

RESEARCH ARTICLE



The Home Garden System as a Source of Cultivated Plant Species Diversity and Their Developmental Uses: A Case Study in Lubang Buaya Area of East Jakarta

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Abstract

Optimizing a home garden is one way to create tenacity, which can be cultivated for plant diversity and is used in daily life as part of food or energy security, especially in urban areas. For example, in Jakarta, chiefly in the Lubang Buaya areas, at least October 2020 to November 2020 are needed to collect data in the field on the methods used to inventory, identify, and analyze plant species diversity in cultivated and used home garden systems. Hence, direct observation and in-depth individual interview methods are steps in data collection as well as in the field, where at least 10 families will become respondents in this research. The results of this research have identified some of the plant species in all of the dwellings' home gardens—at least 50 plant species from 144 of the 10 dwellings' home gardens—and their use by local people in their daily lives. For example, which plant species (22.6%), plant species of spice species (8.4%), plant species of ornamental species (2.6%), and plant species of fruit species (14.3%) were used as medicinals by local people at least 32.1% more than the other plant species? The use of home gardens to meet the demands of a family currently has many needs. Because of the role and contribution of home gardens, which are advantageous in economic, social, and ecological aspects, they are also part of the goals of social resilience systems.

Keyword: food and energy security, home gardens, plant species diversity, urban areas

1. Introduction

Building self-sufficiency in urban areas for food or energy security goals and health dimensions is one step toward saving lives from starvation and for others who lack land or yard space due to urbanization or population growth [1,2] Food availability depends on rural areas, and it is risky to meet demand on a continuous basis. As a result, this is a major issue for the future, and it is critical to quickly respond to how urban residents can adapt to food availability and loneliness on a family or community scale.

Optimizing the remaining land or home gardens in the urban area for planting with some plant species is part of self-supporting daily life. Numerous studies on the role of home gardens have been conducted, including how to maximize the utilization of home gardens by local people or communities [3–5].

A home garden can support and meet the demands for well-being, health, and sustainability on a family or community scale [6–8]. These matters can develop in urban areas, which play a key role in meeting their demands. As a result, reshaping local knowledge about contributing to and functioning in the home garden is a crucial form of social resilience or sustainability in society [3,9]. By optimizing urban city dwellers hope to be able to adapt and cope with illness, food availability, and other factors.

Reutilizing plants as medicines is key to reshaping social resilience. This leads to adaptability and does not depend on the medicine or chemical components. Therefore, transferring knowledge about medicinal plants to migrant populations is pivotal for reshaping self-reliance to meet the demand for medicine on a family or community scale [10–12] along with its lack of negative effects and minimal ecological costs [13]. Traditional healers' treatment would have appeared in the modern era in the healing treatment of illness. According to *Gewehr et al.* [14], it depends on the kind of disease and cultural development in the village,

and its alternative solutions depend on the type of disease and the alternative ways of healing illness cheaply and kindly to the body's metabolism or without negative effects. Therefore, there is one step in implementing it: planting plant species in yards or home gardens.

Galhena *et al.* [15] have argued that home gardens have many functions. The first is enhancing household food security and well-being. The other is that home gardens can meet the demands of families or communities in their lives, such as food, vegetables, fruit, decoration, flavor, and so forth [4], which leads to food security and other functions being achieved. Therefore, many people plant different species in their home gardens. According to this description, the plant species diversity of traditional medicinal plants cultivated in the urban home garden system, alongside others in the daily lives of local urban residents, will be explored and understood in this study.

2. Research Methodology

One of the objectives of the research was to look at areas in Lubang Buaya where the Betawi ethnic groups (Betawi village) predominate and where there are, empirically, some land and plantings with specific plant species that are variously used to their lives. The range of plant species that are regularly used has been recorded, inventoried, and studied in ten households that were chosen as respondents, during the dry season, which runs from October to November 2020, the study's duration data covers at least two months.

Therefore, field data was gathered regarding their daily use and according to Vogl *et al.* [16], the majority of the time is typically spent in a relaxed or free-form manner, so conducting in-depth individual interviews would facilitate the collection of data regarding the utilization of plant species in their daily lives. Consequently, the research has a participatory nature. Each field narrative is recorded and analyzed using an ethnographic method, whose findings can be dynamically interpreted based on field data, in conjunction with its component of the human ecology approach [17], which is the relationship between humans and nature or the environment and how it affects them or their surroundings.

