

## THE EFFECTIVENESS OF FAMILY WELFARE MOVEMENT PROGRAM IN SLUMS

Asih Kuswardinah\*

Universitas Negeri Semarang  
Sekaran, Gunungpati, Kota Semarang, Jawa Tengah 50229, Indonesia

### Abstract

*Demands for family needs are increasing along with the changing times and science. Thus, Family Welfare Program or Program Kesejahteraan Keluarga (PKK) is nationally aimed to empower families to improve prosperity towards faith and devotion to God; virtuous morality; health; prosperity; independence; gender equality, justice; legal and environmental awareness. This paper aims to provide a descriptive picture to PKK Deliksari management about the level of implementation of the members of each workgroup program (I, II, III, IV); give a picture to PKK management about which workgroup is responded mostly by members; provide an overview of the skills education that is most interesting in Deliksari community, so it can be followed up through village entrepreneurship training; provide an overview of facilities needed to motivate the community to increase efforts. The research was conducted in Deliksari. The total respondents are 58 people determined by purposive sampling. The data collection tool is questions with multiple answers corroborated by in-depth interviews with management, some members, and field observations. The study found that the achievement of program implementation percentage included the average achievement of workgroup I in the high category; the average achievement of workgroup II in the medium category; the average achievement of workgroup III in the medium category, the average achievement of workgroup IV in the medium category; the average achievement of workgroup I to IV in the medium category; and the highest percentage, that is, from residents choosing "baking cookies" skill (63.79%), sewing skills (13.79%) and planting fruit around the houses (22.41%).*

**Keywords:** *PKK, family welfare, slums, weak economy*

**How to cite:** Kuswardinah, A. (2020). The effectiveness of family welfare movement program in slums. *Jurnal Pendidikan Vokasi*, 10(2), 126-137. doi:<https://doi.org/10.21831/jpv.v10i2.31976>



**\*Corresponding Author:** Asih Kuswardinah  [asih@mail.unnes.ac.id](mailto:asih@mail.unnes.ac.id)  
 Department of Family Welfare Education, Faculty of Engineering, Universitas Negeri Semarang  
Kampus Sekaran, Gunungpati, Kota Semarang,  
Jawa Tengah 50229, Indonesia

## INTRODUCTION

The growth of slums in the suburbs has become an extraordinary phenomenon in the portrait of urban population. Although not similar one another, the growth of urban slums in less developed regions around the world is increasing very rapidly to reach an average of two percent each year compared to 0.5 percent in more developed regions (United Nations, 2015). There are one billion people living in slums today, and by the end of 2030, it is predicted to be two billion, and to three billion by 2050 if current trends persist (UN-Habitat, 2010). The emergence of slums has regional and global implications, affecting education, health, child mortality, socio-political exclusion and the like (UN-Habitat, 2003). Work routine is the main key to prosperous family achievement. However, the fact is that most of the people of Indonesia have not been able to meet the needs of a decent life, even though they have worked hard. Deliksari is one of villages in the Gunungpati sub-district of Semarang City. Its majority of the population is on the poverty line (Kuswardinah et al., 2019; Kuswardinah & Kariada, 2010). The fact that there is always a lack of infrastructure and basic services, such as water, sanitation and health care needed to anticipate an increase in the number of settlers (Cohen, 2006; Montgomery, 2008). It is recognized that those who live in such residential areas suffer at the spatial, economic and social exclusion levels of the urban population (Jones, 2017). Their employment status is precarious, such as buskers, domestic helpers, porters or domestic servants, scavengers and so on. However, some of them also sell food and simple side dishes, and also offer cooking services. The majority of their education level is low, and even some do not receive education. The level of income is also low and precarious, whereas the level of children's health is highly correlated with maternal education (Duflo, 2012), even though this relationship is not a causal relationship. However, there is some evidences that poor health is found in many slums, such as in western Africa, Sub-Saharan (Bocquier et al., 2011; Günther & Harttgen, 2012), in South Asia specifically Bangladesh (Gruebner et al., 2011), and also India (Gaur et al., 2013; Hazarika, 2010). Consequently, children and adolescents growing up in such poverty must be the main target group for prevention and health promotion (Lampert & Kuntz, 2019). Slums are often characterized by conditions that describe adjacent settlements, poor sanitation, and lack of access to drinking water (Sclar et al., 2005). There is a thesis that is very common and accepted, that the characteristics of slums have a strong tendency to produce poor health performance, and ironically the impact goes beyond just living poor and also other characteristics that can occur at the individual level.

Family Welfare Movement program or *Program Kesejahteraan Keluarga* (PKK) is a government program that is operated in every family settlement in the jurisdiction of Indonesia, which contains 10 main programs. PKK movers are dominated by women without distinguishing employment status, and the aim is to achieve a prosperous family. A prosperous family is the result of a long family process where members feel safe, secure and comfortable by obtaining physical, spiritual and social health insurance (Kuswardinah et al., 2019). PKK is a national movement in community development that grows from the bottom, with the concept of: from, by and for the community. Women's participation in slums is a verified assumption, because women in slums tend to have useful skills. They are resilient individuals who are honed from the capacity to take care of households that are always in a critical position, also conditioned in cultural norms that often do not provide the same legal rights and status as men (Cities Alliance, 2011).

