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\*Corresponding author: Arni Rizqiani Rusydi, Department of Public Health Program, Faculty of Public Health, Universitas Muslim Indonesia.

E-mail: [arni.rizqiani@umi.ac.id](mailto:arni.rizqiani@umi.ac.id)

## COMMUNITY SERVICE | REPORT

# Family Welfare Empowerment: Processing of Halalan Toyriban Spicy and Sour Crab Based on Local Potential as an Effort to Create Food Self-Reliance and Diversification

Arni Rizqiani Rusydi<sup>1\*</sup>, S. Sumiaty<sup>2</sup>, Nur Ulmy Mahmud<sup>3</sup>

<sup>1,2,3</sup>Department of Public Health Program, Faculty of Public Health, Universitas Muslim Indonesia.  
 Email: [arni.rizqiani@umi.ac.id](mailto:arni.rizqiani@umi.ac.id)

**Abstract:** Considering the various arguments from the Qur'an, hadith, the opinions of scholars, and scientific research, reinforced by the principles of Usul Fiqh, the law on consuming crabs is halal. In Indonesia. In several areas in South Sulawesi, this business is carried out using a silvofishery system, which combines the cultivation of fishery commodities in the form of milkfish and crabs with the planting of mangroves. In recent years, this has become an alternative for pond farmers for their failure in tiger prawn cultivation. Thus, an educational program in the form of counseling aims to foster public interest in consuming crabs to maintain their health. Besides that, it can also increase their knowledge about the nutritional content possessed by crabs in maintaining health. This counseling is led directly by a team of volunteers with the appropriate educational background, namely public health nutrition. The training aims to increase the skills and interest of the community regarding processing in the form of a spicy and sour crab, which has economic and healthy selling value. This training is led by a team of servants who have mastered the material for processing crabs into spicy and sour ones.

**Keywords:** Family Welfare Empowerment. Halal Food, Crab

## 1. INTRODUCTION

Within the territory of Indonesia, there are animal and vegetable riches whose exploitation level has yet to be optimal. As a maritime nation, the Indonesian nation must utilize the potential of existing waters as a connecting medium between islands and marine life resources. If used wisely, this potential wealth can support socio-economic development toward an advanced, prosperous, and just Indonesian society (Dampak & Riau, 2022). Crab is one of the most popular food choices in the world. The large consumption of crabs causes a lot of crab waste, namely the shells. A reasonably hard shell covers the whole crab meat. Therefore, crab shells can be used from head to toe (Pigmens & Crab, 2020). Not only delicious, but crab also contains good enough nutrients for the body. Reporting to various sources, crab meat can also maintain heart health. Many people avoid crabs because they are considered high in cholesterol. However, it turns out that many of the benefits of crabs are needed by the body. According to the Food Composition Data of the Ministry of Health, 100 grams of fresh crab meat contains nutrients, namely energy 151 calories, protein 13.8 gr, fat 3.8 gr, calcium 210 mg, phosphorus 250 mg, vitamin A 61 mcg, vitamin B1: 0,05 mg, cholesterol 78 mg (Fish, 2015).

In addition, the crab dish, either boiled with oyster sauce or so on, is undoubtedly very appetizing. Behind the delicacy, some people still question the halal status of crabs. The reason is that some argue these animals live in two realms: on land and in the sea/water. Taking into account the opinions of scholars regarding the definition of (انجحرٌ اِح) animals that live in water/sea) and (اِحزُّ ثُرُف شِعِيب) animals that live in the sea and on land), the MUI Fatwa Commission, in its meeting, concluded that crabs are aquatic animals, not animals. Who live in two worlds (sea and land), so the law of consuming them is lawful based on the general argument about marine animals.

Considering the various arguments from the Qur'an, hadith, the opinions of scholars, and scientific research, reinforced by the principles of Usul Fiqh, the law on consuming crabs is halal. Analysis of the halalness of this type of crab animal then became a spectacular decision from the MUI Fatwa Commission in Jakarta on June 15, 2002/4 Rabiul Akhir 1423 H, which stated that crabs are halal for consumption as long as they do not pose a danger to human health. Cultivation efforts, namely fattening mud crabs, have been entirely developed by pond farmers in Indonesia. In several areas in South Sulawesi, this business is carried out using *silvofishery*, which combines the cultivation of fishery commodities in the form of milkfish and crabs with the planting of mangroves. In recent years, this has become an alternative for pond farmers for their failure in tiger prawn cultivation. The cultivation of fattening mud crabs is developing in several areas, including in Maros, Pangkep, Barru, and several areas on the coast of Bone Bay. This is because mud crabs are easy to maintain, more resistant to changing environmental conditions, and can be carried out with simple and accessible technology even by novice farmers. The cultivator's internal factors that are thought to influence production are the income level of the respondent, where the income level is the cultivator's ability in terms of capital to finance production activities (Fardiyah et al., 2021; Wamnebo & Rauf, 2021). The results of interviews with mud crab fishermen show that COVID-19 impacts the community's economy. This can be seen from the declining demand for mud crabs and the stagnant access to transportation for sending mud crabs. This impacts the high stock of mud crabs among fishermen, causing a decrease in the price of mud crabs on the market (Hakim et al., 2021; Ulat et al., 2021).