3. Results and Discussion

3.1. Plant Species Diversity

Some plant species diversity was obtained in each dwelling's home gardens in the Lubang Buaya area, which have multi-functionality that is used in daily life alongside their ability to meet demands kindly and sustainably. This is part of an alternative solution that leads to self-sufficiency in daily life. Plant species diversity, as a bioindicator, indicates that social or individual resilience systems are shaped and can automatically be avoided when starvation occurs. Hence, the role of home gardens, especially in urban areas, is pivotal in meeting the demand for food or other supplies on a daily family scale with kindness and sustainability.

Referring to the data in table 1, the overall diversity of plant species is shown in Table 2 and is used to their advantage. The diversity of plant species has value in their daily lives, as does the well-being of the local people [18]. Home gardens are one of the richest natural resources for meeting the demands of local families and ensuring sustainability. It could be an ecological nuance and could have an ecological function in the middle of society's life at the local family level. As a result, home gardens are a strategy for effectively and efficiently creating and preserving plant species diversity in the context of food or energy security on a local to national scale. It would also provide traditional medicinal plants to people in their immediate surroundings.

Plant species (Σ) in each home garden are shown quantitatively at least 144 from 10 home garden sites that were inventoried and documented, as can be seen in Table 1 below, which has a sum or total of plant species that are different or divers, so it would be shown that each home garden has different interests, such as medicine plants, vegetable plants, spice plants, fruit plants, and so on, table 2 shows one of the forms of interest that are planted by people in each home garden.

Table 1. The sum of plant species in each of the home gardens

Home garden site	Sum of plant species
1	19
2	8
3	16
4	16
5	19
6	15
7	14
8	9
9	15
10	13
Σ	144

3.2. Home gardens and the variety of plant species that grow in them used to

People expect to be able to provide multiple functions or purposes to support their lives, so each dwelling should hope to be able to provide yard or home garden spaces as natural resources to support human well-being goals. Home gardens are fundamental to local people's lives (whether in rural or urban areas), and are part of the solution to cope with scarce resources, which almost always occur in our lives.

Table 2 illustrates the number of plant species in the 10 research sites' (home gardens') used by local people and their varieties in their daily lives. *Aloe vera* is a medicinal plant species that is more commonly used to heal at least 37 people, whereas *Solanum melongena* is at least 23 and is used in vegetable plants. Some indigenous people continue to use plants for medicinal processes or traditional medicine methods. They suggested that among the many ways to prevent illness, one is the traditional medicine approach. Every day, people have enough knowledge about how plants function, but this depends on the availability of medicinal plants in their yard or home gardens.

The results of this research show how many plant species (diversity) are obtained in their surroundings, in which the following are found:

Table 2. The total number of plant species and their function

No	Vernacular name	Scientific name	Family	Individual number	Function
1	Bakung	<i>Crinum asiaticum L.</i>	Amaryllidaceae	1	Medicine
2	Bayam petik	<i>Amaranthus hybridus L.</i>	Amaranthaceae	2	Vegetable
3	Belimbing wuluh	<i>Averrhoa bilimbi</i>	Oxalidaceae	1	Fruit
4	Beluntas	<i>Pluchea indica</i>	Asteraceae	1	Medicine
5	Binahong	<i>Basella alba</i>	Basellaceae	2	Medicine
6	Bougenville	<i>Bougainvillea spectabilis</i>	Nyctaginaceae	1	Ornamental
7	Cabai	<i>Capsicum annum</i>	Solanaceae	6	Spice
8	Cherry	<i>Prunus avium</i>	Rosaceae	1	Fruit
9	Euphorbia	<i>Euphorbia milii</i>	Euphorbiaceae	5	Ornamental
10	Gelombang cinta	<i>Anthurium plownanii</i>	Araceae	4	Ornamental
11	Jambu air hijau	<i>Syzygium aqueum</i>	Myrtaceae	1	Fruit
12	Jambu biji	<i>Psidium guajava</i>	Myrtaceae	2	Fruit
13	Jambu jamaika	<i>Syzygium malaccense</i>	Myrtaceae	1	Fruit
14	Jarak	<i>Ricinus communis</i>	<i>Ricinus communis</i>	1	Medicine
15	Jeruk nipis	<i>Citrus aurantifolia</i>	Rutaceae	1	Spice
16	Kamboja jepang	<i>Adenium obesum</i>	Apocynaceae	6	Ornamental
17	Katuk	<i>Sauropus androgynous</i>	Phyllanthaceae	8	Vegetables
18	Kedondong laut	<i>Polyscias fruticosa</i>	Araliaceae	6	Adorned
19	Kelapa	<i>Cocos nucifera</i>	Arecaceae	1	Fruit
20	Kembang telang	<i>Clitoria ternatea</i>	Fabaceae	1	Medicine
21	Kumis kucing	<i>Orthosiphon aristatus</i>	Lamiaceae	2	Medicine