The 2015 National Working Meeting on Decree of the PKK resulted in ten main programs that are carried out through four working groups, namely: (1) workgroup I fosters the P4 and mutual cooperation programs; (2) workgroup II fosters the programs of education, skills, and cooperative life; (3) workgroup III fosters the programs of food, clothing and shelter management; (4) workgroup IV fosters health, environmental sustainability, and health planning programs. Departing from the goals of PKK, it is very urgent to encourage family empowerment to achieve a more adequate quality of life.

The condition of the most Deliksari Village people is below the poverty line. This research questions the implications and impact of empowering PKK that is operated through four workgroups, and are expected to improve the quality of life of members, qualitatively and quantitatively. Identifying the skills needed by members was also done to increase their entrepreneurial stock. The

research outputs are: (1) provide a descriptive picture to the PKK Deliksari management about the level of implementation of the members of each workgroup program (I, II, III, IV); (2) give a picture to PKK management about which workgroup is responded mostly by members; (3) provide an overview of the skills education that are most interesting in the Deliksari community, so that it can be followed up through village entrepreneurship training; (4) provide an overview of facilities that are needed to motivate the community to increase efforts. The results of this study are expected to become a descriptive concept of PKK roles in a weak economic community in improving quality of life.

According to UN-Habitat, the working definition of slums focuses on physical living conditions and legal aspects, namely when a household in which a group of individuals lives under one roof in an urban area that lacks one or more of the following: (1) access to good water; (2) access to better sanitation; (3) security of home land ownership; (4) durability of housing; (5) adequate guest room (UN-Habitat, 2010). Family is the smallest group of people consisting of a man as husband, woman as a wife and child as a result of a legal marriage (Kuswardinah, 2019). Understanding family can be divided into nuclear families, extended families and kinship groups. The nuclear family is a social unit consisting of father, mother and children; in life they have legal, biological, social, psychological and economic ties. Broad family is a family that is not only formed from direct ancestral relationships, but also from marital relationships. Hereditary relationships from extended families occur from a chain of ties between father and mother to children for generations. Kinship group is a combination of a number of extended families based on a lineage of male and female ancestors. What is meant as family in this research is nuclear family.

A good quality family is a family that can carry out activities as functions, namely the family as a biological, economic, social, psychological, and educational function. In general, good quality family is said to be a prosperous family due to capability to fulfil its physical, spiritual and social needs. Physical needs include food, clothing, shelter, and equipment, whereas psychological needs consist of physical and mental health needs.

According to the decision of the national working meeting or *Rapat Kerja Nasional (Raker-nas)* PKK in 2005, PKK is a national movement for community development that grows from the bottom. PKK empowers families in order to improve prosperity towards the realization of families who believe in Almighty God, have good character, be virtuous, be healthy, prosperous, advance and be independent, realize gender equality and justice, as well as legal and environmental awareness. The ten PKK programs include: (1) guidelines for living up and practicing *Pancasila* (five pillars of ideology of Indonesia); (2) mutual cooperation; (3) food; (4) clothing; (5) housing and household management; (6) education and skills; (7) health; (8) development of cooperative life; (9) environmental preservation and; (10) health planning. The implementation of these ten main PKK programs is operated through four workgroups, namely: workgroups I, II, III, and IV.

The tasks for workgroup I is to manage the Guidelines for Living Up and Praticing *Pancasila* (P4) and mutual cooperation programs. In more detail explanation, the tasks are: (1) upgrading family resilience to realize the awareness of every citizen about living up and practicing *Pancasila*; (2) increasing the development of children and adolescents from an early age in the fields of mental, moral, religious, ethical, and polite values in the family; (3) improving the acculturation of self-concept in the family through parenting; (4) civilizing legal awareness and increasing family knowledge about applicable laws and regulations, for example: trafficking, human rights, child protection, drug abuse; (5) improving understanding of life skills and parenting skills; (6) increasing awareness of living together, social solidarity, order and environmental security; (7) promoting awareness of the elders; and (8) participating in social service teams and united army activities to build villages.

Pokja II manages educational and skills programs and develops cooperative life, which includes: (1) enhancing education and skills in the family, increasing the types and quality of cadres, improving the knowledge of PKK driving teams and PKK workgroups and homelessness through counseling, orientation and training; (2) carrying out and developing the activities of Infant Family Development (*Bina Keluarga Balita* or BKB) program; (3) strengthening study groups A and B packages, and form package C; (4) improving knowledge and fostering awareness in family about the importance of children's education from an early age (0-6 years) so that children grow and de-

velop optimally according to their age; (5) assisting functional literacy programs in order to enhance family education; (6) upgrading group and business quality to improve Efforts to Increase Family Income (UP2K or *Usaha Peningkatan Pendapatan Keluarga*) of PKK; (7) motivating families about the benefits of cooperatives as an effort to improve economy in the family and encourage the formation of cooperatives managed by PKK; (8) compiling training modules; (9) participating together with workgroup IV in any activities related to Early Childhood Education Program (*Pendidikan Anak Usia Dini* or PAUD).

