of not consuming vegetables, and how to grow vegetables properly and correctly. The method used in the PKM program at Madrasah Ibtidaiyah Al-Ikhlash in Sidomulyo Hamlet is to increase students' knowledge of the importance of consuming vegetables, carried out by the lecture method, namely by providing an explanation accompanied by material that has been prepared previously in the form of power points, the discussion method is question and answer between the presenters and students about the material that has been delivered, and the training method is the practice of how to grow vegetables from preparing planting media, selecting seeds, nursery, and planting. The results of the socialization activities were that students were very enthusiastic about participating in the socialization and listening and paying close attention when the service team delivered material to practice vegetable cultivation methods.

Keywords :creative solutions, competence, cultivation, vegetables.

PRELIMINARY

Madrasah Ibtidaiyah Al-Ikhlash is an Islamic religion-based elementary school which was established to produce human resources who are close and have basic knowledge of the Islamic religion, this school also studies general sciences such as elementary schools in general. The knowledge learned is expected to be useful for students and become a provision to continue their education to a higher level.

Madrasah Ibtidaiyah Al-Ikhlas is located at Sidomulyo Hamlet, Sei Raja Village, NA IX-X District, North Labuhanbatu Regency. This school is led by a principal named Ricki Setiawan and still has 7 teaching staff. In the implementation of PKM at the school, 15 students from grades 3 and 4 were joined. Participants who take part are only selected based on their interest and knowledge of the material to be delivered.

Indonesia is a tropical country that grows many types of vegetables, but people's consumption of vegetables is still low compared to countries that do not have the resources as vegetable producers (Astawan, 2008). Currently, children tend to consume less vegetables, even though vegetables are very useful as a source of fulfilling good nutritional needs (Mohammad, 2015). This is very concerning because based on data from Riskesdas in 2013, the trend of the proportion of Indonesian population aged > 10 years who consume less vegetables and fruit is still below the recommended 93.5% and in North Sumatra Province which is still above 90% (Riskesdas, 2013).

Kale vegetables are plants that are one of the types of vegetables that can be consumed and are usually often found in watery locations, kale is widely available in the Asian region, generally sold in traditional markets.

Parts of plants that are made of vegetables include leaves (most vegetables are leaves), stems (carrots including stem tubers), flowers (banana heart), young fruit (pumpkin), so it can be said that all parts of the plant can be used as vegetable food (Sediaoetama, 2010). 2012).

Vegetables are very beneficial for health, development and growth, especially consumed for children, especially elementary school age who are still in the period of development and growth, the nutrients contained in vegetables, namely fiber, are needed by our body for metabolic processes (Mohammad, 2015). In addition to fiber, vegetables also contain vitamins needed to prevent various diseases such as night blindness (lack of vitamin A), beriberi (lack of vitamin B), canker sores (lack of vitamin C), and others.

From the explanations of some of the experts above, it can be concluded that vegetables are very beneficial for consumption, especially for elementary school age children because they contain many vitamins that our bodies need.

IMPLEMENTATION METHOD

The method used in the PKM program at Madrasah Ibtidaiyah Al-Ikhlas in Sidomulyo Hamlet is to increase students' knowledge of the importance of consuming vegetables, carried out by the lecture method, namely by providing an explanation accompanied by material that has been prepared previously in the form of power points, the discussion method is question and answer between the presenters and students about the material that has been delivered, and the training method is the practice of how to grow vegetables from preparing planting media, selecting seeds, nursery, and planting.

The material presented was the understanding of vegetables, the types of vegetables, the benefits and content contained in vegetables, the impact of not consuming vegetables, and how to grow vegetables properly and correctly from land preparation/planting media to marketing.

The implementation of the PKM program will be carried out on January 6, 2022 at 10:30-11:30 WIB. With this program, it is hoped that the students of Madrasah Ibtidaiyah Al-Ikhlas will understand the importance of vegetables for health and be able to realize how to

grow vegetables in their respective homes so as to reduce the economic costs of buying vegetables in the market.

