



Enhancing Community Skills as an Effort to Strengthen Family Resilience

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Abstract

Padukuhan Karangtengah, Gamping, Sleman has a community condition with a divorce rate reaching 27%, juvenile delinquency 17% of the village youth, and community health conditions that are starting to decline as shown by the coverage of under-five malnutrition at 67%. The condition of family vulnerability has an impact on various aspects ranging from social, psychological, economic and health conditions. Realizing the importance of strengthening family resilience, it is necessary for families to create strong family resilience. Family resilience will greatly impact various aspects of life. The service method is carried out using Participatory Rural Appraisal and Participatory Learning and Action (PLA). The targets of this activity are married couples with a marriage age of <5 years, and PKK members. The activities carried out are strengthening the resilience of mosque-based families and initiating the formation and strengthening of the Women's Farmer Group (KWT). From these activities, it was obtained that community understanding regarding the concept of family resilience increased, community knowledge regarding institutions increased and a KWT was formed which in the future will carry out activities for family food security.

1. Introduction

As the smallest unit within a social system, the family plays a critical role in ensuring the well-being of the population. It serves as the primary context in which religious morals, socio-cultural values, and affection are first instilled. The family constitutes the smallest unit of a social group capable of addressing various societal challenges amidst dynamic environmental and social changes. Negative influences and issues may emerge from the communication and interaction between internal family dynamics and external environmental factors. Strong family resilience can enhance family functioning, thereby

minimizing the impact of such negative influences. Moreover, robust family resilience is expected to contribute to a stronger social defense mechanism, enabling families to withstand the adverse effects of contemporary social dynamics.

The concept of family is broad and diverse. From a sociological perspective, the family is regarded as both a social system and a social institution. It comprises a group of individuals residing together in a shared household, connected through marriage, blood relations, or adoption, and represents the smallest social institution (Zastrow, 2006). Admadeli and Embu-Worho (2021) assert that family resilience pertains to the capacity of families to confront and manage various challenges and adversities. The effective use of available resources is crucial for strengthening family systems. Furthermore, enhancing family resilience is an essential component in achieving family well-being, which is reflected through multiple dimensions, including legal and administrative aspects, physical and economic material conditions, psychological and mental health, and socio-cultural factors.

Therefore, it is essential for families to develop strong family resilience. Family resilience significantly impacts various aspects of life, particularly in urban areas such as Gamping Subdistrict in Sleman Regency, which continues to record high divorce rates. These conditions often give rise to a range of family-related problems and, in many cases, contribute to broader social issues such as crime, juvenile delinquency, bullying, and child malnutrition—phenomena frequently associated with weak family resilience. Such vulnerabilities tend to exacerbate societal challenges when family resilience is lacking.

In one of the hamlets of Gamping Subdistrict, Karangtengah Hamlet, the community faces several alarming indicators: a divorce rate of 27%, juvenile delinquency affecting 17% of the adolescent population, and a significant public health concern reflected in a malnutrition rate of 67% among children under five. These indicators of family vulnerability have wide-ranging implications for social, psychological, economic, and health conditions. Acknowledging the urgency of strengthening family resilience, Karangtengah Hamlet has prioritized community empowerment programs aimed at reinforcing the role of the family. This effort also served as the foundation for the community service initiative (PKM) conducted by the UNISA Yogyakarta team, focusing on strengthening family resilience and

institutional support. The initiative began with the establishment of a Women Farmers Group (Kelompok Wanita Tani or KWT) and subsequent capacity-building activities to support ongoing programs that enhance family resilience.

The Women Farmers Group (KWT) comprises women engaged in various agricultural sectors, including farming, livestock, fisheries, and related areas, while also participating actively in village-based social initiatives. This group seeks to empower rural women and enhance their involvement in agricultural development and rural advancement. The KWT aims to improve the welfare of rural women through economic and social empowerment, facilitating increased access to resources, opportunities, and knowledge. Furthermore, the group plays a vital role in food security by being directly involved in household-level food production and processing. Through their contributions to local food production and dietary diversification, KWT members help improve family nutrition. Additionally, the group supports women in boosting their income by fostering skill development, product marketing, and access to financial resources. Thus, the presence of the Women Farmers Group contributes significantly to strengthening family resilience through economic, social, and food security dimensions.

