

Improving Resilience and Life Skills of Single Mothers in Fulfilling Economic Needs Independently

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Abstract. The changing role of a single mother requires responsibility as a breadwinner and time to pay attention to the psychological needs of children. The percentage of single mothers is 14.84%, much larger than single fathers. The results of data collection from the Central Statistics Agency consist of 11,168,460 (5.8%) of the Indonesian population with widow status, while 2,786,460 (1.4%) are widowers from the total population of Indonesia of 191,709,144 people. Single mothers in the city of Banjar Regency are often found without skills to make a living and on average have more than 1 child. The main performance indicator is to provide training in banana processing skills into various processed foods and training in individual abilities to overcome, through self-control in single mothers after divorce, life or death, domestic violence. The purpose of this community service activity is so that single mothers can improve the economy by improving life skills and are able to integrate into society, have good thinking skills, so that they have strength and talent, are confident in their abilities and are able to make decisions in their families. The output is a research article, a book with ISBN, and banana chips products with various flavors and the creation of packaging designs and PIRT, as well as the creation of marketing links through social media and fulfilling IKU 4 and IKU 5. The results of the community service activities showed an 85% increase in knowledge, skills and emotional control and self-confidence through the creation of various banana products as economic independence and being able to improve welfare and being able to create labels and PRT research articles, books with ISBN, and banana chips products with various flavors and the creation of packaging designs and PIRT for processed products and marketing methods through social media for single mothers.

Keywords: single mother, economic independence, banana

1 Introduction

One social phenomenon found in many communities is the presence of single-parent families, in which children are raised by either a father or a mother. When the parent is a woman, this family structure is commonly referred to as a single-mother household. Single mothers often assume multiple roles and responsibilities because they raise and support their children without a spouse or partner [1]. The change in role as a single mother requires responsibility as a breadwinner and time to pay attention to the child's psychological needs. The percentage of single mothers is 14.84%, much larger than single fathers. The results of data collection from the Central Statistics Agency consist of 11,168,460 (5.8%) of the Indonesian population with widow status, while 2,786,460 (1.4%) are widowers from the total population of Indonesia of 191,709,144 people. Therefore, single mothers need skills to be able to meet economic needs independently, so that they are able to rise from adversity and can prosper by increasing their abilities by utilizing abundant natural resources around them, namely bananas. Data from the Central Statistics Agency (BPS), banana production in Indonesia reached 8.74 million tons in 2021 and increased to 9.60 million tons in 2022. Bananas are very beneficial for the human body, namely facilitating oxygen flow to the brain, overcoming anemia, increasing immunity and losing weight [2]. Based on data from the Department of Agriculture and Food Security of South Kalimantan Province in 2022, banana production in South Kalimantan was 741,232 with Banjar Regency having the highest ranking in South Kalimantan, namely 244,596. Bananas can be utilized from the stems, leaves and fruit by the community and single mothers Satu Data Banua [3].

Previous research also found that poor women who become single mothers are more likely to experience economic decline and become poorer, especially if there are no good job opportunities and low skills. Becoming a single mother automatically becomes the main breadwinner in the family. A single mother who initially did not work tends to become a worker to meet the needs of life. Wu & Eamon's (2011) research states that becoming a single mother will increase women's participation in the workforce. Women who initially depended on their husbands throughout their lives will become independent after divorce, or their husbands die. Meanwhile, other studies state that single mothers who do not receive economic support from their ex-husbands experience a decline in psychological well-being. In addition, single mothers did not work before divorce, have low education, or do not have unique skills and expertise. The burden of single mothers is even heavier, especially for single mothers who live in poverty. No partner, low education, and having more than one child [2].

Single mothers in Banjar Regency are often found without skills to make a living and on average have more than 1 child. The main performance indicator is to provide training in banana processing skills into various processed foods and training in individual abilities to overcome, through self-control in single mothers after divorce, life or death, domestic violence. The purpose of this community service activity is so that single mothers can more easily overcome economic difficulties by increasing life skills and being able to integrate into society, have good thinking skills, so that they have strength and talent, are confident in their abilities and are able to make decisions in their families. The output is a research article, a book with ISBN, and banana chip products with various flavors and the creation of packaging designs and PIRT, as well as the creation of marketing links through social media and meet IKU 4 and IKU 5 [3].

