

## Conference Paper

# Community-Based Family Assistance Team (TPK) in Improving Family Resilience in Enrekang Regency

Mario<sup>1\*</sup>, Saifuddin<sup>1</sup>, Bahrul Amsal<sup>1</sup>, and Musrayani Usman<sup>2</sup><sup>1</sup>Universitas Negeri Makassar, Indonesia<sup>2</sup>Universitas Hasanuddin, Indonesia**ORCID**Mario: <https://orcid.org/0009-0002-5619-8311>Musrayani Usman: <https://orcid.org/0000-0002-3790-4295>**Abstract.**

Enrekang Regency is the locus of stunting, although natural resources are so abundant compared to other districts in South Sulawesi but have a high rate, as well as child marriage, so it requires special assistance from the community or community-based in increasing family resilience. This study examines the capacity of community-based companions, with a theoretical approach to social assistance and dominated by the concept of Parsons *et. al.* stating that the empowerment process is generally carried out collectively. From the results of the study found, among others: high stunting rates, child marriage, and divorce rates so that single parents, especially women, can survive to continue their lives by gardening or farming (especially onion farmers). Along with the decline in family resilience that is happening in Enrekang district as a whole, local community-based mentors are needed, because they are the spearhead for a change, but the important problem is their lack of knowledge about the concept of mentoring. The research method used is a qualitative type of research, which focuses on collecting information or in-depth interviews, and this research was conducted for 3 months in 2022-2023.

**Keywords:** companion, family, community based, family resilience, Enrekang

## 1. Introduction

Enrekang is one of the districts in South Sulawesi that faces several social, economic and environmental problems and challenges. In the number of stunting cases that are considered high, although they have decreased by 2.05% with a figure in 2022 of 19.45%, this stunting case needs serious attention because it can have an impact on children's development and quality of life in the future. The next case, based on data from the Office of Women's Empowerment and Child Protection (DP3A) of Enrekang Regency in 2022, DP3A handled 88 cases of child marriage, this could be due to social, economic and cultural factors that still support the practice of child marriage in the area, to face the problem of child marriage which is quite high, because it is feared that child

Corresponding Author: Mario;  
email: mariosm@unm.ac.id**Published** 3 January 2024Publishing services provided by  
Knowledge E

© Mario et al. This article is distributed under the terms of the [Creative Commons Attribution License](#), which permits unrestricted use and redistribution provided that the original author and source are credited.

Selection and Peer-review under the responsibility of the ICHELSS Conference Committee.

 OPEN ACCESS

marriage can interfere with children's education and development, and increase the risk to their health and well-being. Meanwhile, data from religious courts in Enrekang, the divorce rate in 2022 reached 171 cases and single families, of which 133 divorce cases were filed by women due to economic factors and uncomfortable life problems.

One of the efforts made to accelerate overcoming existing problems is the formation of a Family Assistance Team (TPK) group which aims as a preventive step in overcoming family resilience problems, where TPK will help communication and provide education to the community and prevention effort (Sari, N. A., Ni Made Sri Rahyanti, 2022).

The process of social empowerment and community development cannot be separated from social assistance. According to Payne and Edi in Rustanto that the main principle of social assistance is making the best of the *client's resource* in line with the *perspective of the strengths perspective*, that social assistance is centered on four functions: first, *enabling* or facilitation, empowering, protecting and *supporting*), mentoring plays an active role as an agent providing positive and directive input with the knowledge and experience of the community he accompanies, raising public awareness conveying information, conducting confrontations, organizing training for the community are some of the tasks carried out with the function of strengthening (Rustanto, 2016). For mentors or especially TPK, community development activities that must be carried out are: 1) providing motivation, 2) increasing awareness and capacity training, 3) mobilizing resources.

Along with the decline in family resilience that is happening in the Enrekang Regency area, it is necessary for the Family Assistance Team (TPK) to be very decisive in prevention efforts both stunting, child marriage and divorce. The absence of information about the decline in family resilience shows that TPK activities have not been based on family community problems. The above shows the need for special support and mentoring to help them survive and improve their quality of life. To address these cases, community-based approaches and family mentoring can make a significant contribution. Assistance carried out by community-based family assistance teams can help in overcoming stunting problems, provide an understanding of the importance of education and child health and provide support to families in dealing with child marriage.