The Women Farmers Group (Kelompok Wanita Tani or KWT) plays a critical role in advancing the Sustainable Development Goals, particularly those related to eradicating hunger, promoting food security, achieving gender equality, and improving the livelihoods of rural communities. KWT holds a vital position in efforts to enhance the welfare of rural women and to foster sustainable development.

KWT as an institution consists of groups of women farmers who are informally organized based on shared interests, environmental conditions (including social, economic, and resource-based factors), familiarity, and mutual compatibility, and who are led by a group leader to achieve common objectives (Anonim, 2002). According to Wiranti, as cited in Nuryanti and Swastika (2011), farmers' groups are typically formed to address issues faced by individual farmers that cannot be resolved independently. These groups may emerge through self-initiative or be established in response to government policies. Women Farmers Groups serve multiple functions and purposes, which makes their presence essential within

village-level community structures. In addition to agricultural activities, some of these groups also engage in mutual cooperation, savings and loans, and labor-sharing arrangements to support farming efforts.

KWT also facilitates a transformation in the roles of housewives, enabling women to engage not only in domestic responsibilities but also in public and economic activities that contribute to household livelihoods. By enhancing the productivity of women in agriculture, KWT members play a strategic role in increasing household income in rural farming communities, thereby contributing to family resilience and sustainability.

2. Methods of Implementation

The implementation method employed in the community empowerment program (PKM) for partner communities in Karangtengah Hamlet, Nogotirto, was based on the Rapid Rural Appraisal (RRA) empowerment approach during the planning and identification phases. RRA is an empowerment technique used to rapidly assess the conditions of a specific area. This technique serves to evaluate the state of the community through direct observation and the analysis of relevant data. RRA is designed to gather accurate information regarding local issues and is structured around three core principles: (a) a systems perspective, (b) triangulation in information gathering, and (c) data collection and analysis.

Subsequently, the implementation of community empowerment activities was conducted using the Participatory Rural Appraisal (PRA) method. PRA is a refinement of RRA that emphasizes the involvement of various actors or stakeholders relevant to the activities. The objective of using the PRA method in program implementation is to develop program designs that are well-aligned with the actual problems faced by the community. In addition, the Participatory Learning and Action (PLA) method was also employed to observe the active roles of stakeholders in the execution of each planned activity.

The stages of the family resilience program through community empowerment in strengthening family resilience in Karangtengah Hamlet, Nogotirto, Gamping, Sleman, are as follows:

- a. Preparation Stage: This stage began with internal discussions among the UNISA Yogyakarta PKM team, followed by coordination between the team and community partners.
- b. Implementation Stage: This consisted of two main activities: strengthening mosque-based family resilience among married couples, and institutional strengthening.
- c. Monitoring and Evaluation Stage: Activities during this stage included ongoing monitoring and support for the establishment of the Women Farmers Group (Kelompok Wanita Tani or KWT) in Karangtengah Hamlet.

3. Results and Discussion

The role of community empowerment in Karangtengah Hamlet, Nogotirto, Gamping, Sleman was implemented as follows: The Community Service Program (PKM) activity aimed at promoting mosque-based family resilience was conducted on September 10, 2023, at the mosque located in Karangtengah Hamlet, Nogotirto Village, Gamping Subdistrict. This activity specifically targeted married couples who had been married for less than five years. The rationale for selecting this target group was to further reinforce the commitment of these couples to strengthening their family units. The event was attended by 25 participants. The speaker for the session was Mr. Abu Hanifah, S.Ag., M.Si., who serves as the Head of the Office of Religious Affairs (KUA) for Gamping Subdistrict. He delivered a presentation titled "Understanding Family Resilience."

