



A Community Development Towards Women with Mental Disorder

at Al-Fajar Berseri Foundation

“Dengan Penuh Kasih untuk Para Perempuan”

UNDERGRADUATE THESIS
Submitted as one of the requirements to obtain
Sarjana Sosial

By:

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FACULTY OF HUMANITIES
INTERNATIONAL RELATIONS STUDY PROGRAM

FEBRUARY, 2023

PANEL OF EXAMINERS' APPROVAL SHEET

The Panel of Examiners declare that the final project entitled “**A Community Development Towards Women with Mental Disorder at Al-Fajar Berseri Foundation**” that was prepared and submitted by Karyn Sari Artha Panjaitan, Regina Clarine Wuisang Kuhon, and Yosephine Nathalia Lepong in International Relations in the Faculty of Humanities has been assessed and approved to have passed the Oral examination on 20th February, 2023.

The panel of Examiners:



(Riski M. Baskoro, S.Sos., M.A.)

Chair – Panel of Examiners
Final Project Advisor



(Harryanto Arvodiguno, Ph.D.)

Reviewer I



(Natasya Kusumawardani, S.IP., MProfStuds (Hons).)

Reviewer II

STATEMENT OF ORIGINALITY

In my capacity as an active student of President University and as the author of the thesis/final project/business plan (underline that applies) stated below:

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Student ID number : 016201900019
Study Program : International Relations
Faculty : Faculty of Humanities

I hereby declare that my thesis/final project/business plan entitled "**A Community Development Towards Women with Mental Disorder at Al-Fajar Berseri Foundation**" is to the best of my knowledge and belief, an original piece of work based on sound academic principles. If there is any plagiarism detected in this thesis/final project/business plan, I am willing to be personally responsible for the consequences of these acts of plagiarism, and will accept the sanctions against these acts in accordance with the rules and policies of President University.

I also declare that this work, either in whole or in part, has not been submitted to another university to obtain a degree.

Cikarang, 26th January, 2023

A handwritten signature in blue ink, appearing to read 'Karyn', is centered on the page. The signature is stylized and written in a cursive-like font.

(Karyn Sari Artha Panjaitan)

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A handwritten signature in black ink, appearing to read 'Jafri' with a small heart symbol above the 'i'.

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**SCIENTIFIC PUBLICATION APPROVAL
FOR ACADEMIC INTEREST**

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2. Regina Clarine Wuisang Kuhon (016201900115)
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(Karyn Sari Artha Panjaitan) (Regina Clarine Wuisang Kuhon) (Yosephine Nathalia Lepong)

FINAL PROJECT ADVISOR RECOMMENDATION LETTER

This final project entitled “A Community Development Towards Women with Mental Disorder at Al-Fajar Berseri Foundation” prepared and submitted by Karyn Sari Artha Panjaitan, Regina Clarine Wuisang Kuhon, and Yosephine Nathalia Lepong in partial fulfillment of the requirements of the degree of Bachelor of Arts in International Relations in the Faculty of Humanities has been reviewed and found to have satisfied the requirements for a final project fit to be examined. We, therefore, recommend this final project for Oral Defense.

Cikarang, 26 January, 2023

Acknowledge and recommended by:

A handwritten signature in black ink, appearing to read 'R. Baskoro', written over a vertical line.

Riski M. Baskoro, S.Sos., M.A

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Title of thesis : A Community Development Towards Women with Mental Disorder at Al-Fajar Berseri Foundation

Thesis author : Karyn Sari Artha Panjaitan, Regina Clarine Wuisang Kuhon, Yosephine Nathalia Lepong

Student ID number : 016201900019, 016201900115, 016201900146

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Cikarang, ~~6/3~~, 2023



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VALIDITY SHEET COMMUNITY SERVICE ACTIVITIES

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6. Range of Time : (19th/10/22 – 24th/11/22)
7. Source of funds : Personal (Committees Funds)
8. Total Funds : IDR 4,370,000

Cikarang, March 6th2023

Reported by,
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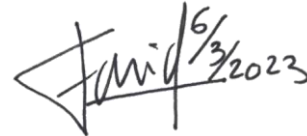
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Acknowledge by,

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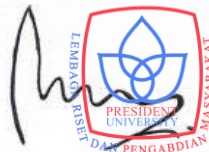
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ABSTRACT

Mental disorder is one of the cases that is quite serious and ranks third most in the world. In Indonesia, the number of people with mental disorders is increasing every year. In addition, mental disorder is a very significant situation that can have an effect on lowering long-term human productivity. Mental disorders cause a person's productivity and social interaction to be interrupted, which can have a negative impact on the family and society. Because people with mental disorders are not able to interact well with their surroundings. By running a program developing women with mental disorder by enhancing their creativity and social living skills which aims to restore productivity and empower women with mental disorder at the Al-Fajar Berseri Foundation who participate in this program, and in addition to the implementation of SDGs goals especially in good health and well-being and gender equality. Improving social skills and creativity through various sessions conducted such as sharing in a group, games, coaching sessions with speakers, teaching basic English and watching inspirational videos, cooking, planting, making bracelets, and make-up time to prepare them when they will return to the family environment and community environment.

Keywords: *Mental Disorder, Women Empowerment, Sustainable Development Goals, Creative and Social Skills, Al-Fajar Berseri Foundation*

ABSTRAK

Gangguan jiwa merupakan salah satu kasus yang cukup serius dan menempati urutan ketiga terbanyak di dunia. Di Indonesia, jumlah penderita gangguan jiwa semakin meningkat setiap tahunnya. Selain itu, gangguan jiwa merupakan situasi yang sangat signifikan yang dapat berdampak pada penurunan produktivitas manusia dalam jangka panjang. Gangguan jiwa menyebabkan produktivitas dan interaksi sosial seseorang terganggu, yang dapat berdampak buruk bagi keluarga dan masyarakat. Karena penderita gangguan jiwa tidak mampu berinteraksi dengan baik dengan lingkungannya. Dengan menjalankan program bina perempuan dengan gangguan jiwa dengan meningkatkan kreativitas dan keterampilan hidup bermasyarakat yang bertujuan untuk mengembalikan produktivitas dan pemberdayaan perempuan dengan gangguan jiwa di Yayasan Al-Fajar Berseri yang mengikuti program ini, serta sebagai tambahan implementasi tujuan SDGs terutama dalam kesehatan yang baik dan kesejahteraan dan kesetaraan gender. Meningkatkan keterampilan sosial dan kreativitas melalui berbagai sesi yang dilakukan seperti sharing dalam kelompok, permainan, sesi coaching dengan narasumber, pengajaran bahasa Inggris dasar dan menonton video inspirasi, memasak, menanam, membuat gelang, dan make-up time untuk mempersiapkan mereka ketika akan kembali terhadap lingkungan keluarga dan lingkungan masyarakat.

Kata Kunci: Gangguan Jiwa, Pemberdayaan Perempuan, Tujuan Pembangunan Berkelanjutan, Keterampilan Kreatif dan Sosial, Yayasan Al-Fajar Berseri