Workgroup III organizes food, clothing and shelter management program. The operational formulation of workgroup III includes: (1) striving for family food security, increasing the quality and quantity of family food through diversification of food crop cultivation in the environment; (2) fostering public awareness to consume diverse, nutritious and balanced foods, and encouraging the consumption of *halal* and healthy food; (3) doing some efforts to use artificial land, at least for family needs; (4) increasing the use of yard by strengthening yard characteristics to be green, organized, beautiful, and comfortable (which becomes "heart" of PKK); (5) encouraging the use of appropriate technology to improve the quality and quantity of production and ease the workload, also fostering a sense of love for Indonesian food and production; (6) promoting proper food for children and elders; (7) developing creativity of traditional clothing and making souvenirs with traditional/regional motifs to support tourism; (8) creating work in the fields of services, clothing, food and simple healthy housing; promoting healthy and livable homes to support the realization of good quality family life; (9) creating the function of the house as a place for growth and development of the family, strengthening the inner relationships of the family, fostering a fabric of affection, maintaining harmony, norms of life and personality; (10) enhancing cooperation with related agencies, the private sector, social institutions; (11) striving to increase the use of yard for local food supporting the implementation of Provision of Additional Food for School Children (PMT-AS or *Program Makanan Tambahan – Anak Sekolah*) in collaboration with Workgroup IV.

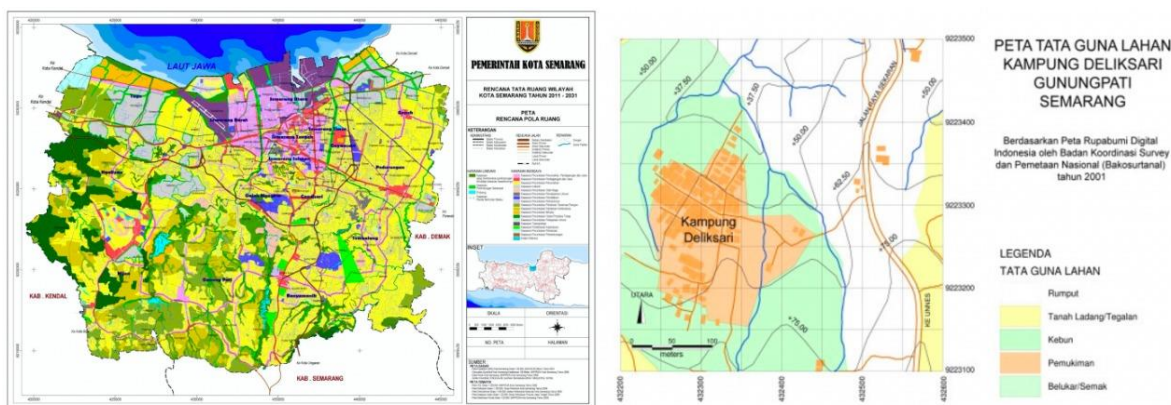
Workgroup IV manages the programs of health, environmental sustainability, and health planning. The operationalization of workgroup IV includes: (1) improving family knowledge, awareness and ability about balanced health and nutrition, so that families remain healthy and productive in order to reduce morbidity and family mortality; (2) improving awareness to live clean, healthy and preserve the environment; (3) upgrading knowledge of financial management and existing means to create good quality families in accordance with their portions.

## RESEARCH METHOD

This research is a descriptive study that describes the percentage of achievements according to respondents' perceptions of PKK program implementation at Deliksari Village, Semarang. It is measured through instruments questioning about: (1) their efforts to improve education and family skills, increasing the knowledge of PKK mobilizing teams and PKK workgroups and homeless through counseling, orientation, and training; (2) attempts to implement the Infant Family Development Program; (3) attempts to enhance knowledge and awareness of the importance of education and care for children to grow and develop optimally according to age; (4) efforts to improve group-work and Efforts to Increase Family Income (UP2K) of PKK; (5) attempts to strengthen understanding of the benefits of cooperatives in improving the family economy and encourage the formation of cooperatives managed by PKK.

Deliksari Village, Gunungpati Sub-district of Semarang, is located on the southern outskirts, on the highway to Universitas Negeri Semarang. It is next to several developing settlements which are more advanced in socioeconomic status. The research site is figured on the map presented in Figure 1.

The samples are all PKK members who live in RT (neighbourhood) six Deliksari Village, and the number  $\Sigma = 150$ . Samples were taken by purposive sampling based on literacy and active characteristics as PKK members, each RT was around 50 percent (members and administrators), obtained a sample size of  $n = 58$  people. The research variable is the performance of management and members implementing the PKK programs. This research describes the percentage value of the achievements of respondents (management and members) in implementing the PKK programs.



