

Green Activities as Tools for Improving Family Quality of Life Through Family Welfare Movement (PKK) at Klitren Village, Yogyakarta

Wahyu Supartono^{1*}, Annisa Dwi Astari¹, Satria Bhirawa Anoraga²

¹Department of Agro-industrial Technology, Faculty of Agricultural Technology, Universitas Gadjah Mada, Indonesia

²Department of Agroindustry, Vocational School, Universitas Gadjah Mada, Indonesia

*Corresponding author's email: wstono@ugm.ac.id

doi: <https://doi.org/10.21467/proceedings.151.52>

ABSTRACT

Education for environment-friendly activities attempts to change environmental-based habits. Based on the previous research, it was advised that education, dissemination, and discussion in informal settings with the women members of *Pemberdayaan Kesejahteraan Keluarga* (PKK) or the Family Welfare Movement would bring positive impacts. However, it still needs time for the full implementation. This ESD program was designed for women as agents of change in Klitren Village, who take part as the agent of change in family empowerment and managing the environment. Universitas Gadjah Mada team and the local government (Klitren municipal government) mutually contributed to their education and supervision. The training also involved a field trip to GAMAINDIGO natural dye manufacturer and garden, where the women would learn to use natural dye in batik clothes and natural color in foods. 83% of the women involved reported that they already have greater attention to sanitation, personal hygiene, and household waste management. Only 59% said they practiced reducing electricity consumption and chose energy-saved electronic devices. They tried to keep their house and environment clean using the Reduce, Reuse, and Recycle (3R) concept idea, yet only 44% attempted to make a list of goods. Based on the findings, some programs were conducted in this village to create a more vibrant society in managing their clean, comfortable, and healthy environment, such as through training for establishing Kampung Sayur (a village that produces vegetables sustainably), assistance in building artificial ponds to cultivate catfish that was suitable with the narrow area, and through competition among sub-villages on Healthy Environment contest. These activities are hoped to influence adjacent sub-villages to practice sustainable initiatives. Universities and local governments are trying to draw a future concept called Klitren in 2040 based on sustainability activities.

Keywords: Family Welfare Movement (PKK), Green Activities, Quality of Life

1 Introduction

Education about environment-friendly activities is a step forward towards an environmentally-friendly lifestyle. This year's attainment of the Education for Sustainable Development (ESD) program by the Directorate of Community Services Universitas Gadjah Mada (UGM) is done through education, dissemination, and discussion to enhance the comprehension and awareness of continuing ethical-environmental development at the family level. The mutual contribution of Universitas Gadjah Mada and the Yogyakarta City Government is made by arranging learning activities (training, socialization, and direct assistance) as environmental-friendly education in Klitren Village, through KOTAKU (*Kota Tanpa Kumuh*) program and environmental management implementation, involving the PKK team as agents of change in families and surrounding communities [1].

Environmental problems and the urban communities' dynamic lifestyle require a change in approach to raising environmental awareness, starting from the smallest sphere, namely the family. Awareness values implementation on future generations' quality of life must be initiated and monitored continuously to



© 2023 Copyright held by the author(s). Published by AIJR Publisher in "Proceedings of the 3rd International Conference on Community Engagement and Education for Sustainable Development" (ICCEESD 2022). Organized by the Universitas Gadjah Mada, Indonesia on December 7-8, 2022.

Proceedings DOI: [10.21467/proceedings.151](https://doi.org/10.21467/proceedings.151); Series: AIJR Proceedings; ISSN: 2582-3922; ISBN: 978-81-961472-6-6

achieve green activities. This program focuses on developing personal hygiene, environmental sanitation, household waste management, and improving water quality standards in the first year. Green activities are a series of implementations aiming to reduce or eliminate environmental problems by making more efficient use of natural resources. These attempts were supported by some international organizations that encourage people to be more environmentally friendly daily [2].

Green Activities include planting, trimming, harvesting, additions, subtractions, or other changes of, in, or to the trees, shrubs, grass, plants, gardens, vegetation, or different kinds of agriculture, horticulture, floriculture, or silviculture products [3]. The green activities implementation to form an environmental-friendly character shall lead to simultaneous economic and environmental improvements. Hence, there is an urgency for the environmental management system (ISO14001) concept's simple adoption, activity tracking, and documentation to show the ecological responsibility visualization. This is expected to stimulate the community's needs and desire to improve its environment independently, increase its capabilities, and reduce the environment's oppression through criteria that may shape individual cognitive frameworks. The first year of activities results shows that the community is not yet fully interested in assessing, evaluating, and improving environmental management.

