

CANOIL PURANUT (ENVIRONMENTALLY FRIENDLY PURWACENG LEMONGRASS AND COCONUT AROMATHERAPY CANDLE AS A SOLUTION TO INSOMNIA

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ABSTRACT

The problem of people in Indonesia today, especially adolescents, namely work stress that affects sleep patterns called insomnia, has increased significantly. Based on research reported the prevalence of Insomnia in adolescents in Indonesia is 38% for adolescents in Urban areas and 37.7% in Suburban areas. However, this study used a self-report instrument and a cross-sectional method. Meanwhile, a more recent study showed that the prevalence of insomnia sufferers aged ≥ 19 years in Indonesia was 43.7%. Seeing these problems and realizing the opportunities that exist, aromatherapy candles are needed. Alternative medicine with the use of aroma therapy candles that are lit will produce a calming fragrance that can relieve stress. innovation in creative product activities through the manufacture of CANOILPURANUT (Aromatherapy Candles Purwaceng, Lemongrass, and Coconut that are Environmentally Friendly) as a solution to work stress therapy that affects sleep patterns with treatment that is more concise and has no negative side effects to be used as a promising and sustainable business opportunity.

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1. INTRODUCTION

The current problem of society in Indonesia, especially teenagers, namely work stress that affects sleep patterns or called insomnia has increased quite significantly. Based on research, the prevalence of insomnia in adolescents in Indonesia is 38% for adolescents in urban areas and 37.7% in suburban areas. However, this study used self-report instruments and cross-sectional methods. Meanwhile, recent research shows that the prevalence of insomnia sufferers aged ≥ 19 years in Indonesia is 43.7%. (Ersa, PA et al. 2023).

Seeing these problems and realizing the opportunities that exist, aromatherapy candles were created. Alternative medicine using aromatherapy candles that are lit will produce a calming scent that can relieve stress. Making aromatherapy candles using essential oils gets better results than using chemical fragrances. Aromatherapy brings molecules into the nasal nerves and brain, where they stimulate odor receptors and interact with the body's nervous and limbic systems. The

limbic system is a deep and fundamental part of the brain that functions to control emotions (Kelly, MC & Gonigal, PH.D. 2015).

Aromatic candle products are made from natural ingredients such as, puwaceng which contains antioxidants and antibacterial properties, so it can help ward off free radicals and overcome infections, fragrant lemongrass. Lemongrass can reduce stress, anxiety and help you sleep better, some people use lemongrass essential oil as a way to calm themselves (Kristina, 2022). Coconut oil and coconut dregs can be used as a mixture in aromatherapy candles which have benefits, such as the distinctive and soft coconut aroma can provide a calming effect, both for adults and babies, and as a decoration on candles to make them more attractive (Mugiono, 2014).

Here we also innovate to reduce waste. Waste is waste from production with a content of materials that can pollute and interfere with health, for example used cooking oil which is usually thrown away. Used cooking oil is used oil that has been used for household needs or culinary traders. The characteristics of oil that is not soluble in water cause accumulation in the channels carrying the threat of pollution. Research has shown that repeated use of used cooking oil can cause atherosclerosis, which is a narrowing of the arteries due to the accumulation of fat and other materials in the walls of the arteries, which induces oxidative stress and inflammation (Tika, et al 2023).

Based on the background of the problems in Indonesian society today, namely work stress that affects sleep patterns or called insomnia, the dominant treatment of which depends on chemical drugs, innovation in creative product activities through the manufacture of CANOIL PURANUT (Environmentally Friendly Purwaceng, Lemongrass and Coconut Aromatherapy Candles) as a solution for work stress therapy that affects sleep patterns with simpler treatment and no negative side effects to be used as a promising and sustainable business opportunity.

2. METHOD

The implementation method implemented by the author is the existence of a description of the business that will be implemented. The form of business that will be carried out is a home industry. In this case, the author carries out the business through the formation of a business group that will develop the potential of natural resources around by creating product innovations Aromatic candle products with a distinctive aroma of purwaceng, lemongrass, and coconut dregs.

Our target market plans are:

1. Market
2. Lodging
3. Worker
4. Student
5. Public

Accompanied by pamphlets and brochures

Business analysis of the CANOIL PURANUT product (Environmentally Friendly Purwaceng Lemongrass and Coconut Aromatherapy Candles) includes a SWOT analysis, namely:

- a. Strength (advantage)

1. The resulting product has a distinctive and unique aroma as a therapy so that it can attract the interest of those looking for products with different aromas.
2. The raw materials used are environmentally friendly, so they can attract consumers who care about the environment.
- b. Weakness (weakness)
 1. Processing used cooking oil is quite complicated, requiring precision and caution.
 2. It is difficult to find distributors or suppliers for candle materials.
- c. Opportunity
 1. Increasing public interest in environmentally friendly products.
 2. There is huge market potential in the tourism sector.
 3. There is an opportunity to market products online.
- d. Threat (threat)
 1. The competitive business environment demands companies to increase innovation to survive in high-risk markets.
 2. Changing market trends push companies to be flexible and responsive in adapting products and services quickly.