Sources: Badan Koordinasi Survey dan Pemetaan Nasional (Bakosurtanal) (2001); Regulation of Semarang City Region No. 14 of 2011

Figure 1. Location Map of Deliksari Village, Semarang

The data revealed by each measuring instrument are: (1) "achievement of workgroup I" through seven items of action questions, and the choices are: "ever more than once" scores 3, "once" scores 2, "never" scores 1, and  $\Sigma$  achievement of every respondent is  $x = (7 \leq x \leq 21)$ ; (2) "achievement of workgroup II" through eight action questions, and the choices are: "often" scores 3, "rarely" scores 2, "never" scores 1, and  $\Sigma$  achievement score of each respondent is  $x = (8 \leq x \leq 24)$ ; (3) "achievement of workgroup III" through 12 action questions, and the choices are: "often" scores 3, "rarely" scores 2, "never" scores 1, and  $\Sigma$  achievement score of each respondent is  $x = (12 \leq x \leq 36)$ ; (4) "achievement of workgroup IV" through 14 action questions, and the choices are: "often" scores 3, "rarely" scores 2, "never" scores 1, and  $\Sigma$  achievement score of each respondent is  $x = (14 \leq x \leq 42)$ . Data were tested for validity and reliability. In addition to the filling instruments, data were revealed through in-depth interviews with all management and some selected members. Comprehensive field observations were also made, taking a close look at the facts that occurred in Deliksari Village. The data were then used to strengthen academic arguments for the answers of the instruments. The interview guide revealed: (1) implementation of the main performance of each workgroup, and (2) the constraints faced in achieving organizational targets. The results of the interview were used to strengthen the academic arguments of the respondents' answers.

$$NP = (R \times 100\%) \times (SR)^{-1} \dots\dots\dots (1)$$

The data is categorized by criteria: (1)  $X < (\mu - 1.0 \sigma)$  (low category), (2)  $(\mu - 1.0 \sigma) \leq X < (\mu + 1.0 \sigma)$  (medium category), (3)  $(\mu + 1.0 \sigma) \leq X$  (high category), where  $X$  = score,  $\mu$  = theoretical mean, and  $\sigma$  = standard deviation. The percentage of achievements in each category is calculated using the formula as presented in Equation (1), where NP = percentage value sought or expected, R = number of respondents in a particular category, SR = total number of respondents, 100 = fixed number (Azwar, 2012).

## RESULTS AND DISCUSSION

### Description of the 10 Main PKK Programs Implementation in Each Workgroup

The implementation of ten main PKK programs are included in the four working group areas (according to the results of 2015 National Working Meeting of PKK). The first is Work Program 1 (*Pokja 1*). Two focuses of this program are the appreciation and practice of *Pancasila* (program 1 – being obedient and loyal to the country and government by actively commemorating independence day and other holidays) and in mutual cooperation or *gotong royong* (program 2 - community service activities).

The next program is Work Program II (*Pokja II*). This program includes education and skills (program 6 - literacy eradication activities) and cooperative life development (program 8 – actively

being as PKK cooperative members). Then, the program is Work Program III (*Pokja III*) which includes some activities such as food sector (program 3 - learning the types of healthy food, supplementary foods, etc.), clothing (program 4 - practicing sewing skills, learning simple hand-crafted skills), and Housing and Household Management (program 5 - organizing houses in a healthy and condition healthy toilet). The last is Work Program IV (*Pokja IV*). Some programs are Health Sector (program 7 - actively participating in the activities of *posyandu* for toddlers), Environmental Sustainability (program 9 - planting family medicinal plants) and Healthy Planning (program 10 - actively utilizing the elderly *posyandu*).

The response of residents to the 10 PKK programs was very enthusiastic, and positive. The descriptions of the implementation can be seen from Table 1, Table 2, Table 3, Table 4, and Table 5. Table 1 is about the description of P4 and mutual implementation.

Table 1. Description of P4 and Mutual Cooperation Implementation

Interval Class	Category	Frequency	Percentage
7.0 – 11.6	Low	1	1.73%
11.7 – 16.3	Medium	25	43.10%
16.4 – 21.0	High	32	55.17%
<b>Total</b>		<b>58</b>	<b>100%</b>

From the percentage presented in Table 1, it is clear that of the total 58 frequencies of the program implementation, most of them are in high category. Therefore, the mean implementation score is 16.58, which is included in high category. Then, the description of training implementation is described in Table 2.

Table 2. Description of Skills and Cooperative Training Implementation

Interval Class	Category	Frequency	Percentage
8.0 – 13.2	Low	19	32.75 %
13.3 – 18.5	Medium	32	55.18 %
18.6 – 24.0	High	7	12.07 %
<b>Total</b>		<b>58</b>	<b>100 %</b>

The mean implementation score is 15.03 percent in the medium category. Workgroup III manages food, clothing, and shelter management. In addition, the implementation of food, clothing, and shelter is shown in Table 3.

Table 3. Description of Food, Clothing, and Shelter Management Implementation

Interval Class	Category	Frequency	Percentage
12.0 – 19.9	low	9	15.51 %
20.0 – 27.9	medium	49	84.49 %
28.0 – 36.0	high	0	0 %
<b>Total</b>		<b>58</b>	<b>100%</b>

Table 3 shows that the average implementation score is 22.12 percent in the medium category. Workgroup IV manages health, environmental sustainability, and health planning. Based on the research finding, it can also be seen from Table 4 about description of health, environmental sustainability, and health planning implementation.

Table 4. Description of Health, Environmental Sustainability, and Health Planning Implementation

Interval Class	Category	Frequency	Percentage
14.0 – 23.2	low	2	3.44 %
23.3 – 32.5	medium	41	70.69 %
32.6 – 42.0	high	15	25.87 %
<b>Total</b>		<b>58</b>	<b>100%</b>

The average implementation score is 29.96 percent in the medium category. For workgroup I to IV, the implementation description of joint workgroups is presented in Table 5.

