
TRAINING FOR MAITREYA BUDDHISM IN MAITREYA BUDDHISTS AT THE MAITREYA HOLY EARTH PUSDICATE, PEKANBARU

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ABSTRACT

KEYWORDS

Artificial Meat,
Gluten,
Vegetarianism,
Health

A vegetarian consumption pattern or reducing consumption of animal meat will become a lifestyle for many people around the world during and after successfully passing the Global Covid19 Pandemic. During the Covid-19 Pandemic, although there has been no research on vegetarian food consumption patterns for the prevention of Covid-19, the impact on body stamina and the immune system has proven to be very significant. The purpose of this community service activity is to improve the skills of Maitreya Buddhists at the Pekanbaru Holy Earth Education and Training Center in making vegetarian meat. Activities are carried out using the training method, which includes discussion, education, practice, and mentoring. This type of artificial vegetarian meat produced is made from gluten. The resulting vegetarian-made meat products have aroma, texture, and tastes very true to the original, and free of cholesterol and germs that are usually carried in animal flesh. This community service activity is very beneficial for the target audience because it can open up vegetarian culinary business opportunities, including during the Covid-19 pandemic

INTRODUCTION

During the Covid-19 Pandemic from the end of 2019 to 2022, many food businesses with vegetarian menus have sprung up in China and India (Khan et al., 2021) (You, 2020). According to the predictions of (Memon et al., 2021), vegetarian consumption patterns or reducing consumption of animal meat will become a lifestyle for many people around the world and after successfully getting through the Global Covid19 Pandemic (Marzuki et al., 2021). During the Covid-19 Pandemic, although there was no research on vegetarian food consumption patterns for the prevention of Covid-19, the impact on body stamina and the immune system proved to be very significant (Herninta & Rahayu, 2021). Medical News Today in (Suja et al., 2022) states that a vegetarian diet cannot prevent someone from being infected with Covid-19, but this diet really helps to form the immune system so that they can live a healthy life, including very helpful during the recovery period after the covid attack (Sari, 2021). Reducing meat intake and replacing it with high-quality vegetables and nuts will make the body healthier (Suja et al., 2022).

This global trend towards a vegetarian diet is in line with the teachings of Maitreya Buddhists who also adhere to a vegetarian diet, but there are still a small

number of Maitreya Buddhists in the Maitreya Holy Earth Education and Training Center who can be vegetarian (Pangestu, n.d.). The development of the vegetarian diet is becoming increasingly recognized by people, especially during the current Covid-19 season, meat made from gluten is also a vegetarian menu (Ndwandwe & Wiysonge, 2021). In accordance with the demands of the target audience, artificial meat from gluten developed in this community service activity is adapted from real meat, with the basic ingredient of gluten, namely wheat flour (Yang et al., 2020). Even though the taste is not exactly the same as the original meat, artificial meat made from gluten has several advantages, such as being free of cholesterol and germs that are usually carried by meat (Peteet, 2020).

Community groups that are deemed necessary to be given training in making artificial meat from gluten are active people at the Maitreya Holy Earth Education and Training Center Pekanbaru. Initial interview results show that people who have been trained to lead a vegetarian life or at least reduce their consumption of meat, but not all of them are skilled in preparing vegetarian dishes, including processing wheat flour to obtain vegetable protein (gluten) and making quality artificial meat in terms of shape, texture, color and taste (Hornuss et al., 2020).

Not only to meet the needs of their own families, the skill of making artificial meat from gluten has quite strategic business opportunities during the Covid-19 pandemic season. In addition, according to (Chrysnaputra & Pangestoeti, 2021), vegetarian cuisine will also be an alternative menu for halal tourism or sharia tourism for Muslims. Vegetarians are free from haram elements, both from the meat ingredients, the meat procurement process, and the processing process to produce vegetarian food products (Fauci et al., 2020).