The impact of COVID-19 is not only being felt by the people of Padang Lampe Village but is being felt nationally and globally. The COVID-19 pandemic has had an impact on the global economy, which has resulted in a slowdown in Indonesia's economic growth. For fishermen, COVID-19 has had an impact on lowering fish prices, thereby affecting fishermen's income. In this case, mangrove crab fishermen, who are generally small fishermen, have a high vulnerability in meeting their daily needs (Fardiyah et al., 2021; Society, 2022). The COVID-19 pandemic, which has been going on for months, has negatively impacted all sectors of life, including the fisheries sector. This is also felt by residents on the islands in Pangkajene Islands (Pangkep) Regency, South Sulawesi, most of whom work as fishermen. They complain of decreased income and even no income from the beginning of March 2020 until the end of Ramadan (Hakim et al., 2021; Rukmana, 2019). A community leader, Sandra Dg, also explained the impact of the pandemic. Salle has no income other than catching crabs. Even though sometimes someone buys it at IDR 15,000/kg, he is already very grateful compared to not selling it. This also makes the crabs pile up because of the large stock. Conditions like this require the community to be able to innovate, one of which is by utilizing local potential, such as crabs which are one of the resources produced in Kab. Pangkep. Beside that, the purpose of this social program is Increasing public knowledge about the nutritional content and benefits of consuming crabs for health, and the halal aspects of consuming crabs. Improving community skills in processing crabs in the form of spicy and sour crabs that have a selling value to increase community productivity and income.

## 2. METHOD

An educational program, in the form of counseling, aims to foster public interest in consuming crabs to maintain their health. Furthermore, it can broaden their understanding of the nutritional value of crabs in maintaining health. This counseling is directly led by a team of volunteers with the necessary educational background, specifically in public health nutrition. Training aims to increase the skills and interest of the community regarding processing in the form of a spicy and sour crab, which has economic and healthy selling value. This training is led by a team of servants who have mastered the material for processing crabs into spicy and sour ones.

## 3. RESULTS AND DISCUSSION

UMI lecturers of faculty of health science (FKM) have carried out community service activities funded by the UMI Community Service Institute (LPkM) in Padang Lampe Village, Kec. Ma'rang Kab. Pangkep, on December 4 2022. This activity was attended by 30 PKK women and the Head of

Padang Lampe Village Andi parenrengi page, S.Sos. This service activity aims to increase public knowledge about the nutritional content of crabs and their health benefits. In addition, this activity also carried out the practice of making spicy and sour crabs which could increase public knowledge about processing crabs into food ingredients. Processing of hot and sour crab is also expected to have economic value because it can be of sale value to the community.



**Figure 1: Processing Process of Spicy Sour Crab**

This activity began with an opening by the Head of Pandang Daan Village, followed by a presentation on the nutrition education contained in crabs. The explanation in this counseling is expected to change the community's mindset about crabs, which can increase cholesterol. Behind this understanding, it is also essential for the community to know the benefits of crab for health, including improving memory, being a source of vitamin A, and preventing cell damage. In this activity, pre and post-tests were also carried out for PKK mothers to measure their understanding of the nutritional content of spicy and sour crabs. The results of these measurements can be known based on the following table.

**Table 1: Distribution of Community Understanding Levels Regarding the Benefits of Crab Consumption for Health in Padang Lampe Village, Ma'rang District, Pangkep Regency**

Measurement	False Answer		Right Answer		Total	
	n	%	n	%	n	%
Pre test	84	48,28	90	51,72	174	100
Post test	43	24,71	131	75,29	174	100

Based on the following table, it is known that there was an increase in knowledge of PKK mothers by 23.57%. This shows that the level of public enthusiasm regarding the benefits of crabs for health is quite high. The next activity is to practice making spicy and sour crab. In this activity, the PKK women were very enthusiastic about contributing to making it. At the end of the activity, the service team gave souvenirs to the head of the PKK as a form of gratitude for being willing and allowing the UMI FKM Lecturers to carry out community service activities in their area. Before closing the activity, the village head gave his most significant appreciation for the implementation of the activity.

#### 4. CONCLUSION

There was an increase in the knowledge of PKK mothers regarding the benefits of consuming crabs for health by 23.57%. The community, especially PKK women, have skills in crab processing, namely hot and sour crab. Thus, it is hoped that the community, especially PKK mothers, will be able to share knowledge about the benefits of eating crabs for health. In addition, PKK mothers' ability to process

sour and spicy crabs should always be applied in everyday life to fulfill the family's nutritional value in terms of consuming healthy food.

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