



Andragogy's Approach in Family Development Session Learning as an Intervention to Change the Mindset of Pre-Prosperous Families

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Abstract

The Family Hope Program (PKH) is a government program that aims to alleviate poverty and improve family welfare in Indonesia. One of the important components of PKH is the Family Development Session (FDS) which is carried out to provide learning to beneficiary families. This study aims to explore the Andragogi approach in FDS as an intervention to change the mindset of pre-prosperous families. This study uses a qualitative approach with case studies as a research design. Data were collected through in-depth interviews with several beneficiary families who had participated in FDS with the Andragogi approach, as well as observations on FDS sessions and analysis of related documents. The results of the study show that the Andragogi approach in FDS has a positive impact in influencing family mindset changes. The active participation of family members in FDS, supported by an approach that accommodates the characteristics and needs of adults, encourages increased knowledge, practical skills development, attitude change, and behavior change that supports family well-being. In conclusion, Andragogi's approach in FDS can be considered a good strategy to change the mindset of PKH beneficiary families.

Keywords: Andragogi Approach, Learning, Family Development Session, Mindset Intervention, Pre-Prosperous Families

1. INTRODUCTION

The Family Hope Program (PKH) is one of the government programs that aims to reduce poverty and improve family welfare in Indonesia. PKH provides assistance to poor families with certain conditions, such as the fulfillment of health and education. However, the success of PKH does not only depend on the financial aspect alone, but also on the change in mindset and application of knowledge gained by the beneficiary families.

The main goal of PKH is to reduce the number of poverty, by improving the quality of life of very poor families, in terms of economy and human resources (HR). From an economic point of view, PKH provides conditional cash assistance, and in terms of improving the quality of human resources, PKH provides trainings and

family empowerment provided by accompanying officers in Family Capacity Building Meeting (P2K2) or *Family Development Session* (FDS) activities, especially for very poor family groups. This goal is also an effort to accelerate the achievement of the Millennium Development Goals (MDGs) targets. *Family Development Session* (FDS) is a learning process for PKH Beneficiary Families (KPM) which is carried out by providing and discussing information in the fields of health, education, economy, empowerment and family welfare, which is delivered through group meetings every month.

The implementation of FDS activities is considered very important, because the hope of this activity is to improve the quality of the Beneficiary Families in living their lives so that if they are independent in the future, they will not be poor again. As an important part, the FDS provided by PKH social assistants should be delivered more creatively and innovatively so that the presentation can be well received and have an impact on changing KPM's behavior and mindset. This is inseparable from the low level of KPM education, so that simple delivery and containing other innovative development activities will be very effective. KPM, which in every group meeting and its FDS is attended by administrators (adult women in the family) is also a challenge for PKH companions who will provide FDS. This is because in these activities, the companion must understand the principles of adult individuals in learning.

This is in line with the expression [1] about Out-of-School Education (PLS) which will be the basis of this study because PLS is "the art and science of how to help adults learn. In this case, the educator must try how to help facilitate or facilitate adults to learn" so that in this case the role of PKH assistants as educators, fully helps to facilitate and facilitate the community or KPM to learn. So that delivery that is easily accepted and has high benefits for KPM's life in the future is the key to a good learning process or FDS.

FDS is expected to be one of the intervention sessions to change the mindset of KPM PKH so that it is not continuously shackled in poverty. has a crucial role in the successful implementation of development programs such as PKH. Mindset change involves understanding, attitudes, and behaviors that support improved well-being and positive changes in daily life. Therefore, it is important to consider effective learning strategies to achieve this mindset change goal.

Andragogi comes from the Greek "andr" which means adult and "agogy" which means to lead so that andragogi can be interpreted as the science of guiding adult learning [2] One of the learning strategies that can be applied is the Andragogi approach. Andragogy is a specialized learning approach for adults, which pays attention to their unique characteristics and needs in the learning process. In contrast to children or adolescents, adults have rich life experiences, different intrinsic motivations, and an orientation towards learning that is practical and relevant to daily life.

According to [3], " Andragogy is therefore, the art and science of helping adults learn". Andragogy is a science and art in helping adults learn. From an epistemological point of view, andragogi comes from Greece with the root: "Aner"

which means people to distinguish it from "paed" which means child. Knowles in his book "The modern practice of Adult Education", said that he originally defined andragogy as the art and science of helping adults learn. After seeing the results of experiments of many educators who applied the concept of andragogy to children's education and found that in certain situations it gave better results, Knowles saw that andragogy is actually another model of assumptions about learning that can be used in addition to the pedagogical assumption model.

One of the principles of adult learning is to learn because of a need. This is done to realize an increase in his involvement (participation) in social activities of each individual concerned. So that after receiving intervention from an economic perspective in the form of direct social assistance, adults are also expected to be able to take part in FDS learning by hoping for a change in mindset in their families to achieve prosperity

In the context of Family Development Session (FDS) in PKH, the Andragogi approach can be an effective method to change the mindset of beneficiary families. FDS is an interactive forum designed to provide families with knowledge and skills in various aspects of life, such as health, children's education, and finances. By applying Andragogi principles in FDS, such as problem-based learning experiences, active participation, and family involvement in the learning process, it is expected to increase the effectiveness of mindset change interventions.

