

FAMILY DEVELOPMENT SESSION AS AN EFFORT TO EMPOWER THE COMMUNITY IN THE FAMILY HOPE PROGRAM GORONTALO CITY

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ABSTRACT

Family Development Session is one of the supporting activities as well as intervention in the form of efforts to change the mindset of beneficiary families in the implementation of alleviating pre-prosperous families, namely the Family Hope Program (PKH). PKH is a social assistance program that is given conditionally. The focus of the research is to determine the efforts to empower the economic empowerment of beneficiary families through FDS activities. The research used a qualitative approach. The data collection techniques used are interviews, observation, and documentation. Checking the validity of data using triangulation techniques and sources, then the data analysis used is the domain and taxonomy of the Spradely model. The results of this study FDS as one of PKH activities were carried out in a structured manner in accordance with 5 modules and new additions, namely material on stunting prevention provided. The implementation of FDS as an empowerment effort is also supported by additional activities and other complementary empowerment programs that support the acceleration of the alleviation of underprivileged families such as the Kelompok Usaha Bersama (KUBE) and Pahlawan Ekonomi Nusantara (PENA) when the implementation of FDS is carried out. The PENA program as a form of empowerment intervention for families is considered effective because it has given birth to various forms of entrepreneurship with turnover that can deliver graduation.

Keywords: Family Development Session, Empowerment, Family Hope Program.

INTRODUCTION

PKH has been present from 2007 to 2023 (current). As a social assistance program that is given conditionally, PKH is expected to help poor families, especially pregnant women and children, to open access and utilize various health service facilities (faskes) and educational service facilities (fasdik) available around them. As an aid program, PKH in international terminology according to the world bank is also called Conditional Cash Transfer (CCT). CCT according to Fiszhen et al (2009: 1) which states further about conditional cash transfer activities as follows "Conditional cash transfers (CCTs) are programs that transfer cash, generally to poor households, on the condition that those households make prespecified investments in the human capital of their children. Health and nutrition conditions generally require periodic checkups, growth monitoring, and vaccinations for children less than 5 years of age; perinatal care for mothers and attendance by mothers at periodic health information talks. Education conditions usually include school

enrollment, attendance on 80–85 percent of school days, and occasionally some measure of performance. Most CCT programs transfer the money to the mother of the household or to the student in some circumstances." Based on the description, it is explained that conditional cash transfer (CCT) is a program carried out by transferring cash to underprivileged households, provided that they make predetermined investments, one of which is children as their capital or human resources. The investment in health and nutritional conditions generally requires periodic check-ups, growth monitoring, and vaccinations for children less than 5 years old; perinatal care for the mother and the presence of the mother at periodic health information talks. Other investments in educational conditions typically include school enrollment, attendance at 80–85 percent of the school day, and sometimes some measure of a child's performance or achievement in school. Most CCT programs are done by transferring money to housewives or to students in some circumstances.

CCT's Program has been adopted by the State of Indonesia and its implementation is adapted to the current national situation. The objectives of PKH carried out today are in line with the world bank according to Royani (2015: 1), namely: (1) Improving the quality of KSM health; (2) Improve the education level of KSM children; and (3) Improve access and quality of education and health services, especially for KSM children. With this special objective, it is expected to increase the Human Development Index (HDI) for PKH participants. Furthermore, the target of the implementation of the PKH program according to PERMENSOS No. 1 of 2018 Chapter 1 article 3 concerning General Provisions states that "The target of PKH is a poor and vulnerable family and/or someone who is registered in the integrated data of the poor handling program, has components of health, education, and/or social welfare."

The main objective of PKH is to reduce the number of poverty, by improving the quality of life of very poor, poor and almost poor families in terms of economy and human resources. From an economic perspective, PKH provides conditional cash assistance, and in terms of improving the quality of human resources, PKH provides training and family empowerment provided by assistance officers in Family Capacity Building Meetings (P2K2) and other terms namely Family Development Session (FDS), especially for very poor family groups. This goal is also an effort to accelerate the achievement of the Millennium Development Goals (MDGs) target. FDS is a learning process of KPM PKH which is carried out by providing and discussing information in the fields of health, education, economy, empowerment, social welfare, child protection to *stunting* prevention which is delivered through group meetings every month.

Family Development Session

According to the Directorate of Social and Family Security, the FDS Meeting Program is a behavior change intervention provided for PKH participants. FDS is one of PKH's supporting programs. In developing countries, PKH or those that are adopters of the CCT's program offered by the world bank also organize FDS as in Indonesia. As is the case in other developing countries, namely the Philippines, in the development of the implementation of their CCTs or the so-called pantawid program, developing programs according to Kandpal et al (2016: 5) "Family development session, timely preinatal care and growth monitoring, deworming and immunizations" based on this statement, in addition to the family development session of the Pantawid program in the Philippines, there is also timely monitoring of care and growth, coping with intestinal worms and immunizations .

