



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)

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TURNITIN RESULT

Final Report Meraki untuk Puan (Group 2)

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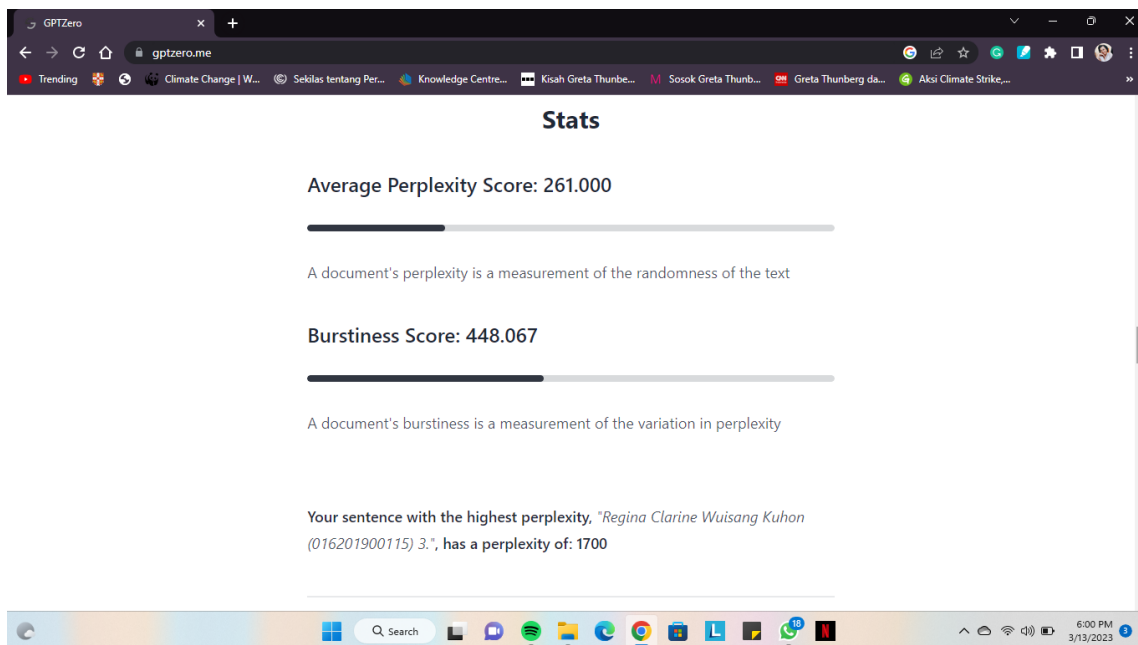
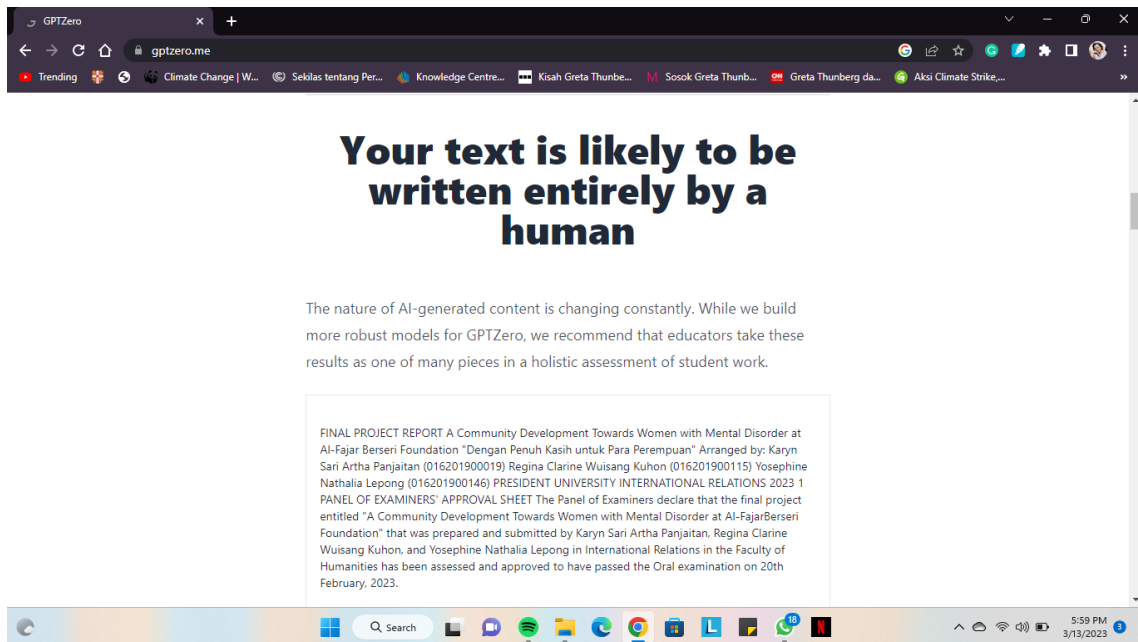


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ABSTRACT

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*