No	Vernacular name	Scientific name	Family	Individual number	Function
22	Kunyit	<i>Curcuma longa</i>	Zingiberaceae	2	Medicine
23	Lavender	<i>Lavandula angustifolia</i>	Lamiaceae	1	Ornamental
24	Lidah buaya	<i>Aloe vera</i>	Asphodeloideae	37	Medicine
25	Mangga	<i>Mangifera indica</i>	Anacardiaceae	1	Fruit
26	Melati	<i>Jasminum sambac</i>	Oleaceae	1	Ornamental
27	Melinjo	<i>Gnetum gnemon</i>	Gnetaceae	1	Vegetable
28	Miana ungu	<i>Coleus benth</i>	Lamiaceae	4	Ornamental
29	Naga	<i>Hylocereus undatus</i>	Cactaceae	1	Fruit
30	Nangka	<i>Artocarpus heterophyllus</i>	Moraceae	1	Fruit
31	Pacar air	<i>Impatiens balsamina</i>	Balsaminaceae	4	Medicine
32	Pandan	<i>Pandanus amaryllifolius</i>	Pandanaceae	3	Spice
33	Paku tanduk rusa	<i>Platynerium bifurcatum</i>	Polypodiaceae	2	Ornamental
34	Pare	<i>Momordica charantia</i>	Cucurbitaceae	1	Vegetable
35	Pepaya	<i>Carica papaya</i>	Caricaceae	9	Fruit
36	Pete	<i>Parkia speciosa</i>	Fabaceae	1	Vegetable
37	Pisang	<i>Musa paradisiacal</i>	Musaceae	1	Fruit
38	Pucuk merah	<i>Syzygium oleana</i>	myrtaceae	4	Ornamental
39	Putri salju	<i>Senecio cineraria</i>	Asteraceae	4	Ornamental
40	Rambutan	<i>Nephelium lappaceum</i>	Sapindaceae	2	Fruit
41	Ranti	<i>Solanum nigrum</i>	Solanaceae	1	Vegetable
42	Saga	<i>Adenanthrapavonina</i>	Fabaceae	1	Medicine
43	Salam	<i>Syzygium polyanthum</i>	Myrtaceae	1	Flavor? Spice
44	Sawo	<i>Manilkara kauki</i>	Sapotaceae	1	Fruit
45	Sirih	<i>Piper betle</i>	Piperaceae	1	Medicine
46	Sirih merah	<i>Piper ornatum</i>	Piperaceae	1	Medicine
47	Suji	<i>Dracaena angustifolia</i>	Asparagaceae	3	Spice
48	Talas Belitung	<i>Xanthosoma sagittifolium</i>	Araceae	1	Vegetable and as Supplementary Staple Food
49	Terung	<i>Solanum melongena</i>	solanaceae	23	Vegetable
50	Tomat	<i>Solanum lycopersicum</i>	Lycopersicon	1	Fruit and Vegetable

Referring to Table 2 above, H is quantitatively low (between 0.13 and 0.4), so indirectly each of the 10 dwellings in the sample is small or low, so it could be interpreted that each of the dwellings does not pay attention to ecological function based on diversity (biodiversity). The high diversity of values could mean that the area is in equilibrium, which leads to increased ecosystem services [19]. According to Table 2, which shows how much plant species diversity has been given to local people in their daily lives kindly and continually, it is also part of a conservation area, which leads to ecosystem services [20] to humans and others.

On the other hand, it would be interpreted as how the local people are still utilizing home gardens as natural resources optimally, which one would use to meet demand on a family scale through a variety of uses. In each of the dwellings, 168 plants from 50 species were obtained, bringing to light the topic of research, in which plant species have the most functions percent (%), such as being used as medicinal plants, flavoring (spice) plants, vegetable plants, fruit plants, and adorned (ornamental) plants (Table 3).

Traditional medicinal plants, for example, *Piper betle* for cough and sore eyes, *Curcuma longa* for menstruation illness, *Aloe vera* for wound illness, *Orthosiphon aristatus* for back pain illness, *Abrus precatorius* for cough illness, and so on. As traditional medicinal plants, plant species (diversity) serve multiple functions in the context of home gardens.

On the other hand, it should be a judgment call to implement it in urban areas, which have faced too many ecological problems, such as droughts and floods. These problems have accumulated because of human activities, but the more serious one is the loss of knowledge about medicinal plants. Sofowora *et al.* [10], suggested that globalization impacts the

influence of human minds (perception) in decision-making in the healing process, so this modern era will be marked by social system disruption or related to the human environment that is not harmonious. Is there a solution to cope with this? One solution is to create and develop home gardens for their potential. This is part of a strategy to overcome ecological problems and utilize them for human well-being.