Table 5. Description of Joint Workgroups Program Implementation

Interval Class	Category	Frequency	Percentage
41.0 – 68.2	low	2	3.45 %
68.3 – 95.5	medium	47	81.03 %
95.6 – 123.0	high	9	15.52 %
<b>Total</b>		<b>58</b>	<b>100%</b>

### Identification of Skills, Constraints and Contributions

The skills that Deliksari PKK members are interested in to support family income include: (1) sewing clothes and cooking cakes by 13.79 percent; (2) baking cakes by 63.79 percent; and (3) planting fruit around the house by 22.41 percent. The constraints felt by the management and members in the program implementation were the lack of infrastructure, economic factors, and the difficulty of clean water. The most significant contribution felt by the members was *posyandu* or health monitoring for toddlers, even though in general the implementation of workgroup was in the medium category.

The implementation of the PKK programs in workgroup I concerning P4 and mutual cooperation has achievement in the high category. The phenomenon of mutual cooperation is one of the values becoming the main target of the P4 program. This mutual cooperation has turned to be an inseparable part of the life of Deliksari community, whose majority is at the weak socio-economic level. Mutual cooperation is identical to their lifestyle and is inherent in daily routine. A phenomenon that is diametric with the pattern of life of the middle-upper socio-economic community. The workgroup I management implements programs in time, space and context with other workgroups, but the response of community implementation to the workgroup I is highest. This is allegedly due to the dominant setting factor expressed in the mutual cooperation culture that is inherent among the residents of Deliksari Village.

The PKK programs of workgroup II deal with education, skills training and cooperative life, and the score is in the medium category. The program was repeatedly facilitated by state and private universities, but there was no post-activity as follow up. This is due to the limited facilities and infrastructure that are inadequate in supporting post-training implementation, both the gifts from the facilitator and sought by administrators and members of PKK. In this regard, PKK members might view program implementation as merely socialization from the relevant workgroups, because there was no follow-up for educational messages from ongoing education and training activities. From this circumstance, a tentative conclusion can be constructed, that how inefficient and effective training activities were initiated by outsiders in order to help the community in this newly developing area. There is a simple evaluative calculation that can be submitted to comment on it. First, the parties who helped only carrying out their own program targets without careful planning especially about a sufficient duration. Second, there was a lack of community preparedness in interpreting the activities that they participated in, among them is that they still had difficulties in unraveling the burden of psychological resistance that has been trapping it, namely the perceptions of poverty that are chronic and the dominance of pessimism to be able to change it. The adjustment requires quite a long time and can even be extremely long depending on personal mental quality, and it is impossible for a spontaneous time span to condition change. As an illustration, despite the rapid economic development in the Jakarta metropolitan area, the facts show that in Jabodetabek locations, poverty relatively remains in a stagnant condition, which is around six percent since 2000. This means that poverty reduction programs have no significant effect (Suryahadi & Marlina, 2018). The growth of new settlement with a higher economic level of its inhabitants which takes place particularly around the village of Deliksari, and the city of Semarang in general, actually adds pressure to the citizens of Deliksari which can be categorized as workers with a low skill base (Baker & Watanabe, 2017).

The program implementation of workgroup III focuses in the field of food, clothing and shelter management, and the score is in the medium category. The implementation of workgroup III is generally hampered by the infrastructure and facilities in the environment, which is relatively limited and even unable to provide adequate support. Besides, the socio-economic factors of the community clearly did not provide opportunities that would have supported the implementation of the program in the daily life of PKK members, although many efforts were made in a planned and systematic way towards them. They were the periodic socialization, counseling, also organizing training by outside parties and related working groups on a regular basis. The conclusions that can be identified from the phenomenon are thought to originate from two dominant causes. First, the mindset of the community is still not able to see the spirit construction of a house as a place to build affection, foster spiritual and academic values. For example, among them the house is still too rare to function as a place to develop mental and spiritual and strengthen the academic capacity of family members. They still think that the two are more properly obtained outside, namely in the *mushola*/mosque and in formal schools. Second, the map and their mental capacity are not yet well established to reach proportionally the images that have been constructed from many beautiful and ideal messages from the PKK program. The focus of their lives is still too busy at the level of maintaining what has existed and faced from morning to night, day after day thus and so onwards. Ironically, in the midst of their world, they are conditioned to tend to experience higher crime rates, both as perpetrators or victims, violence and escalating environmental pressures that increase sporadically, to become a group of citizens who are worthy of suspicion (Braveman & Gottlieb, 2014; Chetty et al., 2016; Stringhini et al., 2010).

The program implementation of workgroup IV deals with health, environmental sustainability and health planning. The achievement score is in the medium category. Despite this, the intensity of activities remains high especially in the health sector. The program consistently runs particularly the *posyandu* (Integrated Healthcare Center), which once a month shared additional food for toddlers. It must be known that there is a significant relationship between the health status of children with mother's education, age of children and the area of residence (Zereyesus et al., 2017). Nutrition intake from the initiation of PKK program is very important for toddlers, although it is really ironic, because the intended nutritional intake is given only once a month. It is more ironic when it is known that malnutrition of mother and child is strongly influenced by the biological sequences of the incidence of maternal malnutrition during breastfeeding (Tigga & Sen, 2016). It is also generally recognized that there is a very significant relationship between the nutritional status of the mother and the health of the child (Islam et al., 1994; Kulasekaran, 2012; Tigga & Sen, 2016).