RESEARCH METHOD

The Vegetable Meat Making Training Program for Maitreya Buddhists at the Maitreya Holy Earth Training Center in Pekanbaru itself is a training in making vegetable meat specifically to improve the life skills of Buddhists who mostly live a vegetarian lifestyle. This training was conducted on November 16 and 20 2022 at the Maitreya Pekanbaru Holy Earth Training Center Hall. This training uses a quantitative method, namely at the end of the training session, participants are asked to fill out an evaluation form for the implementation process. The training is carried out with a combination of a series of activities as follows:

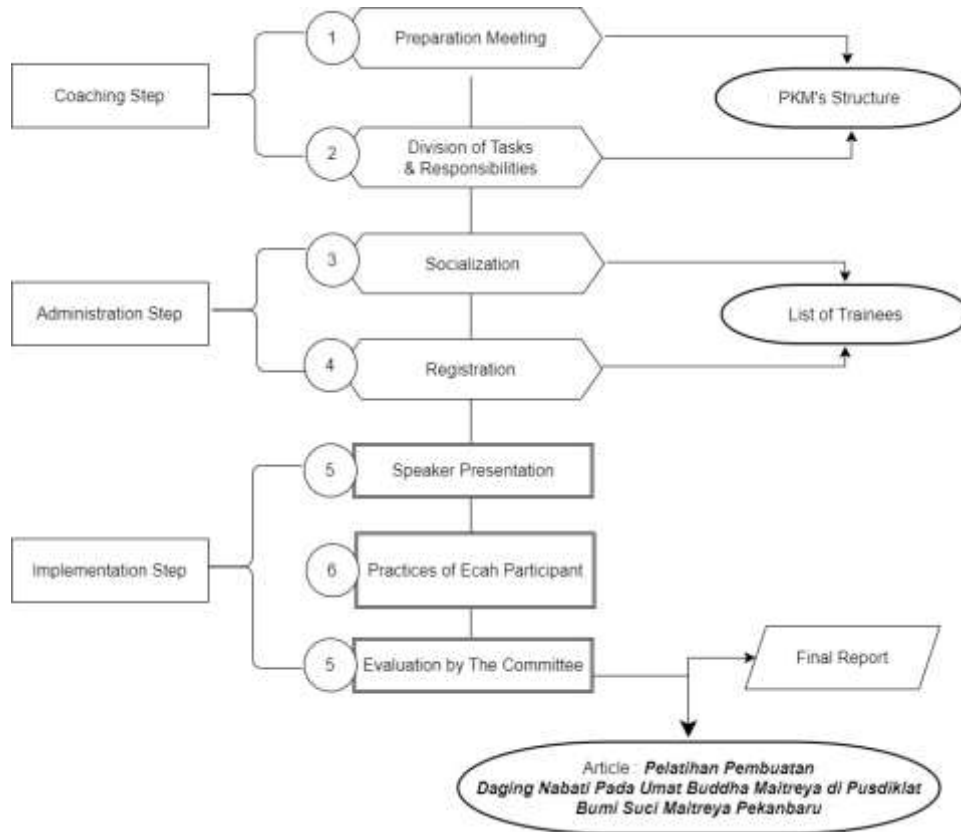


Figure 1
Implementation of the Vegetable Meat Manufacturing Training Program

RESULTS AND DISCUSSION

Results Achieved Based on Program Outcomes Below is an identification of achievements in terms of program outputs:

1. Training of trainees to make vegetable meat
This vegetable meat making training aims to make trainees skilled in making processed meat from gluten. The objectives of this training can be achieved through several activities carried out, namely:
 - a. Providing insight and information about techniques and procedures for making vegetable meat.
 - b. Providing insight and information about processed menus from vegetable meat.
 - c. Hands-on practice of making vegetable meat.
 - d. Evaluation of the results of making vegetable meat by sources.
2. The creation of a creative spirit in a vegetarian lifestyle
Through the skills gained by the participants in making vegetable meat, it encouraged the enthusiasm of the participants to develop processed foods made from vegetable meat, such as satay, rendang, BBQ meat, coto Makassar and so on.
3. Formation of a micro community to learn vegetarian culinary

After participating in this training program, there were several participants who took the initiative to form a micro community as a forum for sharing culinary information and vegetarian recipes.

