



**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:**

**Karyn Sari Artha Panjaitan (016201900019)**

**Regina Clarine Wuisang Kuhon (016201900115)**

**Yosephine Nathalia Lepong (016201900146)**

**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 20<sup>th</sup> 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:

Name : Karyn Sari Artha Panjaitan  
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, 26<sup>th</sup> January, 2023



(Karyn Sari Artha Panjaitan)

## 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 : 016201900115  
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, 26<sup>th</sup> January, 2023



(Regina Clarine Wuisang Kuhon)

## 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:

Name : Yosephine Nathalia Lepong  
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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, 26<sup>th</sup> January, 2023

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

(Yosephine Nathalia Lepong)

**SCIENTIFIC PUBLICATION APPROVAL  
FOR ACADEMIC INTEREST**

As the academic community member of the President's University, we, the undersigned:

Names and Student ID Number : 1. Karyn Sari Artha Panjaitan (016201900019)  
2. Regina Clarine Wuisang Kuhon (016201900115)  
3. Yosephine Nathalia Lepong (016201900146)


Study program : International Relations

for the purpose of development of science and technology, certify, and approve to give President University a non-exclusive royalty-free right upon my final report with the title:

**“A Community Development Towards Women with Mental Disorderat Al-Fajar Berseri Foundation”**

With this non-exclusive royalty-free right, President University is entitled to converse, to convert, to manage in a database, to maintain, and to publish my final report. There are to be done with the obligation from President University to mention our name as the copyright owner of my final report. This statement we made in truth.

Cikarang, March 3<sup>rd</sup> 2023



(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

## ADVISOR APPROVAL FOR PUBLICATION

As an academic community member of the President's University, I, the undersigned:

Advisor Name : Riski M. Baskoro, S.Sos., M.A

Employee ID Number : 0427018701

Study Program : International Relations

Faculty : Faculty of Humanities

declare that following thesis:

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

will be published in **journal** / **institution's repository** / **proceeding** / **unpublish** /  
..... (underline one that applies)

Cikarang, ~~6/3~~, 2023



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



## TURNITIN RESULT

### Final Report Meraki untuk Puan (Group 2)

#### ORIGINALITY REPORT

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**Average Perplexity Score: 261.000**

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**Burstiness Score: 448.067**

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Your sentence with the highest perplexity, "Regina Clarine Wuisang Kuhon (016201900115) 3.", has a perplexity of: 1700

## VALIDITY SHEET COMMUNITY SERVICE ACTIVITIES

1. Title of the activity : Peningkatan Creative dan Social Living Skills untuk Perempuan dengan Gangguan Jiwa di Yayasan Al-Fajar Berseri
2. Field of Activity : Academics
3. Knowledge Field : Social Science / International Relations
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Student's ID : 016201900019
  - Member 2 : Regina Clarine Wuisang Kuhon  
Student's ID : 016201900115

Member 3 : Yosephine Nathalia Lepong  
Student's ID : 016201900146  
**6.** Range of Time : (19<sup>th</sup>/10/22 – 24<sup>th</sup>/11/22)  
**7.** Source of funds : Personal (Committees Funds)  
**8.** Total Funds : IDR 4,370,000

Cikarang, March 6<sup>th</sup>2023

Reported by,  
Implementing Lecturer



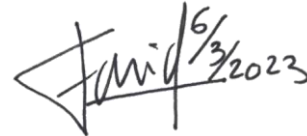
.....  
Riski M. Baskoro, S.Sos., MA



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Ilmi Dwiastuti, S.H.Int., MStratSt



.....  
Anggara Raharyo. S.I.P., M.P.S



.....  
Muhammad Farid, S.S., M.P.A

Acknowledge by,

Dean of Faculty Humanities



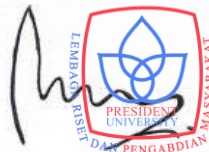
.....  
Dr. Endi Haryono

Head of  
International Relations Study Program



.....  
Dr. Muhammad Atho'illah Shohibul Hikam,  
M.A., A.P.U

Accepted by,  
Director of LRPM



.....  
Dr. Retnowati

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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*

# ENCLOSURES

Day 1



Day 4



Day 2



Day 5



Day 3



Day 6





**Day 7**



**Day 9**



**Day 8**



**Day 10**



## **Donation**





## First Meeting with Mr. Riski Baskoro

The screenshot shows a Zoom meeting interface. At the top, a status bar indicates "Riski Baskoro is presenting". The main window displays a presentation slide with the following content:

**Definition**

Community development is a holistic approach grounded in principles of empowerment, human rights, inclusion, social justice, self-determination and collective action (Kenny, 2007).

Community development is a process that entails organization, facilitation, and action, which allows people to establish ways to create the community they want to live in. It is a process that provides vision, planning, direction, and coordinated action towards desired goals associated with the promotion of efforts aimed at improving the conditions in which local resources operate. As a result, community developers harness local economic, human, and physical resources to secure daily requirements and respond to changing needs and conditions (Matanita-Cascante and Brennan, 2012, p.297).

