



Kampus Bunda: The Literacy Space for Mothers Empowerment to Protect Their Family

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Abstract

The increasing cases of drugs, free sex, and HIV AIDS are still significant issues today. This problem began to be reported in 2022 in adolescents in Sekayu Village. Empowering mothers through increasing literacy for family protection is needed to prevent the increase of severe problems in adolescents. This study aims to analyse the effect of the intervention of the “Kampus Bunda” program on increasing mothers' knowledge and attitudes towards the importance of protecting adolescents and families from the impact of adolescent promiscuity. The pre-experimental design of one group posttest was used to measure the program's effectiveness in increasing the knowledge and attitudes of 50 mothers in Sekayu Village. The data were analysed using a t-test. The average posttest score increased from the pretest average from 86.28 to 90.00. Statistically, there is a significant program effect on increasing knowledge and target attitudes (p. value 0.001). This program needs to be followed up by increasing cooperation between various parties so that it can be applied in other villages and support efforts to prevent health problems in the family.

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Introduction

Sexual violence cases have become one of the global issues that occupy attention. Based on data from the Ministry of Women's Empowerment and Child Protection, there were at least 7,191 cases of sexual violence with children as victims in 2020 (Komisi Perlindungan Anak Indonesia, 2021). To address these concerns, the Child Protection Task Force established child protection systems, ranging from child-friendly parks to child-friendly schools. Data from the Indonesian Child Protection Commission found that elementary school children were the most victims of sexual violence, at 64.7 percent, followed by junior high school children at 25.53 percent, and high school or equivalent at 11.77 percent (Komisi Perlindungan Anak Indonesia, 2021). Children become a group that is very vulnerable to sexual violence because children are positioned as weak figures and are very dependent on adults around them. It makes children helpless when threatened not to tell what they are experiencing.

In different situations, these children and adolescents are also at risk of falling into promiscuity, such as drug abuse and premarital sex, making them vulnerable to Unintended Pregnancy and contracting sexually transmitted infections and HIV AIDS. In 2022, about 4.5% of boys and 0.7% of girls admitted to having had premarital sex (Ministry of Health, 2018). Central Java Province recorded 11,392 cases of marriage dispensation during 2022, primarily due to pregnancy before marriage (Pengadilan Tinggi Agama Jawa Tengah, 2022). Another problem states that the second highest number of new HIV infections in the

January-March 2022 period occurred in the age group of 20-24 years (17.7%) (Ministry of Health, 2022). Meanwhile, based on data from the Ministry of Communication and Information in 2021, the percentage of adolescents who consume illegal drugs reached 31.4% as users and 47.1% as marketers (Badan Narkotika Nasional, 2022).

The deviant actions of these adolescents are generally based on a lack of monitoring, education, and attention from parents. The role of the family, especially parents, is crucial for children's growth and development, especially during the transition from children to adults. Communication and parenting are very influential on the physical, mental, and social development of adolescents. Especially in the current era of digitalization, many children and adolescents already have devices with unrestricted internet access and are not supervised by parents. Access to pornography, violence, and other harmful content poses a severe threat to the nation's next generation. (Pratiwi, Mukaromah and Herdiningsih, 2018).

It is easier for people to access all the information they want. The Indonesian Internet Service Providers Association said that at the beginning of 2022, internet users in Indonesia reached 210 million of Indonesia's 272.68 million population, or around 77.02%, up from 73.7% in the second quarter of 2020. Meanwhile, based on age, 99.16% of the population aged 13-18 years already use the internet. While in the age group of 19-34 years, 98.64% already use the internet (Asosiasi Penyedia Jasa Internet Indonesia, 2022).

Sekayu Village is one of the sub-districts under Central Semarang District. Sekayu Village is located at Jalan Sekayu Raya No. 200. Sekayu Village, with the characteristics of urban areas that have all the conveniences of facilities and unlimited access to information, is an enabling factor that can trigger the risk of adolescent problems. Health data in Sekayu Village found that five adolescents were being treated for drug addiction and 1 HIV-positive teenager. In addition, there were also 2 cases of unintended pregnancy in adolescents aged less than 20 years. Teenagers who are forced to marry because of pregnancy as a result of their premarital sex behavior are very dangerous for the prospective mother/teenager and the future baby. These cases occur because of irresponsible adolescent risky behavior, which can even result in death. This village has much potential that can be utilized to overcome these problems. In addition to the many active health cadres, Sekayu Village has "*Rumah Pintar*" (House for Learn), Citizens Care for AIDS Institution, and Community-Based Intervention Program, which handles drug victims under the guidance of the National Narcotics Agency of Central Java Province.