The Director General of Social Protection and Security (Linjamsos) stated that FDS PKH The learning process is structured to strengthen behavior change in KPM.

FDS aims to increase knowledge, understanding of the importance of education, health and financial management for families in accordance with the expression of Abelshon (2011: 85) Both health and education are interconnected with and often a precondition of numerous other desired outcomes. The goal of these programs is to encourage positive norms associated with these behaviors so in the long run human capital accumulates to the poor without the need of wealth transfers to encourage positive behavior. Based on this understanding, it is known that both health and education are interconnected because both are prerequisites of many other desired outcomes in the development of human resources in the future. In addition, the purpose of the PKH program or in other countries CCT is to encourage positive norms related to behavior so that in the long run human capital with good health and education will accumulate. Therefore, welfare for the poor will no longer be transferred to encourage positive behavior. The implementation of FDS PKH starts from the assessment, planning, and implementation stages involving Ministries and other institutions related to poverty alleviation efforts. FDS PKH aims to provide awareness of KPM to act independently in terms of care and education, family financial management, education, economy and health and child protection.

The implementation of FDS activities is considered very important, because the hope of this activity is to improve the quality of KPM in living their lives so that if they are independent in the future, they will not be poor again. As an important part, FDS provided by PKH social assistants should be delivered more creatively and innovatively so that the presentation can be well received and have an impact on changing the behavior and mindset of KPM. This is inseparable from the low level of KPM education, so that simple delivery and containing other innovative development activities will be very effective. because in assisting PKH social assistants must understand six principles of assistance well as according to the Directorate of Social Assistance (2007: 8-9), namely as follows: (a) acceptance; (b) individualization; (c) non-judgmental; (d) confidentiality; (e) participation; and (f) communicative.

Community Empowerment

Empowering the community means striving to improve the dignity and dignity of layers of society who in current conditions are unable to escape the trap of poverty and backwardness. Empowerment is an effort to build that power, by encouraging, motivating, and raising awareness of its potential and trying to develop it. Empowerment agents, according to the Chamber, non-formal officers are individuals who have a voluntary dedication to help empower the community, whether managed by an NGO or privately. The non-formal officers are: volunteers, social workers, PKK cadres, Posdaya cadres, students, clerics, sympathizers, and others. The task of empowerment actors is to encourage and create individuals and communities to be able to make behavior changes towards independence (empowered).

Community empowerment is also a determinant and a development actor that provides opportunities to analyze challenges and propose actions that are prepared to solve problems (Ulfa et al., 2017: 63). Therefore, family empowerment has three important components, including (Dunst et al., 1994 in Ardian, 2014: 7): (1) Every family has and can establish strength; (2) Family obstacles in meeting needs due to aspects of family support

that do not provide opportunities to exceed them; and (3) In an effort to empower the family, family members strive to be skilled and compete for change.

METHOD

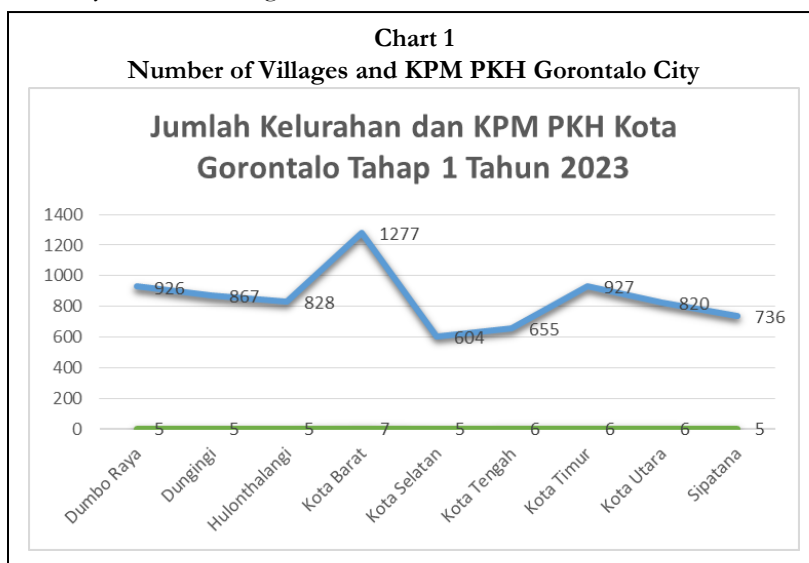
The type of research used is a case study. The reason researchers use this type of case study research is that researchers want to understand more deeply how empowerment efforts are carried out through the implementation of FDS in Gorontalo City in accordance with the statement stated by Ulfatin (2015: 50) that the type of case study research can be viewed as a method as well as a design to collect adequate information about facts or information from someone, Social settings, events or groups that are deliberately researched to be understood. In this study, researchers used 3 data collection techniques, namely observation, interviews and documentation studies. In this study, researchers focused on the following aspects: (a) the implementation of PKH, especially FDS; (b) Efforts to empower underprivileged families and (c) Implementation of the Pahlawan Ekonomi Nusantara (PENA) program.