2 Research Methodology

This ESD activities implementation method involves an informal approach with the Klitren Village, PKK Team, and the sub-village level administrators. This approach is intended to explain the steps that will be implemented together according to current and future needs. In addition, a series of activities have been carried out to strengthen the PKK Team members' knowledge and capabilities through training, discussions, and visits to locations that have implemented one of the Sustainable Development Goals (SDGs) and those that prioritized Sustainable Development-related matters. In addition, a set of activities to support the green activities approach were carried out to reduce excessive energy use, paper or other materials usage and able to carry out activities adjusted to the planned achievements priority.

PKK Team's training and mentoring in Klitren Village is designed to be included in this ESD program as it is closely related to advanced green activities in the family sphere. This training is also aimed at strengthening the PKK management administration and efficiency in supporting sustainable development activities, especially those that would be socialized for families. The PKK team members will work jointly in each working group to support family empowerment and welfare embodiment.

The program implementation approach was made through both qualitative and quantitative methods. The qualitative approach was taken place at Klitren Village by conducting Focus Group Discussion (FGD) and meeting with the PKK Team. The results were then used as the fundamental references for the programs' plans, which the PKK and the local community needed. The quantitative approach was made through a questionnaire distributed to PKK members during their monthly meetings. The questionnaire surveys hygiene, sanitation, waste management, energy consumption, and 3R activities.

3 Results and Discussion

This activity targeted mothers who are a part of the PKK Force Team in Klitren Village, Gondokusuman, Yogyakarta City. This team combines PKK mothers from all 16 sub-villages in Klitren village, which was then divided into four working groups (*Kelompok Kerja*, POKJA) with different tasks and functions to strengthen and carry out activities supporting family empowerment and welfare. The working groups are:

- Working Group I: activities related to Community Learning Centres (*Pusat Kegiatan Belajar Masyarakat*, PKBM), Family Law Awareness (*Keluarga Sadar Hukum*, KADARKUM), and Child Parenting.

- Working Group II: Study Group; Functional Literacy (*Keaksaraan Fungsional*, KF); Early Childhood Education (*Pendidikan Anak Usia Dini*, PAUD); Family Development for Children under Five (*Bina Keluarga Balita*, BKB); Cooperatives, Skills, Family Income Enhancement Business (*Usaha Peningkatan Pendapatan Keluarga*, UP2K); Institute for the Educational Study and Development (*Lembaga Pengembangan Pendidikan dan Pembelajaran*, LP3) in PKK; PKK Force-Team, and PKK’s Community Empowerment Team (*Kegiatan Pemberdayaan Masyarakat*, DAMAS).
- Working Group III: Food, Clothing, and Home Management (*Pengelolaan Pangan, Sandang, dan Papan*). In this working group, food security on the household scale is encouraged through urban farming that is applied, such as viticulture and vermiculture. Chen stated that sustainable agriculture is supported by environmental conditions, land security, social acceptability, and economic rationality [4]. So that urban farming could be executed when the environmental and land condition is suitable and the locations are supported.
- Working Group IV: Integrated Service Post (*Pos Pelayanan Terpadu*, Posyandu) regarding Nutrition, Environmental Health, Drug Counselling, and Clean and Healthy Lifestyle (*Pola Hidup Bersih dan Sehat*, PHBS).
- The Secretariat is supported by the PKK Team’s chairperson, secretary, and treasurer—which coordinates among working groups and provides direction and support in implementing the PKK sub-village work program. The leaders of PKK are commonly serving as servant leaders, like in Toyota Company [5], in which some working motos, such as the team member is the expert, focus on the problems, not the person; mistakes are okay as long as people learn from them; take care of the people building the cars; and you work for your team members. These are adopted by the PKK’s leaders, who do their jobs and tasks voluntarily to organize the women to become more confident, productive, and good ‘managers’ for their households.

Table 1: Training and socialization activities in succeeding Green Activities in Klitren Village

No.	Activities	Person in Charge
1.	Program’s opening and the explanation of green activities	Chief of Village and Dr. Wahyu Supartono
2.	Management Information System – Organization Administration	Dr. Endy Suwondo
3.	Program and Society Roles in Yogyakarta Province	Dr. Didik Purwadi
4.	Smart and Saving Life – 1 (<i>Equipment</i>)	Annisa Dwi Astari, STP, MT & Satria Bhirawa, STP, MT
5.	Visit to Batik Indigo and Erista Garden Yogyakarta	Prof. Edia Rahayuningsih dan Ir. Erista, MM
6.	Assistance and Training for Working Group 2– Increasing Family Economic Status	Rumiyati Andhy and Ari Putri*
7.	Assistance and Training for Working Group 1 – Child Parenting and Environment Awareness	Wuri Astuti and Nena Marlina*
8.	Assistance and Training for Working Group 4 – Family Nutrition and Health and Clean Lifestyle	Tugirah, dr. Teti and Imron*
9.	Assistance and Training for Secretariat	Djumiati Suni, Turtiyati and Anom Wahyuni*
10	Assistance and Training for Working Group 3 – Food, Clothing, and Household Management	Sri Hastuti and Dian Wijaningrum*

Note * = PKK City of Yogyakarta members and Working Group Advisors.