Research on the strategy of the Andragogi approach in FDS as an intervention to change the mindset of PKH beneficiary families becomes relevant to evaluate its effectiveness and impact. With a better understanding of how Andragogi can be optimized in this context, we can improve the program's outcomes and its positive contribution to the overall well-being of PKH beneficiary families.

2. METHODS

The research was conducted using a qualitative approach to case studies at the Gorontalo City Family Hope Program Implementation Unit. This qualitative research method can provide in-depth insights into how the Andragogi approach in FDS can be an effective intervention to change the mindset of PKH beneficiary families. Careful data analysis will allow researchers to explore how the andragogi approach is applied in FDS learning and the form and results of the mindset intervention obtained.

3. RESULTS AND DISCUSSION

Andragogi Approach to FDS Learning

The andragogistic approach according to [4] is: a. The learning process in students is more emphasized on techniques that are similar to their experiences such as discussions, case studies, critical incident methods, simulations, role playing, demonstrations, project methods, and the like. b. Teaching and learning are

accentuated on practical applications. c. The teaching and learning process prioritizes learning in groups by highly respecting individual differences. d. Students who have diverse experiences are usually also very closed to new ideas or alternative thinking. So that PKH social assistants help overcome this by finding new approaches and techniques that suit their needs.

The Director General of Social Protection and Security (Linjamsos) stated that FDS PKH The learning process is structured to strengthen behavior changes in KPM. P2K2 aims to increase knowledge, understanding of the importance of education, health and financial management for families in accordance with the expression [5] *Both health and education are interconnected with and often a precondition of numerous other desired outcomes. The goal of these programs is to encourage positive norms associated with these behaviors so that in the long run, human capital accumulates to the poor without the need of wealth transfers to encourage positive behavior.* Based on this understanding, it is known that both health and education are interconnected because both are prerequisites for many other desired outcomes in the development of human resources in the future. In addition, the purpose of the PKH program or other countries is to encourage positive norms related to behavior so that in the long run human capital with good health and education will accumulate. So that later welfare for the poor will no longer be transferred to encourage positive behavior.

The implementation of FDS PKH starts from the stage of assessment, planning, and implementation involving ministries and other institutions related to poverty alleviation efforts. FDS PKH aims to provide KPM awareness to act independently in terms of parenting and education, family financial management, education, economy and health, and child protection. The implementation of FDS PKH is carried out through a mentoring process in monthly meetings. PKH Companions not only act as officers who monitor KPM compliance but also act as facilitators. In an effort to increase the capacity of companions, adequate instructors/trainers are needed to train companions to be able to become FDS PKH facilitators who are able to accelerate the achievement of PKH goals. To facilitate this, the Ministry of Social Affairs held FDS PKH Training with *online* And *offline*.

Family Development Session (FDS) conducted by the Family Hope Program (PKH) companion can be referred to as a learning process because it involves activities designed to improve the knowledge, skills, and attitudes of beneficiary family members. So that in its implementation FDS can be considered as a learning process as a

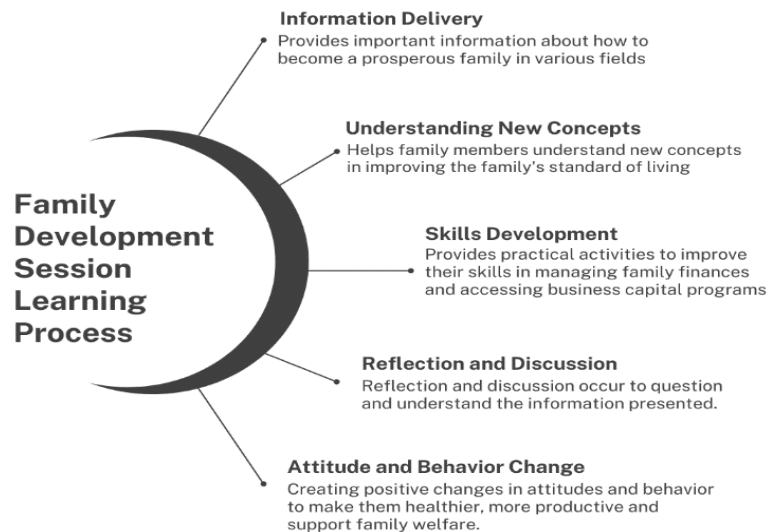


Figure 1. Family

Development Session Learning Process

The image is the result of research exploration which is then described in detail as follows

1. **Information Delivery:** In the implementation of FDS, PKH social assistants provide information to beneficiary families on various relevant topics, such as health, children's education, financial planning, and so on. The information conveyed aims to provide new knowledge to family members.
2. **Understanding New Concepts:** In addition to conveying information, FDS also focuses on building family members' understanding of important concepts. For example, how to understand the importance of a healthy diet, the importance of being a good parent, or the importance of planning family finances.
3. **Skill Development:** FDS is not only about knowledge, but also about skill development. Family members are invited to be involved in practical activities that can improve their skills in managing daily life, for example simple financial planning skills to providing assistance to accelerate graduation with the Heroes of the Nusantara Economy (PENA) program
4. **Reflection and Discussion:** During the FDS session, there is reflection and discussion between the companion and family members. These discussions allow family members to question, understand, and consider the various concepts and information presented.