Based on data sources owned by Sekayu Village, the population of Sekayu Village as of November 2022 is 3,622 people, divided into 3 Sub Village called "*Rukun Warga*" and 20 Sub Sub Village called "*Rukun Tetangga*" with a total number of 1,223 households. It means that there are at least 1000 girls who have the opportunity to be empowered through this women's school program. In addition to supporting the achievement of the third goal of SDGs, namely Good Health and Well-Being, Comprehensive Sexual and Reproductive Health Education is a necessary effort to break the chain of this increasingly significant and broad problem (National Planning Agency and UNICEF, 2017). Women need to be empowered to be more innovative to make informed decisions regarding their reproductive and sexual well-being and health. In addition, mothers also need to be given a comfortable learning space to improve maternal literacy in educating and protecting their children and adolescents against the dangers of sexual crimes.

Sekayu Village is located in the middle of Semarang City, with many shopping centers, nightlife, hangouts, cinemas, and similar places. This situation becomes an enabling/facilitating factor that can influence children and adolescents to behave like peers in their environment. Rule-free friendships can lead to free sex and drug abuse. Both behaviors have an impact on the emergence of new problems, such as the transmission of STIs (Sexually Transmitted Infections), HIV and AIDS, Unintended Pregnancy, and abortion practices that are at risk of death. Some of the problems in teenagers have begun to occur in Sekayu Village. Problems of KTD, HIV, and drug use have been found in adolescents there. The figures that appear have not described the actual condition. Like the iceberg phenomenon, there are still more cases that are not reported/have not been reported. If there is no serious effort, it can result in a lost generation/loss of a generation that will continue nation-building.

The programs run are still only aimed at administrative purposes, so programs more focused on addressing the root of the problem are needed. "*Kampus Bunda*" was initiated to provide opportunities and facilitate the community, especially women/ housewives, to play a role in development, be empowered in the family, and have adequate literacy. "*Kampus Bunda*" is designed with a non-formal school model with a curriculum package that has been prepared covering aspects of hard skills, soft skills, and life skills. Each stage of the activity, from the planning process to evaluation, will involve stakeholders at the community village level to determine the priority of solutions. The Student Activity Unit called "*Rumah Sahabat*" is a student organization that is concerned with adolescent reproductive health issues, drug control, and HIV and AIDS. Through the Women's School Program, this is an excellent opportunity to develop students' potential and provide positive roles and contributions to overcome problems in Sekayu Village.

Methods

This program will be conducted in 2023 and prepared from June to October 2023 in Sekayu Village, Central Semarang District, Semarang City. This research consists of three stages: the first stage measures knowledge and target attitudes, the second stage runs the "*Kampus Bunda*" program, and the third stage measures program achievement and analyzes program effectiveness. This experimental research applies a pre-experimental design of one group pretest and posttest. The population is mothers in Sekayu Village, and a selected sample of 50 mothers volunteered to register and be involved in the "*Kampus Bunda*" program. The recruitment process is carried out openly through announcements in the Village. Interested mothers will register with the village cadres to be recorded as participants in the "*Kampus Bunda*" program. In this program, participants are not burdened with other costs and administration. The target of this program must meet the criteria of :

1. Mothers who live in Sekayu Village,
2. Have teenage children,
3. Be able to read and write, and
4. Willing to be involved in research.

Knowledge and attitude variables are measured by 10 question items in one instrument package. Measurements were made two times, namely before the program was run and after school was finished (at the end of the program). Participants answered the questions, which were distributed to them accompanied by facilitators. The collected data was then analyzed using a paired sample t-test.

Results

Description of "*Kampus Bunda*" program

"*Kampus Bunda*" is a women's school program that aims to improve the competence of the community, especially women, to have good literacy. This program involves 50 participants who are then divided into 2 study groups so that each class consists of 25 students. Learning refers to the Excellent Literacy Curriculum, which contains 12 materials (9 health materials and three life skill materials). Health materials include (1) The Eight Family Functions; (2) Characteristics of Children & Adolescents; (3) Communication Strategies to Deal with Children & Adolescents; (4) Maturation of Adolescent Marriage Age; (5) Adolescent Sexuality; (6) Risk of Drug Abuse; (7) Sexually Transmitted Infections, HIV and AIDS; (8) Prevention of Child and Adolescent Sexual Violence; and (9) The Dangers of Pornography and Sexual Violence Crimes in Digital Space. After that, the participants learned the life skill materials, including (1) Cooking class, (2) Content Creation, and (3) Digital Business.