## 2. Research Methods

This research is carried out with a qualitative approach with a constructivist type that tries to build knowledge and understanding actively by informants through the process of interpretation and social construction. The research was conducted in Baraka District,

Bonebone Village, Enrekang Regency. Enrekang Regency was chosen as the research location because one of them has the highest stunting rate compared to all districts / cities in South Sulawesi province. There are 6 family assistance teams, 3 communities (stunting, child marriage and divorced mothers) and 1 hamlet head. While the measuring tools used are interview guidelines, participatory observation or narrative analysis. So as to understand the construction of individuals or groups on social reality and the informant's understanding of the world around them. Selection of informants using the case study method. The field research was conducted for three months from December 2022 to February 2023

### 3. Data Analysis

One of the programs developed in Enrekang district to minimize some of the problems of stunting, child marriage and divorce rates in terms of family resilience is empowering the community through the establishment of TPK, tim community-based family companions is an approach that involves local community members to provide assistance and support to families in increase family resilience, where the main purpose of TPK is to help families overcome various challenges and improve the quality of family life. The HR selection and recruitment mechanism in Enrekang Regency has been in accordance with the instructions of the Indonesian Minister of Health Number 3 of 2019, funding for human resource development consisting of selection and recruitment fees and training and development costs is charged to the BOK budget ( Muchlis, Haeruddin, & Nurul, 2022).

One of the main tasks of the government is to empower its people, because the government has a responsibility in the welfare of its people and has a role to stimulate, encourage and motivate each individual to have the ability or empowerment to determine what is his life choice, so an empowerment strategy is needed by the government to be able to help solve problems in the community and re-empower the community (Rahma, Gili Aargenti, & Haura Atthahara, 2023). In analyzing this problem, researchers use the theory of empowerment strategies according to Parsons et al in (Suharto, 2014) stating that the empowerment process is generally carried out collectively or in groups, but some situations of empowerment strategies can be carried out individually even though they are ultimately related to collectivity. This collectivity can be grown through institutions or primary units in society, namely family groups. The family group is an important social environment in the formation of individuals and plays an important role in the empowerment of individuals as well as larger groups.

Within the framework of family empowerment, empowerment strategies can involve various aspects, such as empowering family members to make participatory decisions, building effective communication, improving skills and knowledge, and encouraging active roles in society.

Through the empowerment of individuals and families, it is hoped that there will be positive changes in society as a whole. For example, family members who feel empowered will be better able to face challenges and take initiative in solving problems, so as to sustainably increase family resilience which is a solid pillar in community collectivity.

A family resilience-based approach, in which families can survive despite pressures, can cope and adapt well, the family adjustment and adaptation model emphasizes a good process between risk factors and family abilities or protective factors to achieve family resilience (Sunarsih, Triani Marwati, & Endah Puji Astuti, 2021). Based on the results of the study, only one part is very aware of the root of each problem in community mentoring activities related to family resilience.

Knowledge is an important thing that must be possessed, related to the duties and functions of TPK cadres, an understanding of effective counseling methods to the community, and surveillance methods to target at-risk families will help TPK cadres in carrying out their duties and functions. According to Mubarak in Sari 2022, there are seven factors that affect a person's knowledge, namely education, occupation, age, interests, experience and environment and information where someone who has more resources will have broader knowledge (Sari & Ni Made Sri Rahyanti, 2022).

TPK cadres are community members who have concerns to assist government programs in efforts to conduct early detection. The duties of TPK cadres are to conduct counseling, facilitate services, and facilitate the provision of assistance. From the results of the research, a TPK cadre initially did not understand his duties and functions as a TPK cadre, but because of concern and willingness to dedicate himself to take part in the program. To ensure that each TPK cadre is able to carry out its functions, socialization or training activities are absolutely necessary to be carried out and given to each TPK cadre which is carried out regularly.

The condition of the low level of knowledge and skills of TPK which initially became an obstacle, so that the involvement of TPK in prevention, which requires TPK to understand the condition of family resilience so that TPK knows that family development through family resilience is one of the countries that needs to be implemented, because This development increasingly needs attention in line with the declining condition of family resilience in Enrekang Regency. According to article 1 paragraph 11 of Law number 52 of

2009 concerning population development and family development, “family resilience and welfare is a family condition that has tenacity and resilience as well as family welfare and contains physical-material abilities to live independently and develop themselves and families to live harmoniously (Puspita, Wahyuningrat, Pawrtha Dharma, & Alizar Isna, 2019)

In the implementation of family assistance in Bonebone Village, almost most of the community is involved in this program. Family assistance is an effort to provide support and guidance to families in various aspects of life, such as children’s education, health, economy, and overall family empowerment.