- Increase the motivation of training participants to do business in the field of vegetarian food

Some of the participants who took part in this training were vegetarian restaurant owners, in the process of the activity there were also sharing and learning activities to build a vegetarian restaurant business by those who had already run it, and as a result some participants also planned and wanted to be involved in the vegetarian restaurant business.

Table 1
Evaluation of the Implementation Process of the Student Creativity
Development Program Vegetable Meat Making Training

No.	Name Participant	Question			
		Ready Committee Organize Traning	Recource Person/ Tutor knowledgeable in bring traninng materials	Recourse person/ skilled in traning materials	Tranning this very worth and effective
1	Jessika	5	5	5	5
2	Aminah	4	4	4	4
3	Anton	5	5	5	5
4	Shuling	5	5	4	4
5	Dewi F	4	4	4	4
6	Junita	5	5	5	4
7	Darma	4	5	4	5
8	Susi	5	5	5	5
9	Lili Ang	4	4	4	4
10	Rubina	4	5	5	5
11	Agiok	5	4	4	5
12	Siu Tjen	5	5	5	4
13	Cen Cia	5	5	5	5
14	Rudin	5	5	5	5
15	Tri	3	4	3	3
16	Desi susanti	5	5	5	5
17	Siuping	5	5	5	5
18	Cindy M H	4	5	4	5
19	Rosy	4	4	4	4
20	Pendi	4	5	5	4
21	Rosita	4	4	4	5
22	Martina	4	4	4	4
23	Aphing	5	5	5	5

24	Hari S	5	5	5	5
25	Aning	4	4	5	5
26	Juliyanti	5	5	5	5
27	Erni S	4	4	4	5
28	Heren	4	4	4	4
29	Ferdinand	5	5	5	5
30	Kelvin	5	5	5	4
31	Andi	5	4	4	4
32	Yono	5	4	5	5
33	Lao tong	5	4	5	5
34	Jemi lim	5	5	4	5
35	Agus	5	4	5	4
36	Mirad	5	5	5	4
37	Sukri	5	4	5	5
38	Andri	5	5	5	5
39	Deus	5	4	5	4
40	Supiani	5	5	4	5
41	Handri Saputra	5	5	5	5
42	Cynthia	5	5	5	5
43	Djie Melda	5	5	5	5
44	Erna	5	5	5	5
45	Suryanti	5	5	5	5
46	Felisya	5	5	5	5
47	Juwita	5	5	5	5
48	Sumire Shiny D	5	5	5	5
49	Mega	5	5	5	5
50	Shinta	5	5	5	5
Value obtained		235	233	233	233
Maximum value		250	250	250	250
Rating formula		$\bar{x} = \text{sum of all data} / \text{amount of data}$			
Final Score		4,7	4.66	4.66	4,66
Grand Total					
(Final Score/ 4) :		4,67			

The implementation of the training activities that we carry out can be declared successful if the results of the evaluation of the activity process have a minimum value that is classified as good with an average range of assessment points ≥ 3.40 according to a Likert scale (1-5 points).

Based on table 1 above, the final score obtained for the evaluation of the process of implementing PKM in the training on making vegetable meat for Buddhists at the Maitreya Holy Earth Education and Training Center, namely the loneliness of the committee in organizing the training with a value of 4.7 was

declared successful, resource persons/tutors knowledgeable in presenting training material with a value of 4.66 was declared successful, resource persons/tutors skilled in delivering training material with a score of 4.66 were declared successful and this training was very valuable and effective with a score of 4.66 declared successful.

