

THE EFFECT OF EMPOWERING THE FAMILY DEVELOPMENT SESSION PROGRAM ON INCREASING THE SOCIAL CAPITAL OF FAMILY HOPE PROGRAM RECIPIENT

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ABSTRACT

Rapid population growth and low human resources can result in community helplessness which can ultimately lead to problems of poverty. To overcome this problem, the Indonesian government launched the Family Development Session (FDS) Program. FDS is empowerment to change people's mindset to become more independent and become a forum for increasing the social capital of its participants so that it can have an impact on improving the quality of life for the better. This research aims to determine the effect of empowering the family development sessions program on increasing the social capital of Family Hope Program recipient communities at BTN Kartini. This type of research uses a quantitative approach with correlational methods. The sample in this study consisted of 20 Family Hope Program beneficiaries. with closed type for which alternative answers have been provided by the author. The documentation used in this research is in the form of personal documentation such as photos and notes related to the empowerment of the family development session program. The data analysis technique used is simple linear regression. The results of this research show that the empowerment of family development sessions has a significant effect on increasing the social capital of Family Hope Program beneficiary communities.

KEYWORDS: Empowerment, Family Development Session, Social Capital

1 INTRODUCTION

Population growth in Indonesia is running fast. According to the Indonesian Central Statistics Agency (2023), Indonesia's population growth rate is 1.13%. In line with that, based on the Human Development Index, Indonesia is in 144th position out of 191 countries (Putri, 2023). Rapid population growth and low human resources can result in community helplessness which can ultimately lead to problems of poverty. Poverty is a social problem that falls into a complex category. This problem is said to be complex because it is related to low levels of income, which makes poor people unable to fulfill their basic needs perfectly. Apart from that, it is also related to the level of education and health, such as the large number of children who cannot continue their education, face difficulties in paying for health care, and other problems that have an impact on crime and hinder the creation of superior resources (Luthfi, 2019). To overcome this problem, the Indonesian government launched the Family Hope Program. Family Hope Program is conditional assistance that provides recipients with two types of assistance, namely in the form of money and empowerment. The aim is that they can open their awareness and desire to change and can have the power

to access health and education services so they can change their living conditions (Pratiwi et al., 2019). Community empowerment can be the key to ensuring that those in need not only receive financial support, but also receive assistance from the empowering party which makes the beneficiaries have the ability or power to manage resources effectively. In line with this, the power dependency empowerment theory explains that a person is always connected with power or control, which basically focuses on the relationship between someone who has resources or information and someone who needs it so that individuals or groups have the power to improve their standard of living (Faoznudin, 2022). Therefore, the provision of empowerment carried out by the empowering party can increase the power of the beneficiaries to become more empowered in the future.

Then empowerment in the family hope program is transformed into the community through a learning process. This means that this program does not only provide cash assistance, but also through an educational process by Family Hope Program assistants in empowerment called the Family Development Session (FDS). FDS is empowerment in the form of non-formal education designed to provide skills and knowledge as an effort to develop the potential of the community receiving Family Hope Program assistance to fulfill their daily needs, changing the way of thinking of Family Hope Program recipients towards a better, healthier and smarter mindset and attitude so that they can be more empowered to improve their living conditions in various aspects of life including education, health and the economy and not only depend on government assistance at all times (Annisa & Yulindrasari, 2021). Family Development Sessions (FDS) aims to empower recipients through a holistic approach, which includes economic, social and health aspects. This program seeks to improve skills and knowledge in managing resources, so as to improve one's own standard of living. In addition, by increasing families' access to education and health services, FDS not only empowers them economically but also increases their capacity to live productive lives. In this way, FDS not only contributes to improving individual living standards, but also directly supports the achievement of SDGs number one in efforts to eradicate poverty as a whole.

