

Parenting Program for Family (Pa-Prof) Based on Literacy and Local Wisdom: An Educational Concept in the Digital Era

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Abstract

This research is motivated by the existence of gender gaps and the lack of fathers' roles in the family, use of gadgets among children without supervision, and cases of violence and promiscuity were found by children and adolescents. This shows that cases of violence against children and adolescents need to be handled so that they do not become more rampant. Seeing these various challenges, efforts are needed to protect the younger generation so that they can grow and develop well. The role of the family is needed to protect children, so that they get their rights to live properly. This research aims to develop a family education concept in the form of a parenting program. The concept of family education developed in this study is Pa-Prof. Pa-Prof consists of three activities, namely 1) matching parent, 2) surfing gadgets, 3) sportive and supportive parent. This study uses the research and development (R&D) method with the stages: Analysis, Design, Development, Implementation, Evaluation (ADDIE). The substance of matching parent activities includes: 1) the role of fathers in the family and joint parenting, 2) equality of roles between men and women (gender) in the family. The substance of gadget surfing activities includes: 1) managing and monitoring children's gadget playing schedules, and 2) strengthening local wisdom values in the family. The substance of sportive and supportive parent activities includes: 1) building sportsmanship values in the family, 2) protecting oneself from violence, 3) becoming a supportive family.

Keywords: parenting program, literacy, local wisdom, violence, gender equality

1. Introduction

Family is the smallest unit in community life (Arslan, 2023). Family is one of the three main pillars of education. The family is seen as having a great influence on the child's development process (Labaso, 2018). Family as the basic foundation of a child's personality. This personality foundation will be useful for subsequent influences or experiences. (Sadulloh et al., 2018). Parental education in the family aims to shape the child's personality and prepare them for an independent life (Rotty et al., 2022), so that the good or bad behavior of children

depends on the parenting patterns of the parents in the family. Therefore, the family can be said to be the first *madrasah* for children. One way to educate families is through a parenting program. A parenting program is a series of activities developed and organized for parents to increase knowledge and share experiences in raising children. The parenting program is a form of family empowerment activity, namely an effort to improve the quality of life, both individually and in groups, in solving various problems, independence in thinking, acting and controlling what is done, as well as welfare (Khafidhoh, 2021). The parenting program starts with changing the way of thinking (mindset), increasing parents' knowledge and understanding, so that they have a positive attitude which can then be manifested in real behavior towards a better direction (Anwas, 2019). Thus, it is hoped that parenting programs can bring changes to people's lives for the better.

This research was conducted in Mekarmulya, Situraja District, Sumedang Regency, Indonesia. The background of this research began with several problems that occurred in Mekarmulya. First, many parents in Mekarmulya assume that childcare is the mother's job, while the father's only job is to earn a living or work (interview March 5, 2024), which has an impact on the lack of father involvement (fatherless). The lack of a father's role in parenting and household affairs causes gender disparities. Gender disparities in the family result in a double burden for a mother. Various problems that occur in families are often caused by social and cultural constructions adopted by society which are not based on the principle of gender equality. (Pamungkas, 2021).

Fatherless in parenting results in children experiencing a father hunger crisis which results in a loss of courage and self-confidence. Ignoring the role of the father in parenting is the same as allowing bias to occur in the development of the child (Septiani & Nasution, 2017). Second, in the digital era increasingly advanced technological developments make it easier for many people to access gadgets. Gadgets are different from other electronic devices, namely the element of novelty, so that from time to time they always present the latest technology that makes life more practical (Saraswati et al., 2021). Gadget users have also entered the children's circle. The reason parents in Mekarmulya give gadgets to their children is as a form of attention with the hope that they will use them to access information that supports learning and to play educational games (interview, March 9, 2022).

Gadgets make it more fun for children to play alone at home, so parents do not need to take up a lot of time and energy, and can freely carry out their activities (interview March 16,

2024). However, the use of gadgets by children without parental supervision means that children can easily access negative content. In fact, many children show addictive behavior towards gadgets (observation March 22, 2024). Nowadays, gadgets are not just communication tools, but have become multifunctional technology. Gadgets are increasingly developing and equipped with various sophisticated and interesting features, so they can be used for various user needs and for entertainment. Educating children today is not sufficient based on traditional knowledge and experience alone, but parents need to understand educational science both conceptually and practically. Not a few parents entrust their children's education to formal education, so they do not understand their child's development. While parents are busy working for daily life. This results in problems that occur in children, including not being polite to their elders, being lazy to study, being addicted to pornographic videos, being addicted to playing games, fighting, playing truant, being undisciplined, not doing homework, smoking, being addicted to drugs, bullying, liking to lie and so on (Solahudin et al., 2023). Third, cases of violence are also a concern. Recently, a case of violence was found in Mekarmulya in the form of bullying at school and one of the perpetrators was a child. Another concern experienced by local residents is the social interactions of today's children and teenagers which lead to promiscuity (interview, March 22, 2024). This shows that cases of violence against children and adolescents need to be handled so that they do not become more rampant. Seeing these various challenges, synergy is needed from various parties, especially families, to provide protection for children, so that every child gets their right to live a decent life. There needs to be encouragement for parents to care more about their relationships with their children and as a couple, so that children can grow and develop more optimally, and families can be more harmonious. The family plays an important role in society, good cooperation between each member encourages active participation as a driving force for development.