**Requirements**

On the right side of the screen, there is a grid of video thumbnails for participants: Riski Baskoro, REGINA KUHON, Karyn Sari, EVANGLY WERUP..., CLAUDIA RIANTO, and YOSEPHINE LEP... Below the thumbnails is a larger thumbnail for "You".

At the bottom of the screen, the Zoom control bar shows the time as 10:18 AM, the ID as glid-fkrv-mrg, and various icons for mute, video, chat, hand raise, share screen, and end meeting.



## Requesting LCD Projector



**Meraki untuk Puan**  
**International Relations Study Program**  
**PRESIDENT UNIVERSITY**  
Jababeka Education Park, Jl. Ki Hajar Dewantara, Kota Jababeka,  
Cikarang Baru, Bekasi 17550 – Indonesia  
Phone (021) 8910 9762-6, Fax (021) 8910 9768  
Email : <http://www.president.ac.id>



Cikarang, November 3, 2022

Subject : Request to Borrow LCD Projector

To the Honorable  
Head of President University Student Affairs Bureau and  
Head of President University IT Department  
Jababeka, Cikarang

Related to **Community Development Program or thesis by sospro of International Relations Study Program**, we as committees of **Meraki untuk Puan** would like to ask permission to **borrow LCD Projector** to support the activities. The event itself will be held on:

Date : Thursday, November 3, 2022  
Time : 12.00 – Finish  
Venue : Yayasan Al Fajar Berseri, Tambun Selatan

Thereby this requesting goods letter is made. We will be responsible for all the things regarding its usage and the activity itself and we will obey the rules given by Student Affairs Bureau and IT Department. We hope that this event can run smoothly. Thank you for your time and consideration of this request, we are hoping for your approval regarding this matter.

**Proposed by,**

**Approved by,**

**Approved by,**

**Claudia M. Rianto**  
Project Manager of  
Meraki untuk Puan

**Donald Samuel Slamet Santosa**  
Head of Student Affairs Bureau

**Imron Iswanto**  
Head of IT Department

**Contact Person:**  
Yosephine N. Lepong – 082347963086

## Permission Letters



**PRESIDENT UNIVERSITY**  
Where tomorrow's leaders come together

Cikarang, 12 Oktober 2022

No. : 009/IR/X/2022/PresUniv  
Perihal : **Permohonan Izin mengadakan Projek Sosial**

Kepada Yth.  
Bapak Marsan Susanto  
Ketua Yayasan Al-Fajar Berseri

Dengan hormat,

Saya yang bertandatangan di bawah ini:

Nama : Dr. Endi Haryono, M.Si.  
Jabatan : Dekan Fakultas Humaniora

Menerangkan bahwa:

Nama / No. ID : 1. Yosephine Nathalia Lepong (016201900146)  
2. Regina Clarine Wuisang (016201900115)  
3. Emmanuella G. M. Huang (016201600025)  
4. Evangly Ditha Werupangkey (016201900166)  
5. Claudia Meysi Rianto (016201900075)  
6. Karyn Sari Artha Panjaitan (016201900019)

Adalah benar Mahasiswa tingkat akhir dari Program Studi Hubungan Internasional, Universitas Presiden yang saat ini sedang menyusun Tugas Akhir.

Adapun mahasiswa kami berniat untuk melakukan Projek Sosial dan pengumpulan data untuk Tugas Akhir berjudul "*Improving Creative dan Social Living Skills for Women with Mental Disorders at Yayasan Al-Fajar Berseri*" dan akan melakukan beberapa program dan program tersebut akan dilaksanakan sebagai berikut:



**PRESIDENT UNIVERSITY**  
Where tomorrow's leaders come together

Waktu	Jam	Kegiatan
Rabu, 19 Oktober 2022	12.00 - 14.00	Introduction (perkenalan, main games, dll)
Sabtu, 22 Oktober 2022	12.00 - 14.00	Sharing Session
Rabu, 26 Oktober 2022	12.00 - 14.00	Pembinaan
Sabtu, 29 Oktober 2022	12.00 - 14.00	Sport day ( Fun games )
Rabu, 2 November 2022	12.00 - 14.00	English & Movie Time
Sabtu, 5 November 2022	12.00 - 14.00	Keterampilan: Memasak dan Menghias Makanan
Rabu, 9 November 2022	12.00 - 14.00	Keterampilan: Membuat aksesoris
Sabtu, 12 November 2022	12.00 - 14.00	Keterampilan: Membuat pohon harapan
Rabu, 16 November 2022	12.00 - 14.00	Keterampilan: Membuat gelang persahabatan
Sabtu, 19 November 2022	12.00 - 14.00	Farewell (sharing kesan pesan, bakti sosial, penyerahan donasi, plakat)

Besar harapan kami agar Bapak/Ibu perwakilan dari instansi dapat memberikan izin untuk mengadakan Projek Sosial guna membantu memberikan data-data yang dibutuhkan, serta kelancaran Tugas Akhir Mahasiswa.

Demikian surat keterangan ini kami buat, atas perhatian dan Bantuan Bapak/Ibu kami mengucapkan terima kasih.

Hormat kami,

**Dr. Endi Haryono, M.Si.**  
Dekan Fakultas Humaniora