Based on the FGDs and meetings with the PKK Team results, some activities were needed to empower and strengthen the members' capability and comprehension in anticipating the technological development and pursuing PKK-level activities needs set up by the Yogyakarta City's PKK Team. As preparing to attend the Yogyakarta City-level PKK activities competition, all planned activities were suitably created for PKK working groups. Training and socialization activities carried out in succeeding Green Activities in Klitren Village can be seen in Table 1.

The results achieved in these conducted activities were as follows:

- a. Carrying out consolidation and coordination with Klitren Village's PKK Force Team regarding procedures and governance of the Green Activities implementation.
- b. Focus Group Discussion (FGD) assistance and participation regarding the Current Land Use of Klitren Village within the Next 25 Years, carried out by Klitren Village and the Faculty of Engineering, Universitas Kristen Duta Wacana.
- c. Supporting KOTAKU activities carried out by the Yogyakarta City Government and holding a community service event for the Civil Engineering Study Program, Vocational School, Universitas Gadjah Mada
- d. Assisting and supporting the planning and implementation of the Strengthening of *Kampung Sayur* (Vegetable-Production Village) and Cendol Catfish Cultivation Training for the Klitren Village's local community. These activities were designed to support food security at the household and communal levels.
- e. Assisting and supporting the planning, preparation, and implementation of the Cleanliness and Healthy Environment competition between sub-villages (represented by RW 11 and RW 16) at the Klitren Village level.
- f. Conducting ESD meetings and socialization regarding Green Activities program to the Klitren Village PKK Team members on August 6th and September 6th, 2019, as well as discussing the next green activities and ESD activities.
- g. Carrying out a series of training, socialization, and mentoring activities regarding Green Activities and ESD to the Klitren Village PKK Team members.
- h. Conducting visits to the Gamaindigo natural fabric dye producer and Erista Garden, which uses natural food coloring from a bay flower.

As stated previously, several lecturers from the Civil Engineering Study Program, Vocational School UGM contributed to the KOTAKU activities, which is a part of the Kota Tanpa Kumuh (KOTAKU) program established by the Ministry of Public Works and Public Housing (PUPR) [6]. The contributors held a field practicum and community service activities to reduce slums and improve sanitation in Embung Langensari (the retention basin of Langensari) and Kali Belik, (Belik River) involving the local community, village administrators, chief, and LPMK. The ESD program was delivered to approach the woman living in the following villages by explaining the clean and healthy lifestyle that can be implemented, supposing that the KOTAKU program is consequently implemented. This fact was depicted in Figure 1, where an inspection road with a 3m width was constructed along the river Kali Belik. The road was very useful for the residents and pedestrians as well. Furthermore, this road made the environment more spacious and clean.

As for the Clean and Healthy Environment Competition at Klitren Village, a series of pilot projects were carried out as follows: (1) assisting urban villages in socializing a clean and healthy lifestyle for all Klitren Village's residents; (2) assessment of a Clean and Healthy Lifestyle implementation; and (3) Kampung Sayur (Vegetables Village) implementation. The competition aimed to empower all residents to maintain their respective environments' cleanliness and health to create a comfortable and neat environment for its citizens.



Figure 1. Implementation of KOTAKU program - Construction of a 3m road from Kali Belik

Figure 2 shows the judgement process of Clean and Healthy Environment Competition at Klitren Village. The judges visited the location of vegetable and catfish corners, where the residents tried to utilize their yard for planting vegetables and farming the catfish.



Figure 2. Assessment and evaluation process of clean and healthy village competition

The next activity was assisting the Klitren Village PKK Force Team members, divided into four working groups along with the Secretariat, carried out by The Yogyakarta City-level PKK advisors. This assistance is the agreement result between the Klitren Village PKK Force Team management and the UGM ESD

Team, considering the necessity to equalize perceptions among the PKK Force Team members on things that must be executed in each working group. In addition, it is also done to manage this activity administration to provide more value, especially in making efficient activities and fund utilization, so more optimal results can be obtained following the Village-level PKK Force Team's objectives [7].