This research aims to develop a family education concept in the form of a parenting program. The concept of family education developed in this research is Pa-Prof as an acronym for Parenting Program for Family. Pa-Prof consists of three activities, namely 1) matching parent, 2) surfing gadgets, 3) sportive and supportive parent. Literacy is related to the ability to listen, speak, read and write to communicate in different ways according to the purpose. (Sari & Setyawan, 2017). Literacy in the modern sense includes the ability to speak, count, interpret images, be computer literate, and various efforts to gain knowledge. (Aulinda, 2020).

This program invites the community, especially parents, to read, write, seek information, increase knowledge about building cooperation in the family, parenting, mentoring children in playing gadgets, preventing and handling violence. Through Pa-Prof, parents are also invited to implement local wisdom values in the form of manners and norms, as well as local knowledge that applies in society. Pa-Prof consists of three activities, namely 1) matching parent, 2) gadget surfing, 3) sportive and supportive parent. Matching parent invite parents to collaborate and build equality of roles for men and women in the household and care more about children's development. Gadget surfing is an activity of parent assistance to children in playing gadgets. This activity educates parents not to ignore their role as facilitators for children to be wiser in using gadgets and build closeness between parents and children. This activity also contains local wisdom values that apply in society.

Sportive and supportive parent is an activity to build sportsmanship values, understand anti-violence values and encourage parents to become a support system for their families. One of the duties and obligations in married life is the balance of the distribution of roles and responsibilities between father and mother. . Wise parents will care for, guide and educate their children according to the development of the child's age together so that they can grow and develop with a complete, mature and responsible personality (Darahim, 2015). Through Pa-Prof, it is hoped that cooperation can be built between fathers and mothers in the family, which plays an important role in harmony and optimizing child growth and development.

2. Materials and methods

2.1 Materials

This research uses the research and development (R&D) method. This research and development uses the model from Robert Maribe Branch with the stages: Analysis, Design, Development, Implementation, Evaluation (ADDIE) (Sugiono, 2015: 38). *Analysis* is related to the activity of analyzing the work situation and environment, so that it can be found what products need to be developed. At this stage, the research team conducted a preliminary study to explore the problems in the field and map the problems, and review some literature, so that researchers can determine the development of parenting programs and their specifications. *Design*, is an activity of designing a product according to what is needed, so that it produces a draft. The substance of this design is basically about efforts to build solidarity between fathers and mothers in dividing household and care tasks, including introducing gender equality in the

family. In addition, this program also encourages parents to care more about their relationships with their children and to be willing to accompany them in learning and playing gadgets, as well as conveying local wisdom values in family education. This program is also intended to introduce the values of sportsmanship in the family and strengthen the role of parents as a support system for children. *Development*, product creation and testing activities. The product developed in this study is a parenting program. To make it easy to remember, this program is named Parenting Program for Family (Pa-Prof).

Pa-Prof consists of three stages of activities, namely matching parent, surfing gadgets and sportive and supportive parent. At this stage, researchers conduct feasibility tests and limited trials to obtain input and improve the substance of the program that is not yet appropriate. *Implementation*, the activity of implementing the program. Researchers implement the program according to the stages that have been developed. Evaluation, the activity of assessing whether each step of the activity and the product that has been made is in accordance with the specifications or not. *Evaluation* activities are carried out by measuring the target's ability before and after participating in Pa-Prof to determine the effectiveness of the program. Researchers also note things that are still lacking and various inputs from the target of the activity.

2.2 Data collection procedures

The collection technique used in this research is test. The tests used include pretest and posttest to measure the knowledge of research subjects about gender equality, assisting children in playing gadgets, strengthening local wisdom values in the family, becoming a sportive and supportive family. In accordance with the data collection technique, the instruments used were pretest and posttest sheets. The research subjects for the limited trial involved two parents, while the field trial involved 10 parents who had children aged 6-8 years who actively played with gadgets.

2.3 Data analysis

The feasibility data analysis technique is carried out through a validation process to calculate the average total score of each indicator component. Then changing the average into a value with the converted criteria.