In this context, the active participation of most of the people of Bonebone Village is essential to ensure the success of the family mentoring program. By involving most communities, this program can be more effective in providing positive benefits and impacts for families in Bonebone Village.

Community participation can mean a variety of things, such as involving them in program planning, gathering their input and aspirations, and providing information and training to them. In addition, collaboration with local institutions, non-governmental organizations, and village governments is also important in involving most communities in the implementation of family assistance programs.

By involving most of the people of Bonebone Village, family mentoring programs can be more effective in understanding and overcoming problems faced by families at the local level. Thus, family empowerment efforts can be carried out more holistically and sustainably, thereby improving the quality of life and welfare of the Bonebone Village community as a whole.

Through the family assistance team, it is hoped that *parenting* education will be delivered in the community or especially the family, including: 1) increasing parental awareness of the importance of nannies in education, so that parents grow their education of children and their education, 2) increasing the ability of knowledge and skills of parents in implementing nurturing and coaching the interests of children, so as to be able to plan for educational careers and children’s future, 3) bring together interests and desires between families, so that if there are problems that occur they can find solutions quickly and appropriately (Hatimah & Dadang Yunus Lutfiansyah, 2022).

In this study why *parenting education* is very important given by the family assistance team to the family, among others: 1) in cases of stunting, which can provide knowledge and skills to parents about the importance of balanced nutrition and proper nutrition for children, parents will learn about providing nutritious food, a healthy diet and the importance of exclusive breastfeeding for infants, With this knowledge parents can

ensure that their children grow well and avoid the risk of stunting, 2) in the case of child marriage, parenting education can play a role in preventing child marriage towards the education, health and future of children, parents will be given an understanding of the importance of providing good education to their children and recognize the rights of children, they will also be taught about the importance of postponing child marriage until they are old enough and emotionally and physically mature, 3) In the case of divorce, parenting education can help parents in dealing with and overcoming problems that may arise in marriage and affect family stability, family companions will provide effective communication, problem solving and conflict management skills, where parents will learn about the importance with their spouse, Thus they can reduce the risk of divorce and create a stable family environment.

*Parenting education* must be carried out holistically including aspects of knowledge, skills and positive attitudes in educating children, so that in this context community-based family assistance teams, through quality parental education, are expected to understand the importance of their role in supporting child development, preventing stunting cases, reducing child marriage and building strong family resilience.

Based on the results of the study, community-based TPK in increasing family resilience has several challenges and problems, including: 1) low resources, community-based TPK often faces limited resources, this limitation can affect their ability to provide adequate support and assistance. 2) the complexity of problems that exist in the family, so community-based TPK needs to have adequate knowledge, skills, resources to overcome various problems faced. 3) Limited time and commitment, community-based TPK members often work voluntarily or have limited time due to their personal commitments and responsibilities, which can limit the availability and consistency of assistance provided to families. 4) limited knowledge and skills, some TPK members face limited knowledge and skills in providing support to families, so adequate training and regular knowledge updates are needed so that TPK provides effective and relevant assistance. 5) including complicated personal lives, so there are some TPK members facing personal problems in their own lives that can affect their availability and focus on providing assistance to their families.

Of the various problems faced by TPK, but they still have a few obstacles in implementing the program (Rahma, Gili Argenti, & Haura Atthahara, 2023): 1) there are still people who do not fully understand the role of the community in family empowerment, as well as limited stakeholders such as professional organizations and the business world, development funders needed in community empowerment efforts. 2) Amount Motekar or motivator of family resilience that is still limited. 3) In addition, with the

experts needed in solving problems such as in the field of advocacy and psychology that are not bound so that in fulfilling tasks, it is still less optimal and less prioritized.

From these various obstacles, TPK cadres continue to carry out the task of mentoring in parenting education. The implementation of family assistance is almost a large part of the community that has been assisted by family companions tends to be passive in contributing or even helping other communities who experience the same thing as him. One of the causes of community passivity is that people do not want to be involved with other people's problems, people feel enough with the help they have received and return to life. In the implementation of the program in the villages, the village community is active in participating in these activities, especially the mothers in the village. They are quite enthusiastic in participating in their activities but in the implementation of their lives are still lacking, let alone disseminating the knowledge and information they get from these activities, so that the role and function of companions are very necessary, even though one village only consists of one to two cadres.

