

Utilization of Used Cooking Oil to Make Aromatherapy Candles for PKK Women in Pasuruhan Puring Village, Kebumen

Luthfi Zamakhsyari¹, Meydy Fauziridwan², Dwi Yunita³

^{1,2,3}Universitas Muhammadiyah Purwokerto

E-mail: luthfizamakhsyari@gmail.com¹, meydy.fauziridwan@gmail.com², dwiunita1762@gmail.com³

Abstract

Used cooking oil is leftover oil from frying which is usually produced from household cooking activities. Used cooking oil is one of the waste raw materials that is growing rapidly in the household environment and has a negative impact on body health and the environment. Efforts to use used cooking oil are useful for minimizing used cooking oil waste and reducing environmental pollution. The aim of this service activity is to reduce environmental pollution due to waste from used cooking oil or used cooking oil by processing it into aromatherapy candles. The used cooking oil waste was then developed to be made into aromatherapy candles. The method used is socialization, training and direct practice to increase participants' abilities and creativity. It is hoped that from the training that has been carried out, the participants will have knowledge and insight in processing used cooking oil and at the same time can become a creative and innovative business idea.

Keywords: *Used Cooking Oil, Waste, Aromatherapy Candles*

1. INTRODUCTION

The potential for used cooking oil (UCO) or used cooking oil in large cities in the Java-Bali area reaches 207,170.65 Kiloliters (KL) per year. This number is based on research conducted by the Traction Energy Asia study institute on households and micro business units (databoks.katadata.co.id). Used cooking oil is cooking oil left over from household use which is used repeatedly. If this continues, it will have negative impacts on the body and the environment. Some health problems that arise from the dangers of repeated use of cooking oil include the formation of thickening of the arteries caused by the buildup of fat, cholesterol or other substances on the walls of the arteries.

This condition is very worrying because oil waste can cause water and soil pollution in the environment. Reusing used cooking waste into useful materials is an alternative for reducing the level of environmental pollution. Used cooking oil has not been widely used by the community in Pasuruhan Puring Village, Kebumen. To minimize used cooking oil waste and reduce environmental pollution, efforts need to be made to use it into something useful, one of which is by making aromatherapy candles from waste used cooking oil.

Aromatherapy candles are candles that are modified from existing candles by using materials that are available and easy to obtain, such as using used cooking oil as the main ingredient and additional aromatherapy oil which aims to provide a relaxing or calming aroma (Wardani, Saptutyningsih, and Fitri 2021). It is hoped that by using used cooking oil to make aromatherapy candles, it can increase public awareness to maintain environmental cleanliness and awareness of the potential for disease due to repeated use of cooking oil (Inayati and Kurnia, 2021).

2. METHOD

Training for the implementation of the dedication to process used cooking oil into aroma candles is carried out by means of training or workshops. The partners for this service activity are PKK women from Pasuruhan Puring village, Kebumen. The type of community service carried out is providing counseling in the form of socialization with a description of understanding and counseling as follows:

- a. Providing information and knowledge regarding the impacts of the use and disposal of used cooking oil.
- b. Providing information and knowledge regarding products produced from used cooking oil, namely aromatherapy candles.
- c. Application of knowledge through counseling in the form of socialization on making products using used cooking oil to make aromatherapy candles.

3. RESULT AND DISCUSSION

The outreach activity is a form of community service activity with the main aim of increasing knowledge and providing new skills regarding the benefits of used cooking oil as a product in the form of aromatherapy candles. The socialization approach is implemented through direct practice. Socialization begins with providing information and knowledge regarding the impacts of the use and disposal of used cooking oil. Participants who attended this activity were very enthusiastic about taking part in socialization and counseling activities. It can be seen from how the participants listened and paid attention to the explanations given by the presenters.

The success of this socialization activity cannot be separated from several factors that support it, including partners, namely the participants who are very cooperative in helping the activity run smoothly and helping communicate this activity to local residents and several other groups such as the PKK women's group, activity participants Socialization is also very enthusiastic and enthusiastic in participating in this training activity. Daily waste which is always produced by household activities becomes a very innovative product when the waste can be converted into products that can be used for daily activities and even become potential additional income for the community.



Figure 1. *The Community Service Activity*

4. CONCLUSION

Community Service Activities The Science and Technology Program for the Community with the title "**Utilization of used cooking oil into aromatherapy candles for pkk women in Pasuruhan Puring village, Kebumen**" has been implemented smoothly and well. Socialization participants can receive socialization that is delivered well, actively and according to expectations. There was interest from participants in finding out more so that it was hoped that this would increase creativity and innovation in processed products made from used cooking oil. Through this activity, PKK women and food households become wiser in using oil, thereby reducing used cooking oil waste. The results of socialization activities can be observed directly after the activities are carried out. The output of this activity is increasing skills in making products made from used cooking oil which become aromaterapi candles, increasing awareness of maintaining environmental cleanliness and health and the dangers of repeated use of cooking oil, improving the household economy by selling aromatherapy candles made from used cooking oil.

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