Based on a preliminary study conducted by researchers, BTN Kartini, Subang, is one of the places that has implemented FDS empowerment since 2017. The target community at BTN Kartini who receive benefits from Family Hope Program are underprivileged families who have been recorded in the Integrated Social Welfare Data and meet the criteria for Family Hope Program recipients, namely that the family has children aged 0 to 6 years who are not yet in school, school children and the elderly. Furthermore, the beneficiaries of social assistance only depend on basic needs from the cash assistance they have received. So a fairly large level of dependence on social assistance makes poor families helpless. The connection between feeling dependent on help tends to lead to helplessness. Therefore, FDS empowerment activities are a form of assistance effort for poor people so that they can be more independent and able to increase the resilience of their families, can change their mindset so that they can change their lives with their own abilities, and do not always depend or rely on the social assistance provided. by the government or institutions only. FDS also becomes a forum for increasing social capital for Family Hope Program recipients through meetings and interactions between Family Hope Program recipient members and companions. This is done because of the recipient Family Hope Program rarely interacts together. So FDS activities are not only a space to gain knowledge and information from Family Hope Program facilitators regarding various health and nutrition materials, but also as a space for dialogue and collaboration between members to find solutions related to the problems they face. Efforts to increase the social capital of Family Hope Program recipient communities in empowering the FDS program can indirectly accelerate the reduction of poverty problems, especially those related to improving community behavior and mindset . This is done because in the context of empowerment, social capital in the community is an important factor in successfully achieving empowerment goals. As in Santi's (2018) research, it shows that social capital is a factor that is able to move society because with social capital, the formation of social relations in society gives rise to cooperation which in turn will increase collective prosperity. Social capital can also create a strong foundation in achieving goals in improving better living conditions. Where social capital has

elements such as norms, mutual trust, and social networks that form a unity and the social capital that a person has will be stronger when from these empowerment activities, the group has strong relationships and norms. Fukuyama (2002) explains that social capital is everyone's skill in working together to achieve goals in an organization or group.

Based on the description explained above, researchers are interested in conducting research regarding the influence of the empowerment of the family development session program on increasing the social capital of Family Hope Program recipient communities at BTN Kartini with the hypothesis Ho: Empowerment of the family development session program does not have a significant effect on increasing the social capital of Family Hope Program recipient communities in BTN Kartini and Ha: The empowerment of the family development session program has an effect on increasing the social capital of the Family Hope Program recipient community at BTN Kartini. Then, the aim of this research is also to find out the influence of the empowerment of the family development session program on increasing the social capital of the Family Hope Program recipient community at BTN Kartini. By understanding this, this research can make a significant contribution to our understanding of how empowerment programs can empower communities holistically.

2 METHOD

The research approach used in this research is quantitative. Creswell (2017) defines that quantitative research is a method for testing a particular theory by examining the relationship between variables. These variables are measured with research instruments so that data consisting of numbers can be analyzed based on statistical procedures. In line with that, the method used in this research is a correlational method. Correlation is a method that aims to find out how variables relate to each other or use this relationship to make further predictions (Santoso, 2021).

This research was conducted in the BTN Kartini area, Subang with the sampling technique used was purposive sampling. purposive sampling is sampling based on certain considerations (Sugiyono, 2020). A particular consideration in this research is that it only targets people who are beneficiaries of the Family Hope Program. The number of Family Hope Program recipients at BTN Kartini is as follows.

Table 1. Family Hope Program Recipients

Region	Population	Family Hope Program Recipients
BTN Kartini	428 Orang	20 Orang

Based on the table above, it can be concluded that the sample size required as a data source in this research is 20 people. Then, this research consists of two variables, namely the independent variable and the dependent variable. Independent variables are variables that influence the dependent variable, while dependent variables are variables that are influenced by the independent variable (Abdullah, 2022). The variable in this research is the empowerment of the family development session (independent) and social capital of FAMILY HOPE PROGRAM recipient communities (dependent). The picture between research variables is as follows.