This study used Spradley's model data analysis, which is a qualitative analysis model that was conducted by James Spradley in his ethnographic research in 1980. It's just that researchers suffice in 2 stages of analysis, namely domain and taxonomy. Both stages are considered sufficient to organize, sort, group, code or sign, and categorize them so that a finding is obtained based on the focus or problem to be answered

RESULTS AND DISCUSSION

Implementation of PKH Gorontalo City

PKH has been held in Gorontalo City since 2007 which has been held in 9 districts, namely Kota Barat, Dungingi, Kota Selatan, Kota Tengah, Kota Timur, Kota Utara, Sibatana, Dumbo Raya, Hulondalangi.



Source : UPPKH Gorontalo City database 2023

Based on data from the results of observation activities, it is known that there were 7 main areas that were currently being discussed at a coordination forum attended by all PKH implementing sub-district coordinators in Gorontalo City. The 7 objectives are Validation, Verification, Update, P2K2 / FDS, Social Aid Distribution, HR Management and finally complementarity. PKH social assistants as one of the spearheads of PKH implementation must have dedication and work discipline. In order to be a good and ideal PKH social companion in implementing the PKH program, according to the statement of the resource person above, it is known that, they must carry out their main duties and functions in accordance with general guidelines and applicable codes of ethics. In addition to the compulsory tupoksi, the most important thing is also the implementation of the additional tupoksi. The additional objectives in question are in addition to the tasks in the general guidelines translated in the decree obtained. As well as assistance in the KUBE and PENA programs

PKH social assistants not only carry out the process of mentoring every day on social problems experienced by their KPM but there are main tasks and other functions that must be completed by PKH social assistants every month. Based on data from the results of observation activities, it is known that there were seven main areas that were being discussed at a coordination forum attended by all coordinators of PKH implementing sub-districts in Gorontalo City. The seven objectives are validation, verification, updating, P2K2 / FDS, social aid distribution, HR management and finally complementarity. In relation to PKH tupoksi, the following is a description of the main tasks that must be carried out by PKH social assistants every month, namely Validation. The following is an overview of validation activities obtained by researchers from documentation data. Another task that is also the responsibility of PKH social assistance is to provide assistance to complementarity programs in the fields of health, education, energy subsidies, economy, housing, and meeting other basic needs that apply in Gorontalo City. UPPKH Gorontalo City hopes that the complementarity program can always be attached to the KPM it accompanies. The purpose of this complementarity program is also used as an effort to accelerate graduation (graduating from PKH membership) because it is independent and prosperous.

Of the tasks that have been mentioned, there is one task that has been specifically planned to improve the ability in this case the knowledge, attitudes and skills of the family, the activity is called FDS, the implementation of FDS is motivated by monthly meetings conducted so far by assistants to KPM is still limited to administrative activities only. So according to the resource person, when the observation is made, it needs to be used to provide education to PKH participants. The education in question includes educational and childcare materials, financial management and business planning, family health, child protection, elderly welfare services and disabilities and *stunting* prevention. So that the companion must master all learning materials in FDS well so that the education carried out also has the same impact. There are 3 activities carried out by PKH social assistants in obtaining these learning provisions, namely (a) Coaching Family Development Session; (b) Implementation of FDS Education and Training; and (c) FDS Post Education and Training.

P2K2 or FDS implementation is quite long and it is hoped that with that there can be a change in the mindset of PKH program beneficiary participants. But to succeed it also needs software, if the laptops of all PKH social assistants already have. But LCD, active speakers include other equipment that is still not full. This is a direct problem and when this

research is carried out the solution is still being thought about together. FDS itself is one of the platforms where social assistants can help KPM to access some information related to education, financial management, health and gisi, child protection and caring for the elderly. So it is hoped that in the future KPM can make FDS provisions as useful information in supporting it to be independent. Therefore, the implementation of FDS has a target, namely reducing poverty through increasing prosperous independent graduations.