Table 2
Product Results Evaluation of Student Creativity Development Program
Participants Vegetable Meat Making Training

No.	Name Participant	Question			
		Meat forms your homemade gluten according to examples from tutors	Meat forms your homemade gluten according to examples from Tutors	Meat color your homemade gluten according to examples Tutors	Gluten meat flavor your homemade fit with examples from Tutor
1	Jessika	5	5	5	5
2	Aminah	4	3	3	3
3	Anto	5	5	5	5
4	Shuling	4	4	4	4
5	Dewi Fatimah	4	4	4	4
6	Junita	5	4	5	4
7	Darma	4	4	4	4
8	Susi	4	4	4	4
9	Lili Ang	4	4	4	4
10	Rubina	4	4	4	4
11	Agiok	4	4	4	4
12	Siu Tjen	4	4	3	4
13	Cen Cia	4	4	4	3
14	Rudin	5	5	5	5
15	Tri	2	2	4	2
16	Desi susanti	4	4	4	4
17	Siuping	4	4	4	5
18	Cindy Monika Halim	5	5	5	5
19	Rosy	4	4	4	3
20	Pendi	4	5	5	5
21	Rosita	4	3	4	4
22	Martina	3	3	3	3
23	Aphing	5	5	5	5
24	Hari sutiawan	5	5	5	5
25	Aning	4	4	5	4
26	Juliyanti	4	4	5	5
27	Erni Sartika	4	4	4	4
28	Heren	4	4	4	4
29	Ferdinand	5	5	5	5
30	Kelvin	4	5	4	5
31	Andi	5	5	4	5

32	Yono	5	4	5	4
33	Lao tong	5	4	5	4
34	Jemi lim	5	4	5	5
35	Agus	5	5	4	5
36	Mirad	5	5	4	5
37	Sukri	5	5	5	4
38	Andri	4	5	5	5
39	Deus	5	5	4	5
40	Supiani	5	5	5	5
41	Handri Saputra	5	5	5	5
42	Cynthia	5	5	5	5
43	Djie Melda	5	5	5	5
44	Erna	5	4	5	5
45	Suryanti	5	5	5	5
46	Felisya	5	5	5	5
47	Juwita	5	5	5	5
48	Sumire Shiny Dartok	5	5	5	5
49	Mega	5	5	5	5
50	Shinta	5	5	5	5
Value obtained		224	220	224	222
Maximum value		250	250	250	250
Rating formula		$\bar{x} = \text{sum of all data} / \text{amount of data}$			
Final score		4,48	4.4	4.48	4,44
Grand Total (Final score / 4) :		4,45			

The implementation of the training activities that we carry out can be declared successful if the evaluation results of the activity products have a minimum value that is classified as good with an average range of assessment points ≥ 3.40 according to a Likert scale (1-5 points).

Based on table 2 above, the final value of the product results of PKM participants in the training on making vegetable meat for Buddhists at the Maitreya Holy Earth Education and Training Center, namely the shape of gluten meat according to the example from tuotr with a value of 4.48 was declared successful, the texture of gluten meat according to the example from the tutor with a score of 4.4 was declared successful, the color of gluten meat matched the example from the tutor with a value of 4.48 was declared successful and the taste of artificial gluten meat was in accordance with the sample from the tutor with a value of 4.4 declared successful.

CONCLUSION

The conclusion of this training activity based on the evaluation conducted is that Maitreya Buddhists at the Pekanbaru Holy Earth Education and Training Center through this training are able to have skills in making gluten from wheat flour and in the future can manage gluten into delicious and healthy vegetarian dishes for health. Because the fiber in plant foods provides prebiotics to nourish gut

bacteria. This condition can increase the diversity of bacteria in the gut which can reduce inflammation and protect patients from Covid-19.

In this program, participants have also taken the initiative to form micro-communities related to vegetarian cooking. This type of training can be an asset for beginners who want to start a vegetarian lifestyle, because by acquiring knowledge of procedures and techniques for making vegetable meat, the person has the skills to survive living a vegetarian lifestyle. Of course this kind of training has an extraordinary impact, because in terms of food it is something that is sustainable and will never disappear from human activity and life.

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