In the concept of social assistance theory is part of a conceptual framework that tries to understand and explain the process of mentoring in providing support, guidance and empowerment to individuals or groups in achieving goals, overcoming problems and improving welfare, in this concept and adapted to the results of research that the importance of social interaction, emotional support, skill improvement and provision of resources in helping individuals or groups face challenges. So it is very important that there is social support provided by people around, social support can be emotional, instrumental, informational or judgmental, improve well-being and develop abilities. In addition, empowerment is also the most important part, because in this concept individuals or groups will be given the knowledge, skills and resources they need to take control of their own lives, overcome obstacles and achieve goals, this empowerment involves, generates self-confidence, increases autonomy and eliminates inequalities of power. In addition, active involvement is needed by individuals and groups, and social context becomes the most important part such as culture, norms, values and social structure

## 4. Conclusion

One of the efforts made to accelerate overcoming existing problems is the formation of a Family Assistance Team (TPK) group which aims to be a preventive measure in overcoming family resilience problems, where TPK will help communication and provide education to the community and prevention efforts. TPK cadres are community members

who have concerns to assist government programs in efforts to conduct early detection. The duties of TPK cadres are to conduct counseling, facilitate services, and facilitate the provision of assistance. From the results of the research, a TPK cadre initially did not understand his duties and functions as a TPK cadre, but because of concern and willingness to dedicate himself to take part in the program. To ensure that each TPK cadre is able to carry out its functions, socialization or training activities are absolutely necessary to be carried out and given to each TPK cadre which is carried out regularly. In the concept of social assistance theory that the empowerment process is generally carried out collectively or in groups, but some situations of empowerment strategies can be carried out individually even though they are ultimately related to collectivity

## References

- [1] Sari NA. Ni Made Sri Rahyanti, "Optimization of Family Assistance Teams (TPK) in Stunting Prevention Efforts,," *Muhammadiyah Journal of Nursing*. 2022;7(4):101–6.
- [2] Rustanto B. "<http://bambang-rustanto.blogspot.com/2016/03/teori-pendampingan-masyarakat.html>," Maret 2016. [Online]. [Diakses Mei 2023].
- [3] Muchlis N. Haeruddin dan S. Nurul, "Pola Pengembangan Sumber Daya Manusia dalam Penanganan Stunting di Wilayah Kerja Puskesmas Maiwa Sebagai Lokasi Khusus Stunting Kabupaten Enrekang," *Jurnal Penelitian Kesehatan Suara Forikes*, vol. 13, no. 1, pp. 180-185, Januari 2022.
- [4] Rahma PA. Gili Aargenti dan Haura Atthahara, "Strategi Pemberdayaan Masyarakat Melalui Program Motivator Ketahanan Keluarga (Motekar) Dalam Masa Pandemi Covid-19 di Kabupaten Karawang," *Jurnal Ilmiah Wahana Pendidikan*, vol. 9, no. 4, pp. 413-427, Februari 2023.
- [5] Suharto E. *Membangun Masyarakat Memberdayakan Rakyat*, Bandung: PT. rafika Aditama, 2014, p. 77.
- [6] Sunarsih T. Triani Marwati dan Endah Puji Astuti, "Model Pemberdayaan Perempuan Untuk Meningkatkan Ketahanan Keluarga Akibat Dampak Covid-19 (Upaya Peningkatan Tumbuh Kembang Anak)," *Jurnal Jarlit*. 2021;17:128–52.
- [7] N. A. M. E. Sari dan Ni Made Sri Rahyanti, "Optimalisasi Tim Pendamping Keluarga (TPK) Dalam Upaya Pencegahan Stunting,," *Jurnal Keperawatan Muhammadiyah*. 2022;7(4):101–6.
- [8] D. R. Puspita, Wahyuningrat, Pawrtha Dharma dan Alizar Isna, "Pengembangan Kapasitas Penyuluhan Berbasis Masyarakat Berperspektif Gender Dalam Meningkatkan



Ketahanan Keluarga Di Kecamatan Sumbang, Kabupaten Banyumas,” *Dinamika Journal*, vol. 1, no. 4, pp. 24 - 36, Desember 2019.

- [9] I. Hatimah dan Dadang Yunus Lutfiansyah, “Pendampingan Keluarga Melalui Program Parenting Untuk Menekan Angka Stunting di Kabupaten Cirebon,” *E-Coops-Day: Jurnal Ilmiah Abdiman*, vol. 3, no. 1, pp. 123 - 133, Februari 2022.
- [10] Rahma PA. Gili Argenti dan Haura Atthahara, “Strategi Pemberdayaan Masyarakat Melalui Program Motivator Ketahanan Keluarga (Motekar) Dalam Masa Pandemi Covid-19 di Kabupaten Karawang,”. *Jurnal Ilmiah Wahana Pendidikan*. 2023;9(4):413–27.