RESULTS AND DISCUSSION

Community Service is an activity carried out to add insight to the community both in the form of knowledge and practice in the field to change the mindset of the community towards something. Therefore, the campus requires KKN activities whose activities go directly to the community so that students are not only superior in the field of knowledge but can place themselves in the community when they graduate from LABUHANBATU UNIVERSITY.

The PKM team conducted education and socialization of vegetable cultivation for early childhood, namely students in grades 3 and 4 of Madrasah Ibtidaiyah AL-Ikhlash so that children know the importance of consuming vegetables to maintain health. For children, it cannot only be given knowledge, but there must be direct practice so that they understand more what the PKM team conveys.

In the preparatory stage, the PKM team determined the date of the PKM implementation, then met the principal of the intended school to ask for approval for us to carry out community service activities in order to undergo KKN, then asked for a letter of travel from the campus to be submitted to the school, and we gathered at one of the team's houses. to plan the mechanism for implementing PKM.

In the implementation stage, before explaining the material, the service team gave a questionnaire to fill out so that the service team knew how much knowledge the participants had about the types of vegetables, how to cultivate them, and how much they liked to consume vegetables. Then the service team gave material in the form of power points so that it was easier for participants to listen to the explanation given by the service team, then the service team explained the material about what vegetables are, the benefits of vegetables, the vitamin content in vegetables, types of vegetables, the importance of consuming vegetables from an early age, and how to cultivate vegetables. The service team explained in a language that was easy to understand and not too formal so that participants were comfortable when delivering the material. After finishing explaining, the service team provided an opportunity for participants to ask questions about the material in order to better understand the material presented. Participants who ask questions will be given prizes to motivate other participants to ask questions and give appreciation to the questioner for being brave and enthusiastic about participating in the socialization of vegetable cultivation.



Figure 1.1 PKM socialization

After the question and answer session was over, the service team practiced directly to the participants how to cultivate vegetables, the vegetables to be planted were kale. First, prepare the planting medium. Due to the socialization carried out in schools, the service team prepared planting media using soil that was idiomed into polybet pots as shown in Figure 1.2.



Figure 1.2 Planting Media

After that, do the seeding by putting the seeds into the water, to find out the superior and non-superior seeds, it is marked by the superior seeds remaining submerged in the water, while the seeds that are not superior will float on the water. Then planting is done, for 1 polybet planted 4 vegetable holes and each hole planted 2 seeds each so that they grow well and develop because it is not too dense later the vegetables will grow. Watering is done 2 times a day, morning and afternoon, fertilizer is given to make the soil more fertile so that the vegetables that grow will be better. After 3 weeks, the kale will grow and be ready to be harvested.



Figure 1.2 kale that has grown and is ready to be harvested

After practicing the way of cultivating kale, the service team gave a questionnaire back to the participants to measure how well they understood and understood the material that had been socialized by the service team.

Table 1.1 Results of Participants' Pretest and Posttest Answers

No	Name Participant	Correct Answer	
		Pretest	Posttest
1	Hesti	9	14
2	Holy	8	13
3	Izzatun	9	15
4	Fatima	7	14
5	Sindy	8	13
6	Kaka	10	14
7	Rafa	8	15
8	January	9	12
9	Afriza	10	14
10	Abraham	7	13
11	Sun	9	15
12	Neat	8	13
13	andrian	10	14
14	Fitri	8	15
15	servant	7	13

Based on table 1.1, it can be seen that the results of the pretest and posttest answers have increased, meaning that the socialization of vegetable cultivation has a positive impact on the participants in increasing the knowledge and understanding of the participants on the importance of consuming vegetables in early childhood.

CONCLUSION

Community Service regarding the socialization of vegetable cultivation carried out to students of Madrasah Ibtidaiyah Al-Ikhlas went smoothly and the goals of the service team were achieved. Therefore, the service team concluded that through socialization and direct practice, participants could better understand and understand what vegetables are, the benefits of vegetables, the content of vitamins in vegetables, the importance of consuming vegetables, types of vegetables, and how to cultivate vegetables. The results of the socialization activities were that students were very enthusiastic about participating in the socialization and listening and paying close attention when the service team delivered material to practice vegetable cultivation methods.

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