One of the definitions of family resilience presented by the speaker includes the following conceptualization: family resilience is the condition of adequacy and continuity within a family in fulfilling its primary needs, such as clothing, food, shelter, caregiving, education, and access to opportunities for public participation. The level of family resilience is defined as the ability of a family to confront and overcome various challenges, stressors, or crises that may arise in daily life. In assessing the level of family resilience, several factors and indicators can be used to evaluate the extent to which a family possesses the capacity to handle different situations. The factors and indicators used to assess family resilience include:

- a. The presence of mutual support among family members;

- b. The existence of effective communication within the family;
- c. The provision of education and knowledge-sharing that fosters creativity and strengthens family-based learning;
- d. An understanding of health-related issues that leads to both physical and non-physical well-being;
- e. The family's ability to cope with stress, conflict, and emotional changes that may occur in everyday life.

Assessing the level of family resilience helps inform the development and implementation of appropriate programs and services designed to support families in enhancing their capacity to manage various dynamics and, in turn, improve their quality of life.

To become a strong family, individuals must be able to apply the five indicators listed above within their household practices. From a broader perspective, family resilience is inherently linked to social resilience, given that the family is the smallest social unit within the broader social system and serves as the foundation for fostering resilience among other social groups.

Family resilience is closely intertwined with family well-being. Families with higher levels of well-being generally possess a greater capacity to cope with life's challenges. Economic, physical, social, and psychological resilience are key dimensions that indicate a high level of family resilience. The participants appeared to be highly enthusiastic about the discussion following the presentation, actively engaging in the session and contributing to a dynamic and participatory atmosphere throughout the activity.



Figure 1. Residents of Karangtengah Hamlet receiving a presentation on mosque-based family



Figure 2. Group photo with the speaker at the end of the session

Table 1. Results of the pretest and posttest on understanding of family resilience

No	Statement	Pre-Test				Post Test			
		Strongly Disagree	Disagree	Agree	Strongly Agree	Strongly Disagree	Disagree	Agree	Strongly Agree
1	Understanding one another is one way to minimize conflicts within the family.	3,85	0	30,77	65,38	0	0	23,1	76,9
2	Communication is an essential skill for family harmony.	0	0	19,23	80,77	0	0	11,54	88,46
3	Social and family support are crucial elements in strengthening family harmony.	0	7,69	61,54	30,77	0	3,84	23,07	57,68
4	The wife's role is to manage the household and children, while the husband's role is to provide financially.	0	7,69	61,54	30,77	0	3,84	53,8	42,36
5	Having children is a mutual agreement between spouses.	0	0	23,08	76,92	0	0	15,38	84,61
6	Sufficient financial resources are an important aspect in meeting the basic needs of the family.	0	3,85	61,54	34,62	0	3,85	46,2	49,95
7	Family members who respect and care for one another are key to creating a harmonious, loving, and peaceful family.	0	0	23,08	76,92	0	0	7,69	92,31
8	Role distribution within the family is important for achieving family harmony.	0	7,7	42,31	50	0	0	30,7	69,3
9	Caring for both physical and mental health within the family is essential.	0	0	26,92	73,08	0	0	11,54	88,46
	Average	0,42	2,99	38,89	57,69	0	1,28	24,78	72,23

Source: Processed secondary data

As shown in Table 1, the results of the pretest on participants' understanding of the concept of family resilience indicated that 0.42% of participants disagreed, 2.99% somewhat

disagreed, 38.89% agreed, and 57.69% strongly agreed. Participants' understanding improved after the socialization session conducted by the resource person. The post-test results showed a significant increase, with an average of 1.28% somewhat disagreeing, 24.78% agreeing, and 72.23% strongly agreeing.