Empowerment in FDS implementation

PKH with its FDS activities has established an independent learning environment in each group to help beneficiaries who in this case are represented by adult women administrators with a variety of structured and established education. FDS as one of the activities in the Family Hope Program is carried out in a structured manner in accordance with the modules provided. Before carrying it out, PKH social assistants receive training first so that in the future the implementation is as expected, namely the independence of its beneficiaries.

The implementation of FDS begins by preparing accompanying human resources to be cognitive, psychomotor and affective as a result of online and offline learning activities carried out. The learning capital is expected to be able to help the assisted community to change their mindset so that in the future they will become independent and prosperous. What is meant is like if in the educational module such as a companion who wants to innovate will be allowed, especially in the economic module such as seeking empowerment programs in the module so that the community or KPM can immediately be independent. This is also supported by the mentoring theory put forward by Rusmana (2019: 140) as follows. In conducting mentoring, several important principles must be developed, namely mentoring is a process of self-awareness, confident that those accompanied are able to develop, activities support the development of the community / group, depart from the bottom up, oriented to human resources as a whole, carried out through groups, cause participation, solidarity and self-help, are able to be friendly with the community, and are willing to learn from community life



Source : Researcher documentation 10/08/2023

Based on this information, it is known that in carrying out mentoring activities there are several important principles that have been developed. First, mentoring is a process of self-awareness so that the companion must believe that the individual he is accompanying is able to develop. Second, activities to support the development of the community / group depart from the bottom or (bottom up). Third, it is oriented towards human resources as a whole. Fourth, it is done through groups, not individuals. Fifth, give rise to participation. Sixth, foster a sense of solidarity and self-reliance. The seventh is able to be friendly with the community and the eighth or the last is willing to learn from community life. Based on the theory of the principle of assistance and research data related to the implementation of FDS. It is known that assistance must be implemented in the implementation of FDS in all modules, especially in the economic module in which the companion is expected to be able to innovate such as seeking empowerment programs in the module so that the community or KPM can immediately be independent.

One of the activities carried out by PKH Gresik social assistants is by carrying out Tjilen empowerment activities (2019: 80) Community empowerment is a process that is passed so that people gain greater control over their affairs/problems and increase initiatives related to their own destiny. The community must meet two social conditions to be able to experience the empowerment process, namely community members must have a sense of community and community members must actively participate in community activities

Learning capital in FDS is expected to be able to help the assisted community to change their mindset so that in the future they will become independent and prosperous. This is meant such as the ease of implementing innovations in each module, especially in the economic sector, such as striving for entrepreneurial empowerment programs in these modules so that the community or KPM can immediately be independent. PKH Gresik's social assistants have mobilized all their potential and competence to help their assisted communities by carrying out the empowerment process. With the ability to capture potential and connect to funders so that they can rise within economic limitations through micro-enterprises by utilizing the potential that exists in KPM

Empowering Intervention in FDS with PENA Program

In this study, researchers found ongoing empowerment efforts, namely the Pahlawan Ekonomi Nusantara (PENA) program based on technical guidelines for the poor, philosophically these economic heroes of the archipelago are vulnerable groups and underprivileged people who stand out for their courage and sacrifice in fighting to break away from social assistance programs. So that in its implementation, this program is given to active social aid recipients aged 20-40 years whose families there are no elderly and disabilities are expected to voluntarily want to break away from dependence on social assistance because they have received assistance in the form of business strengthening support from the PENA program This was motivated by the opinion of the then social minister Tri Rismaharini who wanted to reduce the provision of social assistance to underprivileged people whose physique was still Strong from 2022. The targets of the Social Empowerment Program (SP-3) are known to be 3, namely: (1) Increasing KPM income through sustainable business. (2) Screening of KPM that really needs social assistance with those that do not. (3) MOSA contributes to the reduction of the country's financial burden in the long run.



Source : Researcher documentation 10/08/2023

Above is a picture of the results of strengthening PENA's entrepreneurship, which has been felt by PKH participants in improving their family welfare. From the assistance obtained, several beneficiaries gave a positive response to the empowerment intervention for PKH participants, even so, each program certainly still received input as evaluation material. If PENA is only given to buy equipment, it is hoped that in the future there will be programs for capital assistance and training that support not only online but also offline.

CONCLUSION

Alleviation of underprivileged families does not only stop at providing conditional assistance as many provide. Continuous provision of assistance will result in a higher attitude of dependence. Therefore, the PKH Program that has been implemented by the Ministry of Social Affairs changes mindset with cognitive, affective and psychomotor interventions in mindset and behavior change. This intervention is none other than to help the community get out of poverty and continue the next generation as a superior generation through *Family Development Session*. After entering the family development session, it is expected that the empowerment of the beneficiaries will grow in various matters ranging from health, education, social welfare, child protection to *stunting* prevention and no less important is the economy.

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