

"CAPACITY BUILDING TRAINING FOR BUMI CENDEKIA SCHOOL STUDENTS: ENHANCING HEALTHY RELATIONSHIPS IN SCHOOL"

by Dr. Rosita Endang Kusmaryani, M.Si Nesya Adira, S.Psi., M.Si Dyah Ayu Purwaningtyas, S.Psi., M.A. Dr. Siti Rohmah Nurhayati, S.Psi., M.Si Rilis Asterina, M.Psi.

ABSTRACT

Issues related to body image have been identified among students at Bumi Cendekia School. Some female students have started paying more attention to their body shapes, often expressing concerns about dieting to avoid gaining weight and choosing to skip meals. This situation has raised concerns among teachers who worry about students' excessive focus on their body image. In addition to body image issues, there is peer pressure among students. In response to these challenges, the PKM program was designed to provide training in the field of capacity building, aiming to address several issues at Bumi Cendekia, including issues related to gratitude, self-love, self-image, peer pressure, and intergroup conflicts. Furthermore, this training also targeted the enhancement of students' capacity as responsible individuals capable of managing their self-concepts positively through self-management skills and self-acceptance. In light of these objectives, the Social-Organizational PPM Team decided to implement the PPM activity titled "Capacity Building," which consists of four main modules conducted in five sessions, focusing on gratitude, self-love, peer pressure, and intergroup relationships. All of these modules were developed based on a school needs assessment and are relevantly applied to students aged 12-14 years. The PPM team received positive responses after the training. These responses were demonstrated through the analysis of pre-test and post-test knowledge assessments, which showed improvement, as well as qualitative evaluations from students who expressed their satisfaction with the training activities and hope for further activities in the future.

Kata Kunci: Capacity Building, Healthy Relationships, School, Pesantren