Figure 1. Research Variables

Furthermore, the data collection techniques used in this research are in the form of questionnaires and documentation. The questionnaire data type is primary data while documentation is secondary data. In this study, researchers will provide a closed-type questionnaire for which alternative answers have been provided by the author. The documentation used in this research is in the form of personal documentation such as photos and notes related to the empowerment of the family development session program and official documentation originating from government institutions such as guidelines for the implementation of the Family Hope Program (Family Hope Program). Finally, the data analysis technique used is simple linear regression.

3 RESULT AND DISCUSSION

3.1 Data Processing Results

The results of data processing in this research are as follows.

1. Correlation Coefficient

The results of the correlation calculation of the family development session empowerment variable (X) and the social capital variable (Y) carried out by researchers using IBM SPSS statistics version 20 are as follows.

Table 2. Correlation Coefficient Test

		Empowerment_FDS	Social_Capital
S	Pearson Correlation	1	.511*
	Sig. (2-tailed)		.021
	N	20	20
Social_Capital	Pearson Correlation	.511*	1
	Sig. (2-tailed)	.021	
	N	20	20
*. Correlation is significant at the 0.05 level (2-tailed).			

Based on the table above, it is known that the correlation coefficient value of variable X with variable Y is 0.511. This value is in the quite strong category. So the relationship between empowering family development sessions and increasing the social capital of Family Hope Program beneficiary communities is quite strong.

2. Simple Linear Regression Test

The results of simple linear regression calculations of the family development session empowerment variable (X) and the social capital variable (Y) carried out by researchers using IBM SPSS statistics version 20 are as follows.

Table 3. Simple Linear Regression Test

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	18.941	8.624		2.196	.041
	Empowerment_FDS	.533	.211	.511	2.523	.021

a. Dependent Variable: Social_Capital

In the table above, in column B the constant value (a) is 18.941 and the regression value (b) is 0.533 with a significance value of 0.021. Thus, the regression value equation can be written as follows: $\hat{y} = a + b(53.3\%)$ at a constant of 18.941. So the effect of empowering family development sessions can be predicted to increase by 53.3% at a constant of 18.941 if the social capital of the Family Hope Program community increases by one unit.

3. Hypothesis Test

The results of hypothesis test for the family development session empowerment variable (X) and the social capital variable (Y) carried out by researchers using IBM SPSS statistics version 20 are as follows.

1) Determination Test

The results of the determination test of the family development session empowerment variable (X) and the social capital variable (Y) carried out by researchers using IBM SPSS statistics version 20 are as follows.

Table 4. Determination Test

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.511 ^a	.261	.220	3.674

a. Predictors: (Constant), Empowerment_FDS

In the table above, it is known that the R Square value is 0.261, which means that the influence of the empowerment variable family development session (X) on the variable increasing social capital (Y) is 26.1%, while 73.9% of increasing social capital is influenced by various factors that are not included in the discussion of this research.

2) Significance Level Test

Table 5. Significance Level Test

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
(Constant)	18.941	8.624		2.196	.041
1 S Empowerment_FD	.533	.211	.511	2.523	.021

a. Dependent Variable: Social_Capital

In the table above, it is known that the calculated t value is 2.523. then to determinate the t table researchers use the following formula.

$$= (a/2; n-k-1) = (0,05/2; 20-1-1) = (0,025; 18) = 2.100$$

Research hypothesis:

- HO : : Empowerment of the family development session program has no effect on increasing the social capital of the Family Hope Program recipient community at BTN Kartini
- Ha : Empowerment of the family development session program has a significant effect on increasing the social capital of the Family Hope Program recipient community at BTN Kartini.

Test Criteria :

- If the calculated t value < t table, then the family development session empowerment variable (X) does not have a significant effect on the variable increasing the social capital of Family Hope Program recipient communities (Y) at BTN Kartini.
- If the calculated t value > t table, then the empowerment variable family development session (X) has a significant effect on the variable increasing the social capital of Family Hope Program recipient communities (Y) at BTN Kartini.

