



The Effectiveness of Family Health Counseling Training on Knowledge and Counseling Skills for BIKKSA Cadre in Lamongan Regency

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ABSTRACT

Various problems often arise in the family that affect the health of family members both physically and psychologically so that counseling is needed to the right person. Ideally, counseling is carried out by professionals, but due to the limited number of counselors, the counseling is carried out by BIKKSA cadres who are appointed and volunteer as lay counselors. Unfortunately, the cadres do not have the ability to explore problems and solve problems. The study was conducted to determine the effectiveness of family health counseling training on the knowledge and counseling skills of BIKKSA cadres. Quasy experimental research design (one group pretest and posttest design). The sample is 27 BIKKSA cadres in Lamongan Regency. The research instrument is a questionnaire. Data collection by observation. Analysis of the data using the Wilcoxon test with $\alpha = 0.05$. The results showed the value of $p = 0.000$. Based on this research, it is known that family counseling training is effective in increasing the knowledge and counseling ability of BIKKSA cadres.

Keywords: Training, Counseling, Family, BIKKSA, Skills

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INTRODUCTION

The family is the smallest part in society with roles and functions that must be maintained, because its continuity is the basis for the growth and development of family members. A healthy family will contribute to a healthy community life as well. However, it is not uncommon for families to have various problems, both mild and severe, ranging from economic, social, educational, domestic violence and others. Some of the causes of household problems include busyness, unmet material needs, egocentric couples, early marriage, husband and wife rarely sit together discussing the household. Good or bad the family will have a positive or negative impact on children. Divorce cases in Indonesia have increased, in 2007 there were 167,807 cases, in 2008 there were 213,960 cases, and in 2009 there were 223,371 cases. In addition, violence against children also increased to 2.29 million. Perpetrators of violence include neighbors (6.7%), family (3.8%) teachers (3%), colleagues (0.8%), and employers (0.4%). While the solution that can be done to prevent and overcome family problems is to communicate the problem to the right person¹. Therefore, in order to help overcome family problems, BIKKSA was formed.

The Sakinah Aisyiyah Family Consultation Bureau (BIKKSA) is a forum formed as an integrated, holistic and integrated service center to improve the quality of human resources for families, women and children in the face of an increasingly advanced and complex world civilization. The aim is to provide assistance in the form of services to families in the form of consultation, mentoring and psychotherapy. Family services are provided to the basic level and can then provide referral assistance to the required service center. BIKKSA is one of Aisyiyah's flagship programs in fostering the sakinah family which has been planned since its inception by Aisyiyah's management and implemented by all levels of Aisyiyah's leadership from the central level to the branch level in Indonesia. BIKKSA in Lamongan Regency was only formed in April 2021 with the hope of being able to assist the community in finding problems related to families so that good problem solving is obtained. To be able to achieve services up to the basic level, BIKKSA was formed up to the branch and branch level. The number of Aisyiyah branches in Lamongan Regency is 27 branches spread across each sub-district and 310 branches spread across the village. Ideally, counseling services are carried out by professionals such as doctors, psychologists, psychiatrists, and professional counselors, but the limited number of professionals is not proportional to the number of families who need assistance, so that in its management, each Aisyiyah branch appoints BIKKSA cadres. The appointed cadres are ordinary people (non-professionals) who have a concern for helping others. The survey of all cadres and the results of interviews with partners concluded that all cadres (100%) had never received training or briefing on how to do good family health counseling. The purpose of this study was to determine the effectiveness of family health counseling training on the knowledge and skills of cadres.

METHOD

The research design used Quasy experimental (one group pretest and posttest design). The research was conducted in Lamongan Regency in October 2021. The population of all BIKKSA cadres in each sub-district in Lamongan Regency. The research sample was 27 cadres. The sampling method is total sampling. The variables in the study were knowledge and counseling skills. Collecting data by observation using questionnaire instruments and observation sheets. Analysis of the data using the Wilcoxon test with $\alpha = 0.05$. (This research has passed the code of ethics from KEPK University of Muhammadiyah Lamongan with the number: 140/EC/KEPK-S2/09/2021).

RESULTS AND DISCUSSION

Tabel 1. Characteristics of Respondents

Characteristics		Frequency	Total (%)
Age	17-25 years	0	0
	26-35 years	1	3,7
	36-45 years	3	11,1
	46-55 years	18	66,7
	>55 years	5	18,5
Education	Basic Education	0	0
	Secondary Education	9	33,3
	Higher Education	18	66,7
Activities	Housewife	10	37,1
	Self-Employed	6	22,2
	Government Employees	11	40,7

Table 2. Distribution of Respondents by Level of Knowledge and Counseling Skills

Variable	Pre Counseling		Post Counseling		
	Frequency	%	Frequency	%	
Knowledge	High	8	29,6	23	85,2
	Moderate	15	55,6	4	14,8
	Low	4	14,8	0	0
Counseling Skill	High	1	3,7	24	88,9
	Moderate	19	70,4	3	11,1
	Low	7	25,9	0	0

Based on the research results, it is known that the p value = 0.000 which means that family health counseling training is effective in increasing the knowledge and skills of cadres. Training is a series of individual activities in systematically increasing skills and knowledge so that they have professional performance in their fields. The training provided to cadres is in the form of delivering material on how to properly counsel about the family. The counseling training provided was able to change the knowledge of the cadres on how to do counseling. In the beginning, most of them had quite good

knowledge (55.6%) but after being given training, most of them had good knowledge (85.2%). In line with research conducted on adolescents in Purwobinangun Village, Sleman, that there is a difference in the mean score of knowledge before and after being given training in the form of increasing the knowledge score of research subjects ². A similar study on the effect of peer counselor training on increasing adolescent knowledge about HIV/AIDS, drugs and premarital sex found that there were statistical differences between the pretest and posttest groups which showed that there was an effect of peer counselor training on increasing adolescent knowledge in Toboleu, North Ternate ³.