5. **Attitude and Behavior Change:** The ultimate goal of FDS is to create positive attitude and behavior changes in the beneficiary family. Through the learning process that occurs during FDS, it is hoped that family members can adopt healthier, more productive, and supportive attitudes and behaviors that support the welfare of the family as a whole.

Thus, FDS in PKH is not just a routine meeting, but a learning process designed to improve the knowledge, skills, attitudes, and behaviors of family members. Through this approach, it is hoped that beneficiary families can benefit more from the program and change their lives positively.

Mindset Change Intervention

Mindset plays a crucial role in shaping a person's behavior and influencing the way individuals deal with challenges, make decisions, and interact with others. According to the language, Mindset consists of two words, namely "Pattern" and "Think". In its sense, Pattern is a method, model or system, while Thought is reason or memory. So mindset is a mental process that involves the brain in assessing the good and bad of a choice [6]. So in depth, it is understood that pattern refers to a method, model, or system, while thought means reason or memory. Therefore, mindset is a mental process that involves the brain in evaluating the good and bad of a choice. In addition, mindset is also the root of the change process. The beginning of the change process is the formation of a mindset that will then affect individual behavior in the process of adjustment or adaptation [7].

Mindset intervention is an attempt or process to change or modify the way a person thinks, beliefs, or views on something. These interventions are carried out with the aim of helping individuals overcome problems, improve mental health, or optimize performance. Interventions to change mindsets through family development sessions are essential for underprivileged families. These sessions help family members understand and apply a more positive and constructive way of thinking, which in turn can improve their overall well-being. Mindset change interventions after participating in Family Development Session (FDS) learning conducted by Family Hope Program facilitators can take various forms, depending on the specific goals and focus of the learning session. Here are some forms of learning output that occur after participating in FDS

Table 1. Search strategy of each database

It	Form of Learning Output	Descriptive Results of Family Development Session
1	Increased Knowledge	One of the expected outcomes of FDS is an increase in family members' knowledge of various related topics, such as health, children's education, financial planning, and so on. After participating in FDS, family members can have a better understanding of the importance of healthy practices and strategies to improve family well-being.
2	Changes in Attitudes and	FDS also aims to change the attitudes and beliefs of family members towards various life issues. For example, after

	Beliefs	understanding the importance of a healthy diet, family members become more open to adopting a healthier diet. This change in attitude and belief is the first step in changing the mindset more comprehensively.
3	Skill Development	FDS interventions involve the development of practical skills to assist family members in coping with everyday challenges. After attending FDS, family members have gained new skills in managing finances, parenting, or practicing a healthier lifestyle.
4	Increased Independence	Through FDS, family members are encouraged to take initiative and take responsibility for decisions related to their lives. This intervention can help build a sense of independence and confidence in managing daily life and in the future can become a prosperous family.
5	Behavior Change	After participating in FDS, family members have begun to adopt new behaviors that support family well-being, such as regular health checkups, involving children in educational activities, or planning finances more wisely

Overall, we refer to this form of learning output as the result of beneficiary interventions through FDS. Individual beneficiaries are expected to be able to become better at thinking and acting in the future as the meaning of the Mindset is defined as a fixed state of mind formed by education, experience and prejudice. Mindset as a mental map serves as the basis for behavior and action [8]. So that beneficiaries are expected to be able to view the problems they face, especially the status of underprivileged families, to be better and escape from structural poverty.

The learning results of FDS are expected to contribute to improving the quality of life of beneficiary families. This can be reflected in the improvement of knowledge, attitudes, and skills to achieve better goals. Mindset change intervention after participating in FDS is the expected result of PKH facilitators' efforts in providing guidance, education, and support to beneficiary families. These measures aim to empower families to face challenges, change attitudes and behaviors that may hinder their well-being, and overall achieve positive changes in their mindset and lifestyle.

4. CONCLUSION

This study aims to explore how the implementation of the andragogi approach is used in the learning process of family development sessions. So based on the analysis and findings of the research, it can be concluded as follows:

1. Family participation in FDS with the Andragogi approach helps to increase their knowledge and understanding of various aspects of life, including

health, children's education, financial planning, and more. Families become more aware of the importance of practices that support family welfare.

2. Learning with the Andragogi approach affects changes in the attitudes and behaviors of family members. They become more open to new ideas, more confident in making decisions, and more able to implement positive changes in their daily lives.
3. The andragogi approach in FDS has the potential to provide long-term benefits for PKH beneficiary families. The change in mindset that occurs can continue and affect other aspects of their lives, such as improved quality of life, family well-being, and better opportunities for the future.

Thus, the conclusion of this study shows that the Andragogi approach in FDS is an effective strategy in achieving the goal of intervention to change the mindset of PKH beneficiary families in Gorontalo City. By understanding and applying the principles of Andragogi well, PKH companions can empower families to develop their potential optimally and achieve sustainable positive changes in their mindset and lifestyle.

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