The activities of preserving environment and health planning do not have field indications that point to its implementation, namely post-socialization and training. This is more due to perceptual limitations among settlers regarding PKK program messages. The above phenomenon gives a clear picture of what actually happened. PKK members have a drive for activities only when there is an appropriate stimulus, for example receiving toddlers' supplementary food becomes more concrete as a motivating factor for their activity rather than an awareness to act on behalf of understanding. The perception of participating to preserve the environment seems to still be a taste of luxury for them. A forced concept, even though it is appropriate and still needed for the long-term interests, is extremely difficult to be done if they do not yet have a deep-rooted foundation for such needs.

The joint implementation of these four workgroups scored in the medium category, which means that the local community feels the application of the four programs running normally, yet it has not been able to take their impression maximally. This refers to the obstacles in implementing the program that were revealed by PKK management and members in the interview. The closest and most concrete factor is the lack of infrastructure supporting the implementation mostly of the program messages from each workgroup. Furthermore, economic factors and difficulties in obtaining clean water add to the routine burden of their lives, and both must be prioritized. Clean water and good sanitation in a settlement can improve health which has an impact on improving socio-economic well-being, for example decreasing diarrheal diseases after an increase in water supply (Clasen et al., 2006; Waddington et al., 2009). Meanwhile, the results of the follow-up impact eval-



uation concluded, increasing supply of water in a settlement could improve the household economy, because they could reallocate the time saved from collecting water for productive activities (Aiga & Umenai, 2002)

The results of the identification of the types of skills that PKK Deliksari members are interested in are selling food in the form of side dishes and cakes, providing stitching service and using the land around the house to grow fruit. The percentage of specialization in skills expected to be realized can be identified as follows: (1) cooking side dishes and cakes (13.79%); (2) baking cakes (63.79%); (3) sewing clothes and cooking cake (12.04%); (4) planting fruit and flowers and baking cakes (22.41%). Based on these identification results, the average PKK member are interested in improving baking skills. They assume that selling cookies or wet cakes every day can be sold especially if they already have a place and customers. Besides, learning to make cakes for members is easy to do, because of their daily habit of preparing food.

As for the things that are felt to hamper the implementation of the PKK program, according to the management and members of the committee, there is a lack of infrastructure, economic factors, and the difficulty of water which is felt to greatly increase the workload. The average PKK member acknowledges that there is no profit if only to run the PKK program, because these activities do not result in obtaining direct benefits, so they tend to focus more on doing household tasks. An argument of recognition that is very reasonable to accept, nothing is covered, and that is them, citizens who still need primary economic support to continue to survive. They are weak economic groups who are looking for a living as household assistants and must find water to meet their daily needs.

The contribution felt very beneficial by PKK members was *posyandu* (Integrated Healthcare Center) activities. Through this activity, the public could immediately know the health condition and growth and development of their toddlers, in addition to receiving food incentives directly. Although the nominal is very small, the incentive is enough to motivate the active participation of mothers. Giving prizes directly in the implementation of the program was still urgent even though the support was not too big.

## CONCLUSION

Based on the research findings, some conclusions can be drawn as follows. First, the PKK program has existed for decades in Deliksari, but in general, there are still many implicative obstacles, namely when assessing the effectiveness of its implementation. In Deliksari community group, there is a strong and rooted perception about what has become life postulate. They live life massively and stagnantly, as a routine without beautiful dreams, without correction, only hunting for the fulfillment of a simple portion of the primary needs of food and clothing for survival. Their conditions are still far from a decent standard. They are still too far to meet the ideal value to construct various businesses in order to achieve family welfare, even if only at a minimal dose;

Second, there is an interesting phenomenon from the performance results of workgroup II in charge of developing P4 and mutual cooperation; the achievement of the average is high. The achievement becomes a spark of light that shows the existence of nationalism and the strong culture of mutual cooperation of new developing settlements (slums), amid the crisis of national commitment and the rise of sectoral egoism of most urban communities. This phenomenon stands against the mainstream ones that have developed lately. Commitment to *Pancasila* shows how the lower-class people have a loyal attitude towards the ideology of the nation, an ideological power that should be appreciated, a luxury of spirit that can correct an awareness not to overdo it in the hunt for material luxury. The strength of mutual cooperation is an indicator of the closeness of relationships between citizens, a sense of unity between the settlers. Based on that rational reason, the national commitment and mutual cooperation attitude both should be cared for and maintained forever.

Third, there was a thought polarization process among PKK members in responding to the programs. On the one hand, there was a strong will driving the desire to realize programs delivered and trained, but on the other hand, the reality of routine life was more dominant to build the limitations of realizing it. Thus, the facts are: they are not able to demonstrate any concrete response sup-

porting the realization of the program. The programs which got positive responses in the form of active participation are programs that cling directly to activities related and potentially give economic value to them, for example, *posyandu*.

