The Role of Youth Family Development (BKR) in Improving the Quality of Youth

Isthofaina Astuty1,*, Fadia Fitriyanti2, and Shantica Maharani Mahmuh3

1Management Department, Universitas Muhammadiyah Yogyakarta, Indonesia
2Law Department, Universitas Muhammadiyah Yogyakarta, Indonesia
3Management Department, Universitas Muhammadiyah Yogyakarta, Indonesia

Abstract. Based on observations of adolescents’ lives accompanied by discussions with PKK RW 11 mothers, several problems identified by adolescents in RW 11 were: the low awareness of parents and school-age children to study outside school hours, many mothers do not understand the process of parenting children, especially teenagers, the lack of community activities aimed at teenagers and the low level of youth participation in community social activities and so on. Therefore it is necessary to carry out solutive actions that include solutions for mothers or families with children/adolescents and at the same time a solution for the youth themselves, namely by establishing Youth Family Development (BKR). The program for forming BKR or Youth Family Development in the RW 11 area is carried out using the mentoring method, namely in the preparation and formation of BKR, training which includes training for PKK administrators and prospective BKR cadres related to BKR management and communication skills, training for youth and procurement of goods for the smooth running of the BKR work program to be formed. The output of the program is the formation of BKR in the RW 11 area complete with its human resources and an initial work program that provides alternative solutions in dealing with the problems of adolescent and youth families in the RW 11 area.

1 Introduction

Bausasran Village is one of the Villages in the Danurejan Kemantren (Danurejan District) Yogyakarta City. In 2022 the number of residents who are recorded as living in this sub-district are 3621 men and 3839 women, or 7640 people. Table 1 shows that teenagers (aged 9 to 24 years) in the Bausasran subdistrict reach 1985 or around 26% of the total population. The large number of adolescents in the Bausasran Village area shows that the Bausasran Village has quite a lot of potential resources as a replacement generation and

* Corresponding author: isthofainaastutyr@umy.ac.id.
the next generation of parents of retirement age (adults aged over 55 years), where this generation reaches 1691 or 22%. On the other hand, many teenagers also go home to cause more problems, especially related to the problems of teenagers who are increasingly rampant, from juvenile delinquency that leads to criminal acts, and addiction to gadgets and drugs to early sexual behavior and sexual harassment. Adolescents are the party most potentially affected by the Three Basic Threats of Adolescent Reproductive Health (TRIAD KRR) which include problems of sexuality, HIV/AIDS, and abuse of Drugs, Psychotropics, and Other Addictive Substances (NAPZA).

TRIAD KRR is of concern to many parties because the impact of TRIAD KRR will not only be felt by current and future youth actors, the physical and psychological impacts can even become permanent obstacles in the lives of adolescents. The impact of the TRIAD KRR will certainly be felt by the people around them and in the end it will disrupt the interests of the state and society in preparing a quality generation, a golden generation, the next generation of the nation. Therefore, many institutions/parties are trying to contribute to dealing with or preventing the TRIAD KRR problem with various strategies and approaches.

Several approaches can be taken to provide protection to adolescents from TRIAD KRR, such as increasing youth knowledge through education (Sihite, PJ, Nugroho, D., & Dharmawan, Y., 2017; Handayani, F., 2020; Nugraha, CTH, Budhi, NGMAA, & Sari, Y., 2021; and Fathona, S., Hartini, L., Yuniarti, Y., Mizawati, A., & Sapitri, W., 2021.), peer educators and peer counselors (Permatasari, D., & Suprayitno, E., 2020) and the involvement of religious activities (Saleha, N., Delfina, R., & Abdurrohim, M., 2020).

Another approach that can be taken in preventing TRIAD KRR behavior in adolescents is with Youth Family Development (Bina Keluarga Remaja/BKR), as reported by Aurina, R. (2018) and Rostini, R. (2020) who conducted research on the role of BKR in dealing with juvenile delinquency.

