



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 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).)

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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
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(Karyn Sari Artha Panjaitan)

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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 : Regina Clarine Wuisang Kuhon
Student ID number : 016201900115
Study Program : International Relations
Faculty : Faculty of Humanities

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(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
Student ID number : 016201900146
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.

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(Yosephine Nathalia Lepong)

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FOR ACADEMIC INTEREST**

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Names and Student ID Number : 1. Karyn Sari Artha Panjaitan (016201900019)
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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

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Student ID number : 016201900019, 016201900115, 016201900146

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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
4. Executor:
 - a. Implementing Lecturer : Riski M. Baskoro, S.Sos., MA
NIDN : 0427018701
Email : riskibaskoro@president.ac.id
Phone : +6281932020290
 - b. Implementing Lecturer : Ilmi Dwiastuti S.H.Int., MStratSt
NIDN : 0409109103
Email : ilmi.dwiastuti@president.ac.id
Phone : +6281219961024
 - c. Implementing Lecturer : Anggara Raharyo S.I.P., M.P.S
NIDN : 0403108901
Email : anggara.raharyo@president.ac.id
Phone : +62816933200
 - d. Implementing Lecturer : Muhammad Farid, S.S., M.PA.
NIDN : 0412087703
Email : mfarid@president.ac.id
Phone : +62818609572
 - e. Address : Jababeka Education Park, Jl. Ki Hajar Dewantara
RT.2/RW.4, Mekarmukti, North Cikarang, Bekasi Regency, West Java 17530
5. Members :
 - Member 1 : Karyn Sari Artha Panjaitan
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 : (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,
Implementing Lecturer



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



.....
Ilmi Dwiastuti, S.H.Int., MStratSt



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



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

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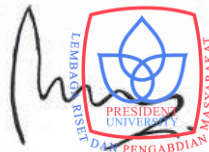
.....
Dr. Endi Haryono

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