3.3. Ecological perspective on the functions of home gardens

As shown in Tables 1 and 3, these home gardens were considered secondary sources of supply to support human well-being [15], ecological health or eco-space [21], and biodiversity conservation [22]. Home gardens have become a solution to ecological problems and a source of medicinal plants in the modern era. Table 1 (above) illustrates how local people still obtain medicinal plants in their yards or dwellings, where each dwelling inventoried some of the plant species. Table 3 shows that medicinal plants are dominant, along with the creation and development of conservation areas.

On the other hand, as summarized in Table 3, there are many plant species and their uses, such as vegetable species (22.6%), spice species (8.4%), ornamental species (22.6%), fruit species (14.3%), and plant species that are medicinal at least 32.1%. As a result, medicinal plant species have taken precedence over other plant species in which local people have deliberated on plant medicinal plants in their house/yard/home gardens when the child is sick and has been able to heal directly.

According to Putri *et al.* [23], illness is a disease that can be easily treated by medicinal plants in the vicinity of the house, yard, home gardens, or urban forest. These are discovered to be medicinal plants that have been deliberately planted or wild plants that have grown and developed afterward [24]. It is also explained that home gardens have many multipurpose functions for human beings, leading to their well-being or welfare, such as ornate, edible, religious, medicinal, shaded, repellent, domestic, and biological control.

Besides that, there are multiple functions of home gardens in the surroundings of the house that can function as an ecological system for ecological nuance, which has one of the ecological functions, so it has a comfortable atmosphere and plant diversity.

Referring to the previous paragraph, one example of how multiple functions of home gardens for local people meet the demands of the family scale [24], which can also be used in the healing of illness [23,25], and well-being goals [4], also function as shaded or lead to the equilibrium of ecological systems (ecosystems), which, according to Vibhuti *et al.* [26], show how ecological nuances have formed in home garden areas. Of course, air purification leads to fresh air, which has cause-and-effect stable (equilibrium) impacts. Buchmann [3], expresses home garden functions, which are also capable of reducing vulnerability and increasing food security.

According to Haque *et al.* [27], traditional healing practice has become a treatment for illness, and it is a part of a traditional method that is interesting and has been reputed as an alternative solution to healing from a local perspective, as well as promised. Those cases could be shown, how to local people to shift in used to medicinal modern to medicinal plants in illness healing process (traditional technique), so many plant species have obtained in their yard or home gardens that used to heal (Table 3), alongside maintaining of lifestyle to health was a part of key a role of importance in living quality goals in which the home gardens functions and its potential could be used to meet a demand of family scale continual.

Table 3. The total number of plant species in home gardens and the percentage of them that are used (%)

No.	Plants Species Groups	Total number plant species (Σ)	Percentage (%)
1.	Medicinal Plants	54	32,1
2.	Ornamental Plants	38	22,6
3.	Vegetable Plants	38	22,6
4.	Fruits Plants	24	14,3

No.	Plants Species Groups	Total number plant species (Σ)	Percentage (%)
5.	Spice Plants	14	8,4
The sum of plant species is used in their daily lives		168	100

According to Haque *et al.* [27], traditional healing practice has become a treatment for illness, and it is a part of a traditional method that is interesting and has been reputed as an alternative solution to healing from a local perspective, as well as promised. Those cases could be shown, how to local people to shift in used to medicinal modern to medicinal plants in illness healing process (traditional technique), so many plant species have obtained in their yard or home gardens that used to heal (Table 3), alongside maintaining of lifestyle to health was a part of key a role of importance in living quality goals in which the home gardens functions and its potential could be used to meet a demand of family scale continual

As a result, developing and creating home gardens must improve well-being because medicinal plants used to treat human ailments must be friendly and safe for the body's metabolism (no negative effects).

4. Conclusions

Each home garden has some plant species (diversity), of which at least 50 (144 plant species in each of the 10 household) are used in their daily lives, especially traditional medicinal plants, which predominate over the others. On the other hand, it follows indirectly that in Lubang Buaya, people have optimized their household home gardens' ability to provide food or energy security and serve as a source of medicinal plants. Hence, home gardening is one way or an alternative solution to meet these demands, and is part of food and energy security on a local or community scale.

Author Contributions

MRM: Conceptualization, Methodology, Software, Investigation, Writing - Review & Editing; **NN:** Writing - Review & Editing, Supervision; **TVZ:** Writing - Review & Editing, **LS:** Writing - Review & Editing, **and LU:** Writing - Review & Editing.

Conflicts of interest

There are no conflicts to declare.

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The acknowledgements come at the end of an article after the conclusions and before the notes and references.

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