Fourth, the skill of making cakes became the most visible choice among PKK members, namely because of the consideration of its usefulness and affordability. The choice of PKK mothers reflects their close mentality to what is related to economic value, an activity that clings to material rewards. Thus, baking skills provide the shortest path to achieving additional benefits.

Fifth, in the context of settler's perspective, the PKK activity programs are positioned as a program that must be followed. It may be that if they have the opportunity to vote, the number of PKK members is not as much as it is now. The motivations were just mixed up in their head; participation was more motivated by fear of alienating government programs, rather than participation that rose from consciousness itself. There is no pure awareness among them in participation. Settlers of new developing areas are still growing preoccupied with the completion of basic needs, and it is natural if they prioritize. This is different from the PKK management; activities to deliver PKK members' programs are a binding obligation even though they do not receive compensation.

Sixth, the implementation of the PKK programs in Deliksari, Semarang City, has not had a systemic impact that is able to significantly change the quality of the members' perspective, especially their behavior. They are still imprisoned in a preoccupation with strict care and discipline of survival in their own way. Not enough evidence was found about the influence of the PKK programs to be able to shift their life postulates to areas that would have an impact on improving the family's economy. Although they welcomed with joy the PKK programs, which are actually needed, the existence of the programs as facilitator yet could not change them. According to the context, the PKK program really must always be present for them to build a personal and group spirit to raise the image as a family or a dignified family group, that is, as idealized and described in the PKK program itself.

## ACKNOWLEDGMENT

The completion of this paper has alleviated some of the academic burdens that become our responsibility to fulfill the task of delivering this academic report to the wider community. From research until the writing of this report, the whole process just came about because of the good efforts of the various parties to whom we convey our thanks. The parties referred to are the Rector of UNNES, the Head of LP2M UNNES, Sukorejo village chief, chairman, and member of the PKK Deliksari, as well as friends of the research team. Any information on the results of this study is expected to add academic information about the effectiveness of the PKK program in one of the newly developing (slum) areas, especially information about the academic aspects of the effectiveness of the PKK program in Deliksari Village of Semarang City.

## REFERENCES

- Aiga, H., & Umenai, T. (2002). Impact of improvement of water supply on household economy in a squatter area of Manila. *Social Science & Medicine*, 55(4), 627–641. [https://doi.org/10.1016/S0277-9536\(01\)00192-7](https://doi.org/10.1016/S0277-9536(01)00192-7)
- Azwar, S. (2012). *Psikologi test dan pengukuran*. Pustaka Pelajar.
- Badan Koordinasi Survey dan Pemetaan Nasional (Bakosurtanal). (2001). *Peta rupa bumi digital Indonesia*. Badan Koordinasi Survey dan Pemetaan Nasional (Bakosurtanal).
- Baker, J., & Watanabe, M. (2017). *Unlocking the Philippines' urbanization potential*. World Bank Blogs. <https://blogs.worldbank.org/eastasiapacific/unlocking-the-philippines-urbanization-potential>
- Bocquier, P., Beguy, D., Zulu, E. M., Muindi, K., Konseiga, A., & Yé, Y. (2011). Do migrant children face greater health hazards in slum settlements? Evidence from Nairobi, Kenya. *Journal of Urban Health*, 88(S2), 266–281. <https://doi.org/10.1007/s11524-010-9497-6>