In this study, most of the respondents had a higher education background (66.7%). According to Law Number 20 of 2023 concerning the national education system, it states that formal education levels in Indonesia consist of basic education, secondary education, and higher education, while in Law number 12 of 2012 concerning higher education, what is meant by higher education is the level of education after secondary education which includes diploma, bachelor, master, doctoral, professional and specialist programs. Higher education is held to prepare students to become members of the community who have academic and professional abilities who can apply, develop and create science, technology, and the arts. Education can cause women to become more critical in addressing the problems they face and tend to be independent. With critical power and qualified education, women do not want to submit to a patriarchal culture that tends to be confined to the domestic space. With the provision of good education and experience, women are able to actualize and are better able to capture information. In terms of age characteristics, it is known that most of the respondents aged 46-55 years (66.7%) are included in the criteria for early elderly. BIKKSA cadres are members of the women's organization "Aisyiyah" who voluntarily become cadres. They are willing to become cadres because they think that doing social activities will get many benefits. There is an assumption that if a person has daily or routine activities, then he is a healthy human being, on the other hand, if someone does not have activities, he will consider himself sick. Entering old age is marked by reduced social contact both with family and society so that feelings of loneliness arise. According to Dr. dr. Probosuseno there are several ways to overcome loneliness including establishing social contact with other people, gathering with people, and creating activities that cause a sense of pleasure ⁴. Therefore, the cadres are willing to make themselves as BIKKSA cadres to be able to interact with other people so as to avoid feelings of loneliness. This allows cadres to more easily absorb information during training.

Counseling training for BIKKSA cadres is carried out interactively between presenters and participants as well as between participants. In addition to lectures, the method of delivering the material is question and answer, role playing with fellow participants, and case studies. In accordance with research conducted by Harini that there was an increase in skills due to the involvement of participants in the training, the use of appropriate methods, and appropriate resource persons causing the trainees to be interested and not bored which in the end could understand the material well. Other research shows that with counseling training there are differences in knowledge about sexuality between before and

after training. In conveying information, various methods and media must be used, this can increase interest in obtaining the right information ⁵.

Based on table 3, it is known that the p value = 0.000 so that there are differences in skills before and after counseling training. Before being given training, most of the cadres had good skills (70.4%) but after being given training, most of them had good skills (88.9%). The purpose of counseling is to deal with problems, increase the ability to make decisions, and improve relationships between individuals. A counselor must have several counseling skills including observation skills, interviewing skills, active listening skills, empathy skills, paraphrasing skills, problem identification skills, skills to provide support and problem solving ⁶. Counseling training is very much needed for cadres so that they are equipped to help find solutions to problems faced by families.

Research that has been conducted by shows that counseling training is needed for lay counselors, after being given training, there is a significant difference in counseling ability between before and after training ⁷. Counseling training is very much needed for cadres who are ordinary people who have never received any briefing on how to do proper counseling. With the counseling training, it is hoped that BIKKSA cadres can provide counseling starting from correct communication techniques, exploring problems, to problem solving. In addition, with counseling training, cadres will be able to carry out good communication when conducting counseling, namely being able to make observations, skilled in interviews, able to be active listeners, have empathy, be able to paraphrase, be able to identify problems, be able to provide support and be able to solve problems.

Counseling training for BIKKSA cadres uses interesting media and methods. The media used is an LCD projector that can show a good visual and sound display so that participants become interested. In addition, the training uses interesting methods, not just lectures and questions and answers, but participants are involved in role play so that they feel how to do counseling. Understanding will be better with the selection of the right training communication media, this is because the information becomes easy to accept and easy to remember ⁸. The use of media is one of the strategies commonly used by teachers and students in learning to increase motivation and reduce the language barrier of participants. Before the strategy of using media was implemented, participants tended to be afraid and hesitant to take part in class activities, but after being given the media, participants felt a learning experience which in turn increased their motivation to engage in activities ⁹.

Counseling training is needed to improve the ability of participants in terms of skills, attitudes and knowledge. Research shows that there are significant differences in skills, attitudes, and behaviors between the groups who are given counseling and those who are not ¹⁰. This is also in accordance with research that intensive counseling training can improve knowledge, attitudes, motivation and performance in counseling ¹¹.

CONCLUSIONS

Family health counseling training is effective in increasing the knowledge and skills of counselors. There is a need for counseling training to prepare counselors in carrying out counseling so that the goals of counseling can be achieved.

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