3. RESULTS AND DISCUSSION

The products produced from this activity use purwaceng plants, lemongrass and coconut pulp waste which are processed and named CANOIL PURANUT (Environmentally Friendly Purwaceng Lemongrass and Coconut Aromatherapy Candles). The manufacture of these products is carried out in order to increase the economic value of the community. The implementation method used is the existence of a business description that will be implemented through the formation of a business group that will develop the potential of natural resources around by creating innovative Aromatherapy candle products. Aromatherapy Candle products that utilize purwaceng plants, lemongrass, coconut pulp waste and waste cooking oil that are abundant in rural areas are very effective as alternative medicine with the use of aromatherapy candles that are lit will produce a calming fragrance that can relieve stress.

As for external Which expected from program This namely:

1. The existence of Report Progress And Report End Program PKM- K.
2. The creation of the innovative product CANOIL PURANUT (Purwaceng Aromatherapy Candle, Lemongrass, coconut Which Friendly Environment) Which can interesting circles general so that this product can be used as an educational tool in efforts to introduce environmentally friendly products.
3. The creation of a market opportunity for the CANOIL PURANUT wax product business which is expected to generate profits and increase student creativity, by utilizing purwaceng, coconut, and lemongrass as new innovation products.
4. National publications and print media about innovations in aromatherapy candles from waste oil and herbal plants purwaceng, lemongrass and coconut in the form of CANOIL PURANUT products.

The following are the stages of making Aromatherapy Candle products:

The implementation of the Aromatherapy Candle making business program consists of 4 stages,

namely: production preparation, production stage, packaging and marketing.

1. Aromatherapy Candle Preparation

a. Material

Table 1. Ingredients needed to make aromatherapy candles

Material	Amount	Unit
Oil street	1	Liter
Paraffin wax	1	Kilogram
Bleaching Earth	1	Kilogram
Axis candle	150	Fruit
Purwaceng	2	Kilogram
Lemongrass	1	Kilogram
Dregs Coconut	1	Kilogram
Stab tooth	150	Fruit
Pocket Teal	150	Fruit
Rope Straw	10	Meter
Label	150	Fruit

b. Tool

Table 2. Tools used in making aromatherapy candles

Tool	Amount	Unit
Stove	1	Fruit
Blender spices	1	Fruit
Pan	1	Fruit
Knife	2	Fruit
Spoon Big	2	Fruit
Measuring cup	1	Fruit
Glass 70ml Candle	150	Fruit
Sarong Hand	50	Fruit
Basin	2	Fruit
Gas	1	Fruit

2. Aromatherapy Candle Making Process

Production stages of CANOIL PURANUT (Environmentally Friendly Purwaceng Lemongrass and Coconut Aromatherapy Candles) making Purwaceng aromatherapy candles typical of Wonsosobo, the following are the steps:

a. Stage 1 (Waste oil cleaning)

1. Prepare 1 liter of filtered used cooking oil.
2. Put the oil in a pan and heat it for 5 minutes.
3. Turn off the stove, add 100g of bleaching earth to the oil, stir until evenly mixed and let stand for 24 hours to settle.
4. After settling, it is then filtered to separate it from the bleaching earth sediment.
5. The oil is ready to be processed into wax .

b. Hold 2 (Making CANOIL PURANUT)

1. Prepare 2kg of ground purwaceng and 1kg of coconut dregs obtained from leftover household coconut milk.
2. Slice the lemongrass into small pieces and add a little water, then blend until smooth, then pour into a pan to cook until brown and oil comes out, then strain to get the oil.
3. Heat the clear used cooking oil in a pan, then add the paraffin wax and stir until evenly mixed, then add the lemongrass oil and purwaceng powder, stir again.
4. Add $\frac{1}{2}$ kg of coconut pulp and stir again until evenly mixed.
5. Pour the wax into the glass with the wick attached. Hold the wick with a toothpick so that it stays in the center.
6. Sprinkle with chopped herbs as decoration.
7. Let the wax harden, cut the wick from the toothpick.
8. The next stage is packaging. Packaging is a very influential process in a product, because from the packaging a product can attract the interest of a consumer. Our team does not use plastic bags, but uses teal bags tied with straw rope and added brand labels with elegant designs so that it makes it easier for consumers to recognize our products and add aesthetics to the competition in the market.



Figure 1. Product Label

3. Packaging

The packaging of CANOIL PURANUT is designed with a beautiful appearance so that it attracts the attention of consumers in the marketing process that guarantees its quality. CANOIL PURANUT is different from ordinary candles because its aroma can relax the user. The target plan for our market is: 1) Society, 2) Market, 3) Lodging, 4) Students, 5) Workers.

4. Aromatherapy Candle Marketing

An example of a sales strategy is to carry out market education. This matter must be implemented for introduce product CANOIL PURANUT (Candle) Purwaceng Aromatherapy Environmentally Friendly Lemongrass and Coconut). By making people aware of the importance of preserving health by using herbal therapy products which are also friendly environment to consumer implemented in a way direct And through brochure media, banners or social media Instagram and Tiktok. The promotion we do by using offline and online marketing. Optimizing online marketing by offering products in *the marketplace* , while offline marketing is done by offering directly to target markets such as in the Market, Lodging, Workers, Students and the Community accompanied by pamphlets/brochures .

4. CONCLUSION

Through Aromatic candle products with the distinctive aroma of purwaceng, lemongrass, and coconut pulp have great market potential, especially for consumers who care about health and

the environment. considering our area in Wonosobo, which is the only area where Purwaceng, Lemongrass and Coconut plants are still widely found Making aromatherapy candles using essential oils produces better results than chemical fragrances. Aromatherapy carries molecules into the nasal nerves and brain, where they stimulate odor receptors and interact with the body's nervous and limbic systems.

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