2 Methods

Community service was attended by 30 single mothers in Astambul District with the aim that single mothers can more easily overcome economic difficulties by improving life skills and being able to integrate into society, have good thinking skills, so that they have strength and talent, are confident in their abilities and are able to make decisions in their families. The implementation method used in this community service activity is to provide information and skills in making various processed foods from bananas with HACCP, management, marketing techniques, making media, stickers and packaging.

3 Results and Discussion

The program implemented in this Community Service activity is related to the empowerment of women, especially single mothers in the Astambul sub-district. The empowerment of women aims to make housewives aware that they have abilities and potential that can be developed to improve their abilities. We adjust this skills training and entrepreneurship counseling program to the characteristics of single mothers who have so far only relied on family income from families who mostly work in the informal sector.

Before this community service activity was carried out, many single mothers were not seen actively in productive activities or activities with economic value that generate money even though they had quite a lot of free time. They have not been able to utilize their free time in the midst of being busy taking care of household chores and have not realized their potential that can be developed such as cooking, baking, sewing, making handicrafts and others. They also do not have an interest in entrepreneurship even though having a side business can be one solution so as not to depend on income from a single mother's family. Extension activities can open insight and awareness that a single mother has the potential to develop herself and be creative to help the family economy [4].

This community service activity fosters awareness and enthusiasm for single mothers to help the family economy. In this counseling, it is conveyed that basically entrepreneurship is the ability to create something new, different through creative thinking and innovative actions in order to create opportunities. An entrepreneur will not succeed if he does not have the knowledge, ability and will. With determination, intention and high motivation someone will do something they want. There are several skills needed in entrepreneurship, one of which is creative skills to generate new ideas to produce added value. In entrepreneurship, these mothers are not only required to understand the concept of entrepreneurship and master product making skills, but also must master the basics of product marketing which consists of 4Ps, namely Product, Price, Place, Promotion. Product knowledge is not only the skill of making the product but also how to package the product

attractively. According to Rizqiawan, et al. (2020) packaging is one of the factors that can create buying interest [7, 8].

This community service was carried out in Sungai Alat Village, Astambul District, Banjar Regency. The community service was carried out on August 28-29, 2024. There were 10 respondents in this community service. This community service activity is to provide education related to management, marketing techniques, media creation, sticker creation, and packaging. Then continued with skills training in making various processed foods from bananas using Hazard Analysis and Critical Control Point (HACCP). Single mothers were divided into 2 groups and each group made 2 food menus, namely:

Table 1. Single Mother Group Food Menu

Group	Food Menu
Group 1	- Churos - Pisang Aroma
Group 2	- Pancake pisang - Keripik pisang lumer



Fig. 1. Documentation of Community Service Activities in Sungai Alat Village, Astambul District, Banjar Regency

The following are the results of community service activities related to increasing the resilience and life skills of single mothers in meeting economic needs independently.

A. Age

Based on age categories according to the Indonesian Ministry of Health in 2009, it is divided into 9, namely; Toddler period (0-5 years), Childhood (5-11 years), Early adolescence (12-16 years), Late adolescence (17-25 years), Early adulthood (26-35 years), Late adulthood (36-45 years), Early elderly period (46-55 years), Late elderly period (56-65 years), and Elderly (>65 years).

Table 2. Respondent Age

Age	Frequency	Percentage (%)
Late adolescence	2	20
Early adulthood	2	20
Late adulthood	4	40
Early elderly period	2	20
Total	10	100

Based on the table above, it is known that the respondent age group consists of 4 age categories that adjust the categories of the Indonesian Ministry of Health in 2009, namely 2 people (20%) in the late adolescent category because the respondent's age is in the range of 17-25 years. As many as 2 people (20%) in the early adulthood category because they are in the 25-35 year age group. As many as 4 people (40%) in the late adulthood category because they are in the 36-45 year age group. As many as 2 people (20%) in the early and late elderly categories because they are in the 46-55 year age group for the early elderly and 56-65 for the late elderly.

Table 3. Frequency Distribution of Age with Pre-Test Knowledge

Age	Category Pre-Test				Total	
	Good		Not Good			
	n	%	n	%	n	%
Late adolescence	2	100	0	0	2	20
Early adulthood	1	50	1	50	2	20
Late adulthood	3	75	1	25	4	40
Early elderly period	0	0	2	100	2	20

Based on the table above, it shows that the results of the pre-test of knowledge with good category are mostly in late adulthood (36-54 years) as many as 3 respondents (75%) and knowledge with not good category as many as 1 respondent (25%). Knowledge with good category in late adolescence (17-25 years) as many as 2 respondents (100%). Knowledge with a good category in early adulthood as many as 1 respondent (50%).

