ABSTRAK

Anastasiya Octavia Febrianti, NIM 4221220009 (2022), Pemanfaatan Tumbuhan Obat Berpotensi Tinggi Dalam Tradisi Oukup dengan Studi *Index Of Cultural Significance* pada Masyarakaat Karo di Kecamatan Kabanjahe

Penelitian ini bertujuan untuk mengidentifikasi tumbuhan obat berpotensi tinggi dalam tradisi oukup melalui perhitungan Index of Cultural Significance (ICS), menganalisis pola pemanfaatannya, serta mendeskripsikan perspektif masyarakat Karo terhadap manfaat dan efektivitasnya. Penelitian dilakukan di Kecamatan Kabanjahe, Kabupaten Karo, menggunakan pendekatan mixed method dengan metode deskriptif. Data kualitatif diperoleh melalui wawancara mendalam dan observasi partisipatif, sedangkan data kuantitatif diperoleh melalui penilaian ICS terhadap setiap spesies tumbuhan. Informan ditentukan menggunakan teknik snowball sampling hingga mencapai kejenuhan data. Hasil penelitian menunjukkan bahwa tumbuhan dengan nilai ICS tertinggi memiliki signifikansi budaya yang kuat dalam tradisi oukup. Pola pemanfaatan tumbuhan meliputi penggunaan rimpang, batang, daun, dan buah yang direbus hingga mendidih dan dimanfaatkan melalui uap rebusan tanpa takaran baku. Tujuan pengobatan yang dominan adalah pemulihan kebugaran pasca melahirkan, pemulihan stamina, menghangatkan tubuh, relaksasi, serta mengurangi pegal. Perspektif masyarakat menunjukkan penilaian positif terhadap manfaat fisik, keamanan, efektivitas, dan keberlanjutan tradisi oukup. Temuan ini menegaskan bahwa oukup masih memiliki relevansi yang kuat dalam sistem kesehatan tradisional masyarakat Karo serta berpotensi dikembangkan melalui pendekatan ilmiah dan konservasi budaya.

Kata kunci : *Etnobotani, Oukup, Index of Cultural Significance (ICS), Tumbuhan Obat, Masyarakat Karo*

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ABSTRACT

Anastasiya Octavia Febrianti, NIM 4221220009 (2022), Utilization of High Potential Medicinal Plants in Oukup Tradition with Index of Cultural Significance Study among Karo People in Kabanjahe District

This study aimed to identify high-potential medicinal plants used in the oukup tradition through the calculation of the *Index of Cultural Significance* (ICS), to analyze their utilization patterns, and to describe the perspectives of the Karo community regarding their benefits and effectiveness. The research was conducted in Kabanjahe District, Karo Regency, using a mixed-method descriptive approach. Qualitative data were collected through in-depth interviews and participatory observation, while quantitative data were obtained through ICS assessment for each plant species. Informants were selected using snowball sampling until data saturation was achieved. The results showed that plant species with the highest ICS values hold strong cultural significance in the oukup tradition. The utilization pattern includes the use of rhizomes, stems, leaves, and fruits processed by boiling and applied through steam exposure without standardized dosage. The dominant therapeutic purposes include postnatal recovery, stamina restoration, body warming, relaxation, and pain relief. Community perspectives indicate positive evaluations regarding physical benefits, safety, effectiveness, and the sustainability of the tradition. These findings confirm that oukup remains relevant within the traditional health system of the Karo community and has potential for further scientific validation and cultural conservation efforts.

Keywords : *Ethnobotany, Oukup, Index of Cultural Significance (ICS), Medicinal Plants, Karo People*

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