- Braveman, P., & Gottlieb, L. (2014). The social determinants of health: It's time to consider the causes of the causes. *Public Health Reports*, 129(1\_suppl2), 19–31. <https://doi.org/10.1177/00333549141291S206>
- Chetty, R., Stepner, M., Abraham, S., Lin, S., Scuderi, B., Turner, N., Bergeron, A., & Cutler, D. (2016). The association between income and life expectancy in the United States, 2001–2014. *JAMA*, 315(16), 1750–1766. <https://doi.org/10.1001/jama.2016.4226>
- Cities Alliance. (2011). *Slum upgrading*. Citiesalliance.Org. <https://www.citiesalliance.org/about-slum-upgrading>
- Clasen, T. F., Roberts, I. G., Rabie, T., Schmidt, W.-P., & Cairncross, S. (2006). Interventions to improve water quality for preventing diarrhoea. In T. F. Clasen (Ed.), *Cochrane Database of Systematic Reviews*. John Wiley & Sons. <https://doi.org/10.1002/14651858.CD004794.pub2>
- Cohen, B. (2006). Urbanization in developing countries: Current trends, future projections, and key challenges for sustainability. *Technology in Society*, 28(1–2), 63–80. <https://doi.org/10.1016/j.techsoc.2005.10.005>
- Duflo, E. (2012). Women empowerment and economic development. *Journal of Economic Literature*, 50(4), 1051–1079. <https://doi.org/10.1257/jel.50.4.1051>
- Gaur, K., Keshri, K., & Joe, W. (2013). Does living in slums or non-slums influence women's nutritional status? Evidence from Indian mega-cities. *Social Science & Medicine*, 77, 137–146. <https://doi.org/10.1016/j.socscimed.2012.11.017>
- Gruebner, O., Khan, M. M. H., Lautenbach, S., Müller, D., Kraemer, A., Lakes, T., & Hostert, P. (2011). A spatial epidemiological analysis of self-rated mental health in the slums of Dhaka. *International Journal of Health Geographics*, 10(1), 36. <https://doi.org/10.1186/1476-072X-10-36>
- Günther, I., & Harttgen, K. (2012). Deadly cities? Spatial inequalities in mortality in sub-Saharan Africa. *Population and Development Review*, 38(3), 469–486. <http://www.jstor.org/stable/41857401>
- Hazarika, I. (2010). Women's reproductive health in slum populations in India: Evidence from NFHS-3. *Journal of Urban Health*, 87(2), 264–277. <https://doi.org/10.1007/s11524-009-9421-0>
- Islam, M. A., Rahman, M. M., & Mahalanabis, D. (1994). Maternal and socioeconomic factors and the risk of severe malnutrition in a child: A case-control study. *European Journal of Clinical Nutrition*, 48(6), 416–424. <http://europepmc.org/article/med/7925224>
- Jones, P. (2017). Formalizing the informal: Understanding the position of informal settlements and slums in sustainable urbanization policies and strategies in Bandung, Indonesia. *Sustainability*, 9(8), 1436. <https://doi.org/10.3390/su9081436>
- Kulasekaran, R. (2012). Influence of mothers' chronic energy deficiency on the nutritional status of preschool children in Empowered Action Group states in India. *International Journal of Nutrition, Pharmacology, Neurological Diseases*, 2(3), 198–209. <https://doi.org/10.4103/2231-0738.99471>
- Kuswardinah, A. (2019). *Ilmu kesejahteraan keluarga* (5th ed.). Unnes Press.
- Kuswardinah, A., & Kariada, N. (2010). *Pemberdayaan anggota PKK menuju peningkatan kualitas hidup keluarga masyarakat Deliksari Kodya Semarang*. Lembaga Penelitian dan Pengabdian Masyarakat Universitas Negeri Semarang.
- Kuswardinah, A., Setyaningsih, D. N., & Saptariana, S. (2019). Meningkatkan pemahaman etiket sehari-hari melalui pendidikan bagi pengurus dan anggota PKK Kelurahan Sukorejo Kodya Semarang. *Teknobuga: Jurnal Teknologi Busana Dan Boga*, 7(1), 61–73. <https://doi.org/10.15294/teknobuga.v7i1.19554>

- Lampert, T., & Kuntz, B. (2019). Effect of poverty for health and health behavior of children and adolescents: Results from KiGGS Wave2. *Bundesgesundheitsblatt - Gesundheitsforschung - Gesundheitsschutz*, 62(10), 1263–1274. <https://doi.org/10.1007/s00103-019-03009-6>
- Montgomery, M. R. (2008). The urban transformation of the developing world. *Science*, 319(5864), 761–764. <https://doi.org/10.1126/science.1153012>
- Regulation of Semarang City Region No. 14 of 2011 on the arrangement of regional spatial planning in Semarang City in 2011–2031, (2011).
- Sclar, E. D., Garau, P., & Carolini, G. (2005). The 21st century health challenge of slums and cities. *The Lancet*, 365(9462), 901–903. [https://doi.org/10.1016/S0140-6736\(05\)71049-7](https://doi.org/10.1016/S0140-6736(05)71049-7)
- Stringhini, S., Sabia, S., Shipley, M., Brunner, E., Nabi, H., Kivimaki, M., & Singh-Manoux, A. (2010). Association of socioeconomic position with health behaviors and mortality. *JAMA*, 303(12), 1159–1166. <https://doi.org/10.1001/jama.2010.297>
- Suryahadi, A., & Marlina, C. (2018). Understanding metropolitan poverty: The profile of poverty in Jabodetabek area. In D. P. Sarahtika (Ed.), *SMERU Working Paper*. The SMERU Research Institute. <https://www.smeru.or.id/en/content/understanding-metropolitan-poverty-profile-poverty-jabodetabek-area>
- Tigga, P. L., & Sen, J. (2016). Maternal body mass index is strongly associated with children Z-scores for height and BMI. *Journal of Anthropology*, 2016, 1–10. <https://doi.org/10.1155/2016/6538235>
- UN-Habitat. (2003). *The challenge of slums-global report on human settlements 2003*. United Nations Human Settlements Programme.
- UN-Habitat. (2010). *State of the world's cities 2010-2011: Bridging the urban divide - Overview and key findings*. Sustainable Development Goals Knowledge Platform. <https://unhabitat.org/state-of-the-worlds-cities-20102011-cities-for-all-bridging-the-urban-divide>
- United Nations. (2015). *The millennium development goals report 2015*. United Nations.
- Waddington, H., Snilstveit, B., White, H., & Fewtrell, L. (2009). Water, sanitation and hygiene interventions to combat childhood diarrhoea in developing countries. *International Initiative for Impact Evaluation, Synthetic(001)*. <https://developmentevidence.3ieimpact.org/search-result-details/systematic-review-repository/water-sanitation-and-hygiene-interventions-to-combat-childhood-diarrhoea-in-developing-countries/9406>
- Zereyesus, Y. A., Amanor-Boadu, V., Ross, K. L., & Shanoyan, A. (2017). Does women's empowerment in agriculture matter for children's health status? Insights from Northern Ghana. *Social Indicators Research*, 132(3), 1265–1280. <https://doi.org/10.1007/s11205-016-1328-z>