Table 1. Actual Score Conversion

Quantitative Data	Range	Qualitative Data
5	$X > X_i + 1,80 S_{bi}$	Excelent
4	$X_i + 0,60 S_{bi} < X > X_i + 1,80 S_{bi}$	Good

3	$X_i - 0,60 S_{bi} < X > X_i + 0,60 S_{bi}$	Enough
2	$X_i - 1,80 S_{bi} < X > X_i - 0,60 S_{bi}$	Less
1	$X \leq X_i - 1,80 S_{bi}$	Very less

Keterangan:

X_i = Ideal average

$$= \frac{1}{2} (\text{max score} + \text{min score})$$

S_{bi} = Ideal row interchange

$$= \frac{1}{6} (\text{max score} - \text{min score})$$

X = Actual score

To find out the average assessment data that will be used as a conclusion, the following formula is used.

$$\text{Ideality} = \frac{\text{earned score}}{\text{maximal score}}$$

The product eligibility value is targeted to at least reach the "enough" criteria, meaning that when the validation results reach a sufficient value, then Pa-Prof is suitable for use. To determine the effectiveness of Pa-Prof, data analysis used in this study using nonparametric statistics was carried out with a one group pretest and posttest model using normalized gain for the reason of wanting to see the increase that occurred before and after treatment by looking at the data, because the data is too little, namely only involving 10 subjects.

Table 2. Effectiveness Criteria

Average normalized gain score	Effectiveness
$0,00 < (g) \leq 0,30$	low
$0,30 < (g) \leq 0,70$	medium
$0,70 < (g) \leq 1,00$	high

3. Results and discussion

3.1 Pa-Prof Concept

The Pa-Prof concept encourages target subjects to carry out literacy activities in the form of reading, writing, accessing information, and applying it in everyday life. As mentioned above, Pa-Prof consists of three activities including: matching parent, sportive and supportive parent. The substance of matching parent activities includes: 1) the role of fathers in the family and joint parenting, 2) equality of roles between men and women (gender) in the family. This activity is aimed at building a common perception between both parents (father and mother) regarding the principles of parenting in the family. This activity provides parents with an understanding of the importance of father involvement in child care and gender equality in the

family. Fathers' involvement in child care includes physical, affective, and cognitive involvement in the relationship process between father and child, sing the functions of endowment (recognizing the child as an individual), protection (protecting the child from potential dangers, and participating in making decisions that affect the child's welfare), provinsio (ensuring basic needs), formation (socializing activities such as discipline, teaching, and attention). This reflects the role of the father as the implementer and driver of child development (Nursyahbani et al., 2023).

This activity also provides education about the importance of understanding gender equality (mothers and fathers) in the family. Gender equality is defined as a result of the process of gender equity, which means the same position between men and women in gaining access, participation, control and benefits in life activities both in the family, society and nation and state, while gender equity means a process towards harmony, balance, compatibility, without discrimination (Zhafarina et al., 2023).

The substance of gadget surfing activities includes: 1) managing and monitoring children's schedules in playing gadgets, and 2) strengthening local wisdom values in the family. This activity provides parents with an understanding of the importance of mentoring children when playing gadgets. Parenting patterns influence children's addictive behavior towards gadgets. Parents play an important role as gatekeepers who facilitate and limit access to gadget use. Parents are responsible for building a good sense of attachment (parental attachment) with their children. Good parental attachment is needed by children to fulfill their intimacy needs, to provide for their needs, so that children will feel safe and not choose gadgets as a means of escape from the problems faced (Amalia & Hamid, 2020). This gadget surfing activity is related to parents' efforts to build children's self-discipline in playing gadgets. Parents' efforts to build self-discipline in children can be done by 1) training, 2) getting used to behaving according to values based on moral references, 3) parental control. (Shochib, 2014).

Accompanying children in playing gadgets is not only by joining or watching with children, but it requires parents to be selective about the content and language in the games and shows they watch, so that it will minimize the occurrence of inappropriate shows that will be seen by children and will affect their attitudes and language. Language is something that must always be upheld because it contains the ethics and cultural values of a particular society, so children must know the local wisdom that apply in their environment. Local wisdom values need to be strengthened in children as the next generation of the nation in this digital era. Local

wisdom is local values, wise local point of view, full of wisdom, good values that are embedded and followed by members of society (Suwardi & Rahmawati, 2019).

Some local wisdom values in parenting include: 1) family relationship values, 2) partisanship values, 3) collective values (Mahpur et al., 2021). Local wisdom is the identity of the community that needs to be developed within the family in order to remain sustainable. The target of this activity is the community of Mekarmulya Village, Sumedang Regency, who uphold Sundanese culture. The local wisdom values in this activity are about *Gapura Pancawaluya* (the gate of five perfections): *cageur*, *bageur*, *bener*, *pinter*, *singer* (Utami, 2021). These values are described and examples are given in everyday life.