BKR is one of the community groups formed by the Badan Kependudukan dan Keluarga Berencana Nasional or BKKBN. BKR is a Youth Family Development (BKR) group that is aimed at providing assistance to parents in Indonesia in understanding who and what teenagers are living, their problems, and how to interact with them. Through BKR families with teenage children can share information and discuss matters related to youth, such as the GenRe Program Policy, Instilling Moral Values Through 8 Family Functions, Maturity at Marriage Age, Sexuality, Drugs, HIV and AIDS, Life Skills, Gender-Based Family Resilience, Effective Communication between Parents and Adolescents, The Role of Parents in Fostering Adolescent Growth and Development, Adolescent Personal Hygiene and Health, and Adolescent Nutrition Fulfillment. (BKKBN, 2012). It was further explained that Youth Family Development (BKR) is a place for activities that have family members who have teenagers aged 10-24 years and are not married. BKR aims to increase the knowledge and skills of parents and other family members in the process of nurturing and fostering the growth and development of adolescents, in order to increase the participation, guidance, and independence of family planning for group members.

Rukun Warga (RW) 11 is one that is within the scope of the Bausasran Urban Village, Kemantren Danurejan. RW 11 consists of 5 neighborhood units, namely RT 041, RT 042, RT 043, RT 044, and RT 045. The RW 11 area includes RW which has relatively complete facilities, there is one school (public junior high school 4), 2 prayer rooms, 2 retail (Indomaret), 2 regional dormitories (Kutai and Jambi) and a multipurpose hall. In order to serve the needs and accommodate the problems of RW 11 residents, RW 11 regularly holds meetings at the RW and Rukun Tetangga (RT) levels which are held once a month, meetings for the elderly and Pos Pelayanan Terpadu (posyandu) and elderly as well as Pemberdayaan Kesejahteraan Keluarga RW 11 meetings and meetings with the Bustan
Adi Farmer Group, in addition to religious activities managed directly by the mosque or musholla or local places of worship.

From observations made by proposers and collaboration partners, several problems were identified in RW 11, especially problems related to mothers, the elderly, youth and children, namely social problems, economic problems, health and education problems. In the aspect of education, the problem that gets more attention is the problem of youth. Several meetings of PKK RW 11 mothers, which were attended by mothers from the five RTs, active mothers in the RW 11 environment, and housewives raised concerns and anxieties stemming from the behavior and habits of teenagers in the family and within the community. Problems that teenagers are worried about such as paying less attention to family matters, being too preoccupied with friends and the world, being too dependent on gadgets, tending to stay alone at home and not tending to leave the house to socialize etc. Several mothers also complained about the failure to understand their teenage children so that they tend to often have conflicts when they interact in the family. From this anxiety,

To overcome the problems of mothers’ families with teenagers and teenagers themselves, there are many alternatives, such as increasing youth knowledge through education (Sihite, PJ, Nugroho, D., & Dharmawan, Y., 2017; Handayani, F., 2020; Nugraha, CTH, Budhi, NGMAA, & Sari, Y., 2021; and Fathona, S., Hartini, L., Yuniarti, Y., Mizawati, A., & Sapitri, W., 2021.), peer educators and peer counselors (Permatasari, D., & Suprayitno, E., 2020) and the involvement of religious activities (Saleha, N., Delfina, R., & Abdurrohim, M., 2020) and Youth Family Development (BKR), as reported by Aurina, R. (2018) and Rostini, R. (2020) who conducted research on the role of BKR in dealing with juvenile delinquency. In this program what was agreed upon was the formation of the BKR. Therefore, in one of the RW 11 PKK meetings it was determined that it was necessary to form Youth Family Development in the RW 11 Bausasran Village.

2 Methodology

In order for this community service program to run well and achieve the desired output, the proposed implementation method is as shown in Figure 1. This implementation method was compiled based on initial observations of the RW 11 area and based on output books BKKBN 2012 concerning the Manual for the Management of Youth Family Development. The details of the implementation method are as follows:

1. Preparation
   1.1. Outreach to RW 11 and PKK RW 11
   1.1.2. Identification of the potential for the formation of BKR and problems related to the process of forming BKR
      1.1.2.1. Potential mapping: number of existing cadres; number of teenagers; the number of couples of childbearing age (PUS) who have teenage children (with and without family planning); number of pregnant women (pregnant women); room availability for meeting activities; BKR facilities,
      1.1.2.2. Identification of problems: limited cadres; lack of cadre skills; lack of awareness of parents/family members who have teenage children and lack of concern from community leaders about the importance of the BKR group,
   1.1.3. Gathering an agreement to form BKR. After the Toga/Toma had an understanding as a result of KIE/socialization, then the family planning program manager carried out an agreement to form a BKR group according
to the community's needs. Things that need to be agreed upon include determining if the BKR activity model is a separate (special) activity or will be combined with other existing activities and activities that can support its sustainability.