The learning method uses participatory approaches and facilitation techniques. Learners not only listen to explanations but follow group dynamics guided by the facilitator. Roleplay, simulation, and demonstration are used during learning. In addition, education is also combined with games that make participants have an active role in a fun atmosphere. Facilitators who play a role are student activists who have previously been trained and equipped with techniques, methods, and learning materials. Not only training students but lecturers also have the opportunity to guide the learning process on several materials. Based on observations during the program, participants seemed enthusiastic, actively asked questions, and argued on the issues being discussed, and they were able to practice some of the task instructions given by the facilitator. This girls' school has been held for three months. Mothers who are targeted by the program go to school once a week, so that in a week, there are two classes/study groups held. This program involves partners from the Government (Sekayu Village, DP3AP2KB of Central Java Province, National Narcotics Agency of Central Java Province, Poncol Public Health Center) and NGOs (non-governmental organizations) such as Semarang City and Central Java Province IPPA (The Indonesian Plan Parenthood Association).

Program Exposure Assessment Results

The target of the "*Kampus Bunda*" program is aged between 35-58 years. All of them are housewives, and a small number have shop businesses that are run from home both online and offline. At the beginning of the program, there were still a few targets who disagreed with someone who was HIV-negative and married to an HIV patient (68%). Nevertheless, many participants agree on the importance of explaining adolescent sexuality (84%). Meanwhile, after the program was completed, the highest score was on the attitude item on the importance of explaining sexuality to adolescents (100%), and the second highest score was on knowledge about the dangers of alcoholic consumption for reproductive health (96%).

Based on the 10 question items in the measurement instrument, all post-test scores have increased from their pre-test scores. The most significant increase was mainly in attitude items towards the importance of explaining adolescent sexuality (16%), attitudes towards marrying people with HIV (22%), knowledge about the dangers of alcoholic consumption for reproductive health (22%), and attitudes towards adolescents accessing pornography (16%).

Table 1.

Percentage of pretest and posttest scores of participants who answered correctly (N = 50)

No	Item of Measurement	Pre-Test F(%)	Post-Test F(%)
1.	Knowledge of the characteristics of adolescents	39(78)	41(82)
2.	Attitude towards the importance of explaining adolescent sexuality	42(84)	50(100)
3.	Knowledge of high-risk pregnancy	37(74)	42(84)
4.	Knowledge about HIV and AIDS transmission	41(82)	46(92)
5.	Attitudes towards marrying an HIV patient	16(32)	27(54)
6.	Knowledge of the symptoms of adolescent violence	40(80)	41(82)
7.	Knowledge of violence victim protection agencies	40(80)	46(92)
8.	Knowledge of the dangers of cigarettes and drugs	36(72)	43(86)
9.	Knowledge about the dangers of alcoholic consumption for reproductive health	37(74)	48(96)
10.	Attitudes towards adolescents accessing pornography	36(72)	44(88)

The "*Kampus Bunda*" program has a significant influence on increasing the knowledge and attitudes of participants. The grade average before exposure to the program increased after the program was completed from 86.28 to 90. The results of the difference test showed a significance level of 0.001, which means there was a significant difference in the knowledge and attitudes of participants before and after exposure to the "*Kampus Bunda*" program.

Table 2.

Test results of different knowledge and attitudes before and after the program

Variables	Std Deviation	Std Error Mean	Sig (2-tailed)
Pre-Test Knowledge and Attitude			
Post-Test Knowledge and Attitude	6,909	1,054	0,001

Result of Paired Sample T-Test

Discussion

The Limitation of The Study

The study had limitations in the absence of a measured control group. In addition, because the "*Kampus Bunda*" program involves facilitators who vary and can change their persons when this program is implemented elsewhere, it will provide different results if the facilitators involved are different. To reduce this bias, modules, reference books, and life skills books are prepared so the curriculum standards are within the same framework. For the program's sustainability, the implementation team can use some of these guidelines to be adjusted to the characteristics of the targeted villages.

The Role of Mothers in Protecting the Family

The existence of routine habits carried out by housewives in taking care of the house and family is the initial obstacle to finding students who want to take part in the mother's campus program. It is due to routine activities that have become daily habits, so new enthusiasm and intention are needed to improve abilities through women's schools. Parents as a central role in a family is an essential aspect in the education of attitudes and characters of children and adolescents to have safe associations, healthy lives, and productive activities. Thus, children and adolescents will be more busy with positive activities and avoid various risks of serious adolescent problems. The positive role of parents is a manifestation of the

application of one of the eight functions of the family, namely the function of education (Wirdhana et al., 2013).

Mothers are parents who become the first school for children. Women who decide to become housewives deserve proper education to increase their potential to be more independent and more literate. School opportunities for women are an application of gender equality so that women do not only deal with kitchens, wells, and mattresses. Empowering women is essential to participate in the protection of happy families (Ainiyah, 2017).

Knowledge and Attitudes towards Reproductive Health

Reproductive health has a comprehensive scope of dimensions. In this study, several dimensions of reproductive health were studied, including adolescent characteristics related to post-pubertal psychological changes, sexual behavior, high-risk pregnancy, HIV and AIDS, violence, smoking and drug misuse, and pornography. Some of these studies are issues closely related to adolescents, not only in urban but also rural.