The next activity was the initiation of the formation and strengthening of institutional structures, which took place on Saturday, September 23, 2023, at the Balai Padukuhan Karangtengah, Kalurahan Nogotirto, Kapanewon Gamping. The target participants for this activity were the members of the PKK (Family Welfare Program). The selection of this target group aimed to facilitate the PKM team's support for the PKK members in forming the KWT (Women Farmer Group) and strengthening their understanding of the necessary actions to ensure the group's sustainability.

The material presented by the resource person was titled "Strengthening Institutional Capacity to Support Family Resilience." The session began with an introductory presentation on institutional structures to enhance the partners' knowledge on how to form a KWT with a clear purpose. The content of the presentation was in line with the partners' potential to establish a KWT.

Additional key points shared included the role of the KWT as one of the efforts to achieve food security at the village level. The KWT not only aims to increase the availability, accessibility, and adequacy of household food according to the families' needs but also strives to enhance household income. The importance of trust and commitment among members was also emphasized. To maintain the organization's existence, it is necessary to ensure commitment, a clear purpose, activities and evaluations, collaboration with other communities/institutions, innovation, regeneration, sharing, establishing community enterprises, and promoting the organization's presence to be recognized by the community, government, and other stakeholders. At the end of the session, the resource person provided several examples of good practices from KWTs in supporting family resilience, which motivated the participants to begin the establishment of a KWT in Padukuhan Karangtengah. During the activity, both pretest and post-test assessments were conducted with 51 participants to evaluate their understanding of institutional structures.

Table 2. Pretest and Post-test Knowledge on Institutional Structures

No	Statement I understand the importance of having clear objectives in an organization.	Pre-Test				Post Test			
		Strongly Disagree	Disagree	Agree	Strongly Agree	Strongly Disagree	Disagree	Agree	Strongly Agree
1	I understand the importance of organizational structure.	0	0	56,86	43,14	0	0	29,42	70,58
2	The main tasks and functions of an organization must be carried out effectively and without overlap.	0	1,96	62,75	35,29	0	0	58,82	41,17
3	The formation of a women farmer group is important for better organization in supporting family resilience.	0	1,96	72,55	25,49	0	0	29,41	70,59
4	The lack of trust within the group is a fundamental cause of team failure.	0	0	56,86	43,14	0	0	45,1	54,9
5	I understand how I should demonstrate teamwork skills.	0	5,88	62,75	31,37	0	0	52,94	47,06
6	Skills and knowledge must be developed to support the organization's objectives.	0	0	82,35	17,65	0	0	33,3	66,7
7	I understand the skills and knowledge I need to contribute effectively to the women farmer group.	0	0	49,02	50,98	0	0	35,29	64,71
8	Statement	0	3,92	82,35	13,73	0	0	49,01	50,99
	I understand the importance of having clear objectives in an organization.	0	1,72	65,7	32,6	0	0	41,66	58,34

From Table 2, it can be seen that there was an improvement in participants' understanding regarding organizational structure. For each statement item, the percentage of community understanding increased. The activity received enthusiastic participation from the attendees, with the community actively engaging in discussions about the formation of the Women Farmers' Group (KWT) and the various fields that should be included. From this activity, it was also noted that the KWT of Padukuhan Karangtengah has been established and will engage in activities such as catfish farming and hydroponic plant cultivation.



Figure 3. Opening Remarks by the Head of the PKM Team during the Institutional Strengthening Activity



Figure 4. Institutional Strengthening Activity for the KWT

4. Conclusion

The community service activities, implemented through mosque-based family resilience strengthening and the formation and strengthening of organizations, proceeded smoothly and as planned.

According to the results of the pre-test and post-test, this activity yielded positive outcomes as it successfully enhanced the knowledge of the community, which is a significant benefit and positive impact for the target group. Additionally, as a result of this service, the Women Farmers' Group (KWT) of Padukuhan Karangtengah has been established. The purpose of this group is to enable the KWT to actively participate in driving various initiatives aimed at enhancing family resilience.

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