Based on the table above, it is known that the calculated t value is 2.523 and the t table value is 2,100. Because the calculated t value is greater than the t table value, it can be concluded that the empowerment of family development sessions has a significant effect on increasing the social capital of the Family Hope Program recipient community at BTN Kartini.

3.2 The Effect of Empowering the Family Development Session Program on Increasing the Social Capital of FAMILY HOPE PROGRAM Recipient Communities at BTN Kartini

Empowerment is a process to maximize the potential of each individual. Therefore, real action is needed by providing knowledge and insight so that it opens the door for individuals to be more empowered (Alfiansyah, 2023). In line with that, Family development sessions are a form of non-formal educational empowerment designed to maximize the potential within individuals by providing skills and knowledge as an effort to develop the potential of communities receiving Family Hope Program assistance to fulfill their daily needs, changing the way of thinking of Family Hope Program recipients towards their mindset and attitudes become better, healthier and smarter so that they can be more empowered in improving their living

conditions in various aspects of life including education, health and the economy and not only depend on government assistance at all times (Annisa & Yulindrasari, 2021). Apart from that, the empowerment of family development sessions is also a forum for increasing social capital for Family Hope Program recipients through meetings and interactions between Family Hope Program recipient members and companions. So that family development session activities are not only a space to gain knowledge and information from Family Hope Program facilitators regarding various materials such as education, economics, health and nutrition, and social welfare but also as a space for dialogue and collaboration between members in finding solutions to the problems they face collectively. together. Efforts to increase the social capital of Family Hope Program recipient communities in empowering the family development session program can indirectly accelerate the reduction of poverty problems, especially those related to improving community behavior and mindset. This is done because in the context of empowerment, social capital in the community is an important factor in successfully achieving empowerment goals. Social capital is also a factor that is able to move society because with social capital, the formation of social relations in society gives rise to cooperation which in turn will increase welfare (Santi, 2018). Individual social capital will not decrease when used. On the contrary, it will get stronger if it is used frequently.

Based on the results of hypothesis testing, the empowerment of family development sessions has a significant effect on increasing social capital for Family Hope Program beneficiaries. Primarily rooted in the ideas of trust, social networks, and norms that can be used to measure social capital (Fathy, 2019). The first influence of empowering family development sessions on increasing social capital occurs in the element of trust. According to Fukuyama (2002), trust is the basis of social capital, so it is very important to form it. Without trust, individuals are reluctant to participate and expand social relationships in community life. Empowering family development sessions can increase members' trust in companions, other members, and other people (society in general). Empowerment family development sessions are designed to empower Family Hope Program beneficiaries through various activities. First of all, through interaction with mentors, Family Hope Program beneficiaries can develop self-confidence and trust in those who provide guidance. These sessions provide a space for discussion on a variety of topics, including personal and family issues. The companion also serves as a facilitator who supports the exchange of information and experiences and creates a supportive environment for sharing and learning. This can strengthen the bond between the beneficiary and the companion thereby increasing the sense of trust and openness between each other. Apart from that, empowering family development sessions provide opportunities for Family Hope Program beneficiaries to interact with other Family Hope Program members. Through the process of sharing experiences and knowledge in groups, solidarity and trust between Family Hope Program members is increased. This empowerment also plays a key role in increasing Family Hope Program beneficiaries' trust in other people when asking for help. By feeling more confident, they can be more open to seeking outside help and feel more confident that this support can help improve their living conditions.