Table 4. Frequency Distribution of Age with Post-Test Knowledge

Age	CategoryPost-Test				Total	
	Good		Not Good		n	%
	n	%	n	%		
Late adolescence	2	100	0	0	2	20
Early adulthood	2	100	0	0	2	20
Late adulthood	4	100	0	0	4	40
Early elderly period	2	100	0	0	2	20

Based on the table above, it shows that the results of the post-test of knowledge, namely 100% of respondents experienced an increase and were included in the good category. The majority of respondents were aged 36–45 years, which is included in the late adult category. Judging from the majority of ages ≤ 45 , it is adulthood with the consideration that someone at that age will have good perception patterns and thinking skills so that the knowledge they have will also increase. Age is not a factor inhibiting sources of information for people to get knowledge, because people with different age categories are likely to have the same activity and exposure to information.

Age has an effect on an individual's knowledge, because the older an individual gets, the more experience they have, compared to younger people. The experience of an individual who is more mature will affect the knowledge within an individual, and they are more capable and strong to achieve their desired goals. The older they are, the more mature and strong a person will be in thinking and working. In terms of public trust, a more mature person is trusted than someone who is not yet mature. This will be from experience and maturity of the soul [9].

B. Knowledge

The following table presents a description of knowledge before and after education was provided for each respondent.

Table 5. Frequency Distribution of Knowledge Pre-Test Value Categories

Category	Frequency	Percentage (%)
Good	6	60
Not Good	4	40
Total	10	100.0

Based on table 5, it shows that 100% (10 respondents) received a good post-test score category. Based on the table above, it is known that the majority of respondents' knowledge after receiving education as much as 100% had a good category. The method of delivering counseling carried out in this study used power point media.

Knowledge is the ability to receive, store, and use information, and it is influenced by experience and skills. Most of the respondents' understanding was obtained from media such as pocket books, power point slides, and videos shown during the provision of material in community service activities. Similar community service that has been carried out previously stated that changes in knowledge in respondents may be influenced by the extension methods used [10, 11]

Research conducted by Irnani H and Sinaga T (2017) using a combination of lecture techniques with media can significantly increase knowledge. The aids in counseling will be more interesting in the packaging of the material presented in FGD and power point lectures. The use of visual aids is

effective in increasing knowledge because with visual aids it is easier to convey and receive information. The more that is used to receive something, the more and clearer the understanding or knowledge obtained, making it easier to understand [12].

Media is all forms and channels used to convey information, in addition to being a delivery or sending system, media is often replaced with the word mediator because it is used as an intermediary for information between the source and the recipient because it can manipulate. Seen, heard, read or talked about along with the instruments used properly in promotional activities. However, this can affect the effectiveness of the teaching program. Utilization of media by providing correct information will provide positive behavioral changes, with the right media tools will increase knowledge and influence an increase in a person's retention of the information that has been given.

Table 6. Descriptive Statistical Test

	N	Range	Minimum	Maximum	Mean	Std Deviation
Pretest	10	40.00	40.00	80.00	58.00	10.106
Posttest	10	10.00	90.00	100.00	98.00	18.115
Valid N	10					

Based on the data above, it was obtained that the pre-test score had an average (mean) of 58 and the post-test score had an average of 98. This shows that there is a difference in the average score of single mothers based on the pre-test and post-test scores in the form of an increase in score. In other words, there was an increase in respondent knowledge after participating in skills training and management education, marketing techniques, media creation, sticker creation, and packaging. However, statistical testing is still needed through a paired t-test to validate it. In parametric testing with a paired t-test, the data used must have a normal distribution in order to obtain valid conclusions.

Table 7. Pretest and Posttest Data Normality Test

	Kolmogorov-Smirnov			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pretest	.093	10	.200	.984	10	.913
Posttest	.164	10	.069	.927	10	.071

Based on the test results, it can be seen that the significance value (p-value) of both the Kolmogorov-Smirnov and Shapiro-Wilk tests on the pretest and posttest data has a significance value > 0.05 so that the normality assumption is met. Next, a T-test was carried out to compare the post-test results between the experimental group and the control group.