In the initial condition before the "*Kampus Bunda*" program was entered in Sekayu Village, the mothers targeted by the program had good knowledge and attitudes. More than 70% of participants were able to answer all questions correctly and had a good attitude. Only one attitude item was that the majority (68%) of participants felt that an HIV-negative person should not marry an HIV-positive person. Discriminating attitudes towards the treatment of people with HIV and AIDS are included in one form of discrimination caused by societal stigma. Based on studies that have been conducted on people with HIV and AIDS, quality of life is influenced by societal stigma (Jahro & Mulyana, 2023). *Stigma* is a lousy view attached to someone for a specific reason. Stigma can affect physical and mental health, overall quality of life, economic stability, and access to services and treatment (Ulloa, 2021).

Viewed from the other side, marriage in discordant couples (one of the partners is HIV positive) produces negative impacts that may occur. In discordant couples, weak mood and physical condition may affect the marriage relationship. Decreased sex drive, looking down on the partner, and increasing problems related to procreation issues are particular challenges in this couple (Obeagu, 2023). However, some of these challenges can be overcome by consulting with several experts such as doctors, specialists, consultants, psychologists, and even psychiatrists.

Most participants supported the importance of explaining sexuality in adolescents (84%). Previous studies have stated that there is a relationship between family roles and adolescent sexual behavior (Simawang, Hasan, Febriyanti and Alvionita, 2022). The more active reproductive education from parents, the better the sexual behavior of adolescents baik (Wahyuni, Fitriani, Mawarni, Usrina, 2021). In practice, however, parents often have problems communicating sexuality to adolescents. Choosing the proper terminology and term for sexuality is one of the significant obstacles (Kartikasari, & Setiawati, 2020). The Ghanaian study found that only about 11.3% of adolescents discussed sexual problems with both parents, while 27.6% communicated sexual problems only with one parent. Adolescents with male sex (AOR = 0.21, CI = 0.06-0.75), aged 10-14 years (AOR = 0.41, CI = 0.04-0.57), non-members of adolescent health clubs (AOR = 0.46, CI = 0.21-1.00), and those living with their fathers only (AOR = 0.19, CI = 0.06-0.61) have lower odds of communicating with their parents about sexual issues (Klu, D., Agordoh, P., Azagba, 2022).

In addition to communication about sexuality issues, parents also need to discuss the dangers of alcoholic beverages for reproductive health. In this study, the knowledge of mothers who were subjected to the program about the dangers of alcohol consumption increased from 74% to 96%. Good maternal knowledge about the effects of alcohol abuse is essential to be educational material through effective communication with her children, especially those who are teenagers. If alcohol consumption behavior can be prevented, then various adverse effects of the behavior can be controlled. Based on the analysis of KRR IDHS data in 2017, alcohol consumption in adolescent boys has an impact on adolescent risk behavior, namely smoking, drug abuse, and premarital sex (Pihahay & May, 2022). Alcohol consumption can trigger a person to lose consciousness, which can result in risky behavior, health problems, and even crime.

The intervention of the "*Kampus Bunda*" program is effective in increasing mothers' knowledge and attitudes about adolescent reproductive health. Facilitation techniques and participatory approaches carried out during these 12 meetings had a good influence on increasing maternal literacy. Educational media in videos have been designed and used to support the learning process. A combination of soft skills and life skills is also provided in this program. This program not only focuses on improving cognitive and affective aspects but also improving skills in increasing productivity and family well-being.

Conclusion

The intervention of the “*Kampus Bunda*” program has a significant effect on increasing mothers' knowledge and attitudes about adolescent reproductive health. During the program, participants are very enthusiastic about every learning activity. This program produces learning modules that contain learning materials and methods, as well as educational videos to support the achievement of learning objectives. Several partners such as the village, Poncol Public Health Center, and several non-governmental organizations have prepared to continue the program through parental assistance, adolescent assistance, provision of drug rehabilitation services, HIV and sexually transmitted disease testing services, assistance for victims of violence, and continuous community education. These collaborations have been agreed upon by signing a memorandum of understanding for the program's sustainability. Sekayu Village needs to ensure that this sustainability program will run well by establishing non-formal institutions that will be responsible in the future.

Author Contributions

The manuscript was arranged and written by all authors. In addition, the first author is the responsible person for the data collecting and data analysis. The second author contributed to presenting the article at the international conference. Then, the third author is the correspondence author to the Fourth ISWOPHA (International Seminar and Workshop on Public Health Action) proceeding.

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Conflicts of Interest:

The authors did not find any conflict of interest in the manuscript publication—all partners already mentioned in the manuscript based on their role during the program.

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