Second, the social network element. The development of social networks or relationships allows individuals to expand their resources and gain greater wealth, experience, prestige, and power. These resources can be used to mobilize individuals, further improve their social status by reaching higher hierarchical levels, and influence the strengthening of networks in the social environment of the people involved (Sudarmono, 2021). Through empowering family development sessions at BTN Kartini, where Family Hope Program members are invited to be involved in learning sessions covering various aspects of life, such as health, education, finance and social welfare. These sessions not only provide practical knowledge, but also create a platform for sharing experiences and ideas between participants, which in turn strengthens social interaction in the Family Hope Program beneficiary community. This increase in social networks includes not only relationships between family members, but also connections with other Family Hope Program members. For example, group sessions can provide opportunities to build positive and collaborative relationships among Family Hope Program beneficiaries who take part in empowerment. So that with the social networks or relationships formed, Family Hope Program beneficiaries can access more

resources, support and opportunities in the surrounding environment. This can not only provide direct benefits at the level of well-being, but also support the formation of strong and mutually supportive communities.

Third, the norm element. The nature of a norm is that it is binding, so that individuals or groups must follow and obey it. These rules are usually institutionalized in written or unwritten form which function to regulate people's behavior (Ratmaningsih et al., 2019). Norms in social capital are used as the basis for binding relationships between people in a group (Alfitri, 2023). Empowering family development sessions also serve to increase understanding and implementation of obligations as Family Hope Program recipients. The influence of empowering family development sessions in increasing understanding and implementation of obligations is that through sessions at empowering family development sessions, Family Hope Program beneficiaries are given information about their rights and obligations as empowerment participants. They are invited to understand the importance of complying with obligations such as participating in education and health programs, as well as actively participating in efforts to improve family conditions. Empowering family development sessions also provide a forum for discussing norms or rules that exist in the family and society. This group discussion creates a shared understanding of the importance of obeying rules both at the household and community level. This helps establish positive norms that encourage Family Hope Program beneficiaries to carry out their obligations with full responsibility.

Thus, empowering family development sessions not only increase the knowledge and skills of Family Hope Program beneficiaries, but also build a strong foundation of trust, both towards companions, fellow Family Hope Program members, and the wider community. Forming and strengthening social networks, and encouraging compliance with obligations and rules in the family and society. So that Family Hope Program beneficiaries can improve their quality of life for the better. In line with this, according to power dependency theory, this theory emphasizes that social relations are based on the distribution of power from those who are more powerful and have the ability to influence those who are less powerful (Faoznudin, 2022). In the context of empowering family development sessions, power is understood as control and access to resources, knowledge and information. Family development sessions empower Family Hope Program recipient communities by giving them access to the knowledge and skills needed to improve welfare. Through providing learning materials, Family Hope Program beneficiaries obtain practical information about important aspects of daily life, such as health, education, finance and social welfare. Providing this knowledge will strengthen the position of Family Hope Program recipient communities in managing their own resources, so that they are no longer completely dependent on government assistance. Apart from that, empowering family development sessions creates space for participation and interaction between members of the Family Hope Program recipient community. This can increase social capital. Empowering family development sessions can also change the power dynamics in society. With increased social capital, Family Hope Program recipient communities can have greater access to decisions that affect their lives. This will encourage Family Hope Program beneficiary communities to reduce their total dependence on government assistance. Where individuals or communities who have been empowered will have a greater capacity to take an active role in making decisions that affect them, reduce dependency, and create stronger social relationships so that the social capital of Family Hope Program beneficiary communities increases which includes trust, social networks, and norms in society will improve their quality of life for the better.

4 CONCLUSION

Based on the results of the analysis and discussion regarding the Effect of Empowering the Family Development Session (FDS) Program on Increasing Social Capital, it was concluded that, Empowering family development sessions had a significant effect on increasing the social capital of Family Hope Program beneficiary communities. Primarily rooted in the ideas of trust, social networks, and norms that

can be used to measure social capital. On the element of trust, empowering family development sessions can increase members' trust in companions, other members, and other people (society in general). In the social network element, empowering family development sessions can strengthen the social relationships of its members, and in the norm element, it can encourage obedience towards obligations and rules in the family and society. So that Family Hope Program beneficiaries can improve their quality of life for the better.

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