

Training For “Bina Keluarga Remaja” Cadre as a Promotion Effort For Family-Based Mental Health

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ABSTRACT

Bina Keluarga Remaja (BKR) is a program initiated by the National Bureau of Population and Family Planning (BKKBN) of the Republic of Indonesia, which focus on family that has adolescent family members aged between 10-24. This program aimed to improve parents' knowledge and ability on handling their adolescents as well as educate and provide better care for them. BKR Program in Ketonggo, a hamlet in Wonokromo district, Yogyakarta stems from the concern of the risky behavior of their youth. Numbers of youth in Ketonggo has perpetrated acts of delinquency as well as violations of moral norms. Therefore, this BKR program, which was spearheaded by a number of community members that has similar vision and concern regarding their youth. Therefore, continuous support from various institutions was needed to ensure the success of this program. Our Community Service Program (CSP) aimed to provide this group with knowledge of the issues and dynamics of adolescence, and how-to better deal with their problem(s). Our program can be deemed successful if it can improve community members' knowledge on the issues discussed. We measured their knowledge and understanding using pre-test and post-test which asked several questions about our training materials. Analysis shows that our CSP program was able to improve BKR cadre's knowledge demonstrated by significant difference ($t = -2.96$; $p < .01$), between pre-test score ($M = 53,78$) and post-test score ($M = 67,55$). Improvements of 13.77 mean point shows that our training was able to improve participants' knowledge. Further analysis reveals that most of the participants (96,05%) rated the training as “very useful, very interesting, and according to their needs. Whereas other 3,95% rated the training as quite useful and interesting. Each of the participants expresses their willingness to practice what has been taught to them to their family as well as other family around them. They also wished for similar and further training on the other topic concerning adolescents. Further suggestion and evaluation result will be discussed further in comprehensive manner.

Kata Kunci: *Bina Keluarga Remaja, Adolescent, Family, Parent-Child Relationship, Family*