The mentoring process is carried out in groups according to each working group, as the mentors were adjusted according to each group's objectives. The activity was held at the RW XVI Hall and attended by Working Groups members coordinated by the PKK Secretariat, carrying out discussions regarding the activities conducted in each working group and their performances as to compiling a comprehensive report of each activity carried out Figure 3 depicted the training and management mentoring by the PKK advisors who came from city government of Yogyakarta. They assisted and nurturing the PKK members of Kelurahan Klitren on all aspects of working groups



Figure 3. *Training and assistance on management for PKK Klitren by PKK Advisor*

The PKK activities at Kelurahan Klitren were not only to encourage and strengthen the women's roles in the community, but they worked like a social company in which the work progress and performance should be increased. When they were juxtaposed with certain companies, they should make an innovation for human resources, such as replacing commands and control with values-based management. Instead of galvanizing people through fear of failure, energize them through hope and inspiration. Inspire them to pursue a common purpose based on values they help to define [8].

A survey was conducted to determine women's roles in green activities. The survey results showed that 83% of the women involved already pay greater attention to sanitation, personal hygiene, and household waste management. Only 59% stated they had activities to reduce electricity consumption and chose energy-saved electronic devices. They tried to keep their house and environment clean using the Reduce, Reuse, and Recycle (3R) concept idea, yet only 44% attempted to make a list of goods. The results did not reflect the high rate of energy use consumption and waste management. Nonetheless, it may be used as fundamental consideration to educate on how to use energy efficiently, manage household waste, and even earn profits.

4 Conclusions

The jointly planned activities follow the plans and goals set together. This strengthens the Klitren Village PKK Force Team women members' abilities and skills to become stronger agents of change in their neighborhood. This team is projected to participate in the 2020th Yogyakarta City-level PKK Competition. Therefore, additional knowledge and assistance in administration and organizational governance are necessary for them.

The activities carried out by the ESD Activity Implementation Team with the Klitren Village PKK Team can provide their own added value as they can communicate, cooperate, and realize synergic activities

between the village, PKK, academics, and the local community. This activity aimed to educate the community about green activities so that people can better manage their environment.

5 Declarations

5.1 Study Limitations

The study was conducted in Klitren Village, Gondokusuman, City of Yogyakarta, and focused on Movement Agent of Family Welfare Movement (PKK) activities.

5.2 Acknowledgments

The Authors would like to express gratitude towards all Klitren Village PKK Force Team members and the Head of the Local Government of Klitren Village.

5.3 Funding Source

The Community Service Grant for Education for Sustainable Development (ESD), Directorate of Community Services, Universitas Gadjah Mada, supported this study in 2019.

5.4 Publisher's Note

AIJR remains neutral with regard to jurisdictional claims in published map and institutional affiliations.

How to Cite

Supartono *et al.* (2023). Green Activities as Tools for Improving Family Quality of Life Through Family Welfare Movement (PKK) at Klitren Village, Yogyakarta. *AIJR Proceedings*, 374-380. <https://doi.org/10.21467/proceedings.151.52>

References

- [1] <http://kotaku.pu.go.id/>, 2017.
- [2] C. Bolt. *How To Be More Environmental Friendly in 6 Steps*. *Green Citizen*, 2023. <https://greencitizen.com/blog/how-to-be-more-environmentally-friendly/>
- [3] Law Insider Dictionary, *Green Activities*, 2022. <https://www.lawinsider.com/dictionary/green-activities>.
- [4] W. Chen, Tantangan dan Peluang Untuk Pertanian Tiongkok; Menyediakan Pangan bagi Banyak Orang Seraya Tetap Melindungi Lingkungan, 2021. Jakarta: Pustaka Obor Indonesia.
- [5] J.K. Liker & M. Hoseus, *Toyota Culture: The Heart And Soul of the Toyota Way*. 2008. New York: McGraw Hill.
- [6] Kementerian Pekerjaan Umum dan Perumahan Rakyat, Direktorat Jenderal Cipta Karya, Direktorat Pengembangan Kawasan Pemukiman, *KOTAKU: Kota Tanpa Kumuh". Petunjuk Pelaksanaan: Program Tanpa Kumuh (KOTAKU) Tingkat Kabupaten/Kota*, 2016.
- [7] E.P. Putri, Green Environment Through Reduce, Reuse, and Recycle in Green Villages of Surabaya City – Indonesia, 2021. <http://conference.untag-sby.ac.id>
- [8] D. A. Garvin & M. A. Roberto, *Change Through Persuasion*. 2011. Harvard Business Review Press.