1.2. Implementation

1.2.1. Establishment of the BKR

1.2.2. Waste of resources. BKR activities will run smoothly if supported by adequate resources. The resources that need to be prepared by the family planning program manager are the management staff who will become the administrators of the BKR group and a number of cadres who will be in charge of the BKR group who will provide counseling to parents/family members. Cadres are taken from members of the local community who are willing to voluntarily guide and provide counseling to parents/family members. The number of cadres in each group is at least 3 people.

1.2.3. Increasing management and implementation capacity with TOT, training

1.2.4. BKR group activity services

1.3. Evaluation

3 Results and Discussion

From a series of activities, starting from outreach, mentoring and training, both from the UMY Management Study Program Team and the team Yk City Women's Empowerment, Child Protection and Population Control and Family Planning Control Service (DP3AP2KB), as well as Genre Kid procurement (where at the beginning the Genre Kid community service program was a means of conducting training for BKR cadres, but later became the main equipment for BKR cadres), then some of the outputs of this community service program are:
1. Establishment of BKR Management

1.1. Management Composition

The composition of the Youth Family Development Board (BKR) RW 11 Kalurahan Bausasran was ratified with a decree on the date the composition of the BKR management was as follows:

- Chairman: Fitri Susilowati
- Secretariat: victorian
- Treasurer: Wahyu Widodo

1.2 BKR cadres

To run the BKR program, training has been conducted for BKR RW II cadres. BKR cadres were formed based on a PKK RW 11 board meeting which agreed that BKR cadres were taken from 5 RTs in the RW II area with the provision that young mothers with teenage children and each RT was represented by 2-3 people. The list of BKR cadres that have been formed is as follows:

Table 1: List of BKR Cadres

<table>
<thead>
<tr>
<th>NO</th>
<th>NAME</th>
<th>RT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sulistyah</td>
<td>RT 041</td>
</tr>
<tr>
<td>2</td>
<td>Emi Nuryanti</td>
<td>RT 042</td>
</tr>
<tr>
<td>3</td>
<td>Yuli Lestari</td>
<td>RT 042</td>
</tr>
<tr>
<td>4</td>
<td>Leni Nur Hanawati</td>
<td>RT 043</td>
</tr>
<tr>
<td>5</td>
<td>Wahyu Widodo</td>
<td>RT 043</td>
</tr>
<tr>
<td>6</td>
<td>Sujanah</td>
<td>RT 044</td>
</tr>
<tr>
<td>7</td>
<td></td>
<td>RT 045</td>
</tr>
</tbody>
</table>

Together with the administrators, meetings and training are held to make the administrators and cadres ready for their respective initial assignments, the administrators carry out administrative and financial management functions, while the cadres carry out their educational role.

2 BKR Target Profile

In accordance with the KBR complaint issued by BBKN, the target group for BKR RW 11 is mothers in the RW 11 area who still have teenage sons and daughters, namely the age...
range of 10 – 24 years. However, because in the RW 11 area there are several grandmothers who are entrusted with caring for their teenage grandchildren (the biological parents do not live in the RW 11 area), grandmothers with similar conditions are also targeted by BKR.