Table 8. T-test on pre-test and post-test values

Mean	Std. Deviation	Std. Error Mean	95% confidence interval of the difference		t	df	Sig.(2- tailed)
			Lower	Upper			
-16.21	12.55	2.617	-21.646	-10.788	-16.195	9	.000

Based on the results of the analysis above, it shows that the significant value of the data is <0.05 . This shows that there is a significant difference between the pretest and posttest scores of single mothers, thus it can be said that there is an increase in knowledge.

The results of community service activities to improve resilience and life skills of single mothers in fulfilling their economy independently, there was a 100% increase in knowledge, skills and emotional control and self-confidence through making various banana products as economic independence and being able to improve welfare and being able to make labels and PIRT, and banana chip products with various flavors and making packaging designs and PIRT for processed products and marketing methods through social media for single mothers.

Resilience and life skill enhancement activities for single mothers in fulfilling their economy independently are empowerment activities in the process of becoming empowered, or the process of gaining power/strength/ability, and/or the process of providing power/strength or ability from parties who have power to parties who are less or not yet empowered. Single mother groups in empowering the resilience and life skill enhancement of single mothers in fulfilling their economy independently by assessing their potential and the potential of natural resources in the form of bananas so that they can have economic value in skill enhancement activities through food processing activities through banana products so that the process of awareness of self-potential in strengthening emotions and skills and the economy independently [13].

The activity also teaches about product packaging. Attractive product packaging can also affect the selling price, and consumers are willing to pay more when compared to ordinary packaging. Promotion also plays an important role in entrepreneurship, according to Yusa and Risqa (2018) in the digital era like today, product marketing can be done with various online media such as Whatsapp, Instagram, Tokopedia, Shoppe and others. We advise and help these single mothers to market their products through social media that they already have, for example, uploaded on their Facebook or Instagram accounts or they can also be promoted through WhatsApp groups on the smartphones of these single mothers. The use of social media as a means of promotion is carried out to reach a wider market share and to increase the volume of target consumers which will ultimately affect sales turnover. This cake product making training is based on the consideration that public demand for food products will always exist, especially cake products. The cake product that will be taught is "Banana Healthy Cake" with the main raw material being bananas which are relatively easy and cheap to obtain in Astambul District which is famous as a banana district and is always around us all year round in utilizing our free time with valuable activities [14, 15].

In addition to encouraging the active involvement of single mothers in economic activities, can also broadly aim to reduce the level of violence against women and children due to economic dependence on family and others, and is expected to be able to reduce economic inequality [16][5]. Government support in the form of counseling, training, and providing motivation to utilize one's potential to improve the family economy, especially for single mothers, is still considered very

minimal. The counseling and training provided to this group of housewives is a provision of knowledge and skills as one of the capital for empowering single mothers. The provision of skills can be used by single mothers to increase family income which will ultimately increase the family's economic level in between routine activities of taking care of the household independently [17].

4 Conclusions

Single Mother is a difficult thing because all the work and responsibilities that should be carried out by husband and wife are continued alone, various responsibilities ranging from raising children, educating, caring for and earning a living are done alone. Single Mother is not a choice but driven by certain conditions that cannot be avoided and occur in family life which then have positive and negative impacts depending on the initial situation that prompted the separation. In responding to this condition, the main support for Single Mother is her family and the motivation to rise from her slump is to provide a decent life for herself and her children. Moral and material renewal can be seen from the growth or improvement of the family economy, and to build this family economy there are five main things that are the commitment of single mothers, namely always living life with enthusiasm and thinking positively and optimistically, always setting aside money to save, prioritizing education for children, making experience the best teacher in living life without remarrying. The results of the community service activities showed a 100% increase in knowledge, skills and emotional control and self-confidence through making various banana products as economic independence and being able to improve welfare and being able to make labels and PRT, as well as banana chip products with various flavors and making packaging designs and PIRT for processed products and marketing methods through social media for single mothers. Counseling activities have a positive impact on single mothers where there is an increase in knowledge between before and after counseling. Counseling is increasingly effective because the material presented is directly practiced so that the information obtained is easier to remember and accepted by the community.

Acknowledgments

Thank you to the relevant participants who have contributed to this community research activity.

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