### Table 2. BKR Target Profile.

<table>
<thead>
<tr>
<th>RT (neighborhood association)</th>
<th>Number of Families</th>
<th>Number of Teenagers in The Family</th>
</tr>
</thead>
<tbody>
<tr>
<td>RT 041</td>
<td>12</td>
<td>20</td>
</tr>
<tr>
<td>RT 042</td>
<td>9</td>
<td>13</td>
</tr>
<tr>
<td>RT 043</td>
<td>7</td>
<td>9</td>
</tr>
<tr>
<td>RT 044</td>
<td>8</td>
<td>11</td>
</tr>
<tr>
<td>RT 045</td>
<td>13</td>
<td>14</td>
</tr>
</tbody>
</table>

### 3 Adolescent Profiles

In accordance with the KBR complaint issued by BBKN, the target group for BKR RW 11 is mothers in the RW 11 area who still have teenage sons and daughters, namely the age range of 10 – 24 years. However, because in the RW 11 area there are several grandmothers who are entrusted with caring for their teenage grandchildren (the biological parents do not live in the RW 11 area), grandmothers with similar conditions are also targeted by BKR.

### Table 3. RW 11 Youth Profile.

<table>
<thead>
<tr>
<th>RT</th>
<th>NUMBER OF FAMILIES</th>
<th>GENDER</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>MALE</td>
</tr>
<tr>
<td>RT 041</td>
<td>20</td>
<td>12</td>
</tr>
<tr>
<td>RT 042</td>
<td>13</td>
<td>7</td>
</tr>
<tr>
<td>RT 043</td>
<td>7</td>
<td>2</td>
</tr>
<tr>
<td>RT 044</td>
<td>8</td>
<td>3</td>
</tr>
<tr>
<td>RT 045</td>
<td>13</td>
<td>5</td>
</tr>
</tbody>
</table>

### 4. Early Work Program

After the formation of the BKR Management and BKR RW 11 cadres, meetings were held to determine the initial program of BKR. The work programs that have been agreed upon and have been running are:

1.1.1. Make a BKR RW 11 Cadre Pocket Book which contains simple material about youth and youth problems. This book was compiled based on materials taken from various Youth Generation books issued by the BKKBN, but selected according to the conditions of youth in RW 11. This first book contains 12 simple materials that will be used by cadres when conducting education at women's meetings or gentlemen in the RT of each cadre

i. Making a book Monitoring Youth Development. This book was developed with the aim of documenting the physical development of adolescents, where information was obtained directly from adolescent parents during RT meetings. This book also contains a month-by-month menstrual calendar for teenage girls to monitor their reproductive health.

ii. The cadres began conducting outreach to RT mothers during monthly PKK RT meetings using the Cadre's Pocket Book and monitoring the menstruation of young women in their respective RTs.
From the implementation of the community service program which focuses on initiating the formation of Youth Family Development in the RW 11 Baussaran Village area, there are several things or findings that are worthy of discussion.

1. Residents of the RW 11 area are aware of the importance for residents to understand and be aware of the development of teenagers and families who have teenage children for quality teenage education and the lives of teenagers as successors to their future lives.

2. Understanding the very varied parenting styles among teenagers among RW 11. This must be a joint work between the local government and RW 11 administrators, especially the PKK RW 11 administrators.

3. Citizen participation in community programs tends to be dominated by certain people, or it could be said that there is a wide variety of community attention in managing programs for the common good. This is also the homework of local community leaders.

4. Youth Family Development (BKR) has been formed and is complete with management. However, long and planned efforts still need to be made to run the BKR in RW 11 Baussaran Village.

5. Collaboration with related parties, especially the BKKBN, must continue to be carried out in order to develop BKR RW 11 into an institution capable of contributing to youth development.

**Conclusion**

The conclusion that can be drawn from this community service is that awareness of the importance of coaching teenagers and their lives through BKR needs to be followed up with other programs that are in line and in collaboration with the local government and the Women's Empowerment Service, Child Protection and Population Control and Family Planning, Yogyakarta City (DP3AP2KB), so that the BKR that has been established can carry out its functions and programs well.

Thank-you note: 1) LPM UMY for giving the writer the opportunity to carry out community service and at the same time providing community service funds, 2) Women from PKK RW 11 Bausasran Village who collaborate with the author in implementing the service program, 3) Yogyakarta City Department of Women's Empowerment, Child Protection and Population Control and Family Planning (DP3AP2KB), for their cooperation in initiating the formation of BKR.
References