The substance of sportive and supportive parent activities includes: 1) building sportsmanship values in the family, 2) protecting oneself from violence, 3) becoming a supportive family. This activity educates parents to become learners through literacy activities to be more responsive to all forms of violence and efforts to handle it. The values of sportsmanship need to be taught in the family as an effort to prepare children to live in society. The values of sportsmanship include: responsibility, honesty, fairness, and respect for differences. Teaching sportsmanship stimulates children to become wise individuals. Children also need to be trained to have self-control so they can protect themselves.

Self-control refers to a person's capacity to direct his or her responses to ideal standards, values, morals, and social expectations. The behavior of fulfilling momentary desires is a form of impulsive behavior. Impulsive, insensitive behavior, or low awareness is someone who has low self-control, whereas someone can control themselves if they have high self-control. If a person can direct himself well, it can lead him to achieve long-term goals. (Ningsih, 2018). Good self-control in children will help the process of self defense. In addition, this activity seeks to raise awareness among parents to become supporters for their families. As the closest people, parents should be the main protectors and supporters for their children, so that they can live safely, grow and develop optimally.

3.2 Eligibility of Pa-Prof

3.2.1 Adult Learning Expert Validation

The Pa-Prof program is a form of family education targeting adults, so it requires validation from adult education experts regarding the program specifications and steps.

a. Activity Stages

Table 3 Activity Stage Validation Results

No	Indicator	Score
1	1. Have a clear and systematic flow of activity stages	5
	2. The activity stages are easy to implement by the target	4
	3. The stages of activity are concrete	4
	4. The stages of the activity are interesting	5
	Total	18
	Question items	4
	Average	4,5
	Criteria	Good

Based on Table 3, it is known that the score obtained from the analysis of the activity stages obtained from each indicator has a total of 18 with an average of 4.5, so it has good criteria.

b. Conformity with target characteristics

Table 4 Conformity with target characteristics Validation Results

No	Indicator	Score
2	1. Independent activities	4
	2. Activities oriented towards the target's life experiences	5
	3. Goal-oriented activities	5
	4. Relevance-oriented activities	5
	5. Practical activities	4
	6. Collaborative activities	5
	Total	28
	Question items	6
	Average	4,66
	Criteria	Good

Based on Table 4, it is known that the score obtained from the analysis conformity target characteristics obtained from each indicator is 28 with an average of 4.66, so it has good criteria.

c. Compliance with adult learning principles

Table 5 Compliance with adult learning principles Validation Results

No	Indicator	Score
4	1. Activities based on usefulness	5
	2. Partnership based activities	5
	3. Activities based on real experience	4
	4. Activities based on togetherness	5
	5. Participatory activities	5
	6. Activities based on independence	4
	7. Activities are continuous	4
	Total	32
	Question items	7
	Average	4,57
	Criteria	Good

Based on Table 5, it is known that the score obtained from the analysis of compliance with adult learning principles obtained from each indicator is 32 with an average of 4.57, so it has good criteria.

3.2.2 Subject Matter Expert Validation

The Pa-Prof program is a form of community empowerment effort targeting families, so it requires validation from community empowerment experts regarding the suitability of the material.

a. Material Content

Table 6 Material Content Validation Result

No	Indicator	Score
1	1. Describes the suitability of the program to the target problem	4
	2. Program to instill positive values and prohibit negative values	5
	3. Contains gender equality values	5
	4. Contains local wisdom values	4
	5. Contains character values	5
Total		23
Question items		5
Average		4,6
Criteria		Good

Based on Table 5, it is known that the score obtained from the analysis of material content obtained from each indicator is 23 with an average of 4.6, so it has good criteria.

b. Community Empowerment Aspects

Table 6 Community Empowerment Aspects Validation Results

No	Indicator	Score
2	1. Contains motivating elements	5
	2. Contains aspects of increasing target awareness and capabilities	5
	3. Contains aspects of self-management	5
	4. Resource mobilization program	4
	5. Building a partnership network	4
Total		23
Question items		5
Average		4,6
Criteria		Good

Based on Table 6, it is known that the score obtained from the analysis of community empowerment aspects obtained from each indicator is 23 with an average of 4.6, so it has good criteria.

c. Literacy Content

Table 7 Literacy Content Validation Result

No	Indicator	Score
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3	1. Involves intensive reading activities	4
	2. Contains knowledge that is relevant to the target's needs	4
	3. Stimulate the target's ability to access information	5
	4. Stimulate targets in contextualizing information and knowledge with daily activities	5
	5. Building target ideas and concepts	4
	6. Stimulate targets to actualize ideas and concepts in the form of works	4
Total		26
Question items		6
Average		4,3
Criteria		Good

Based on Table 7, it is known that the score obtained from the analysis of literacy content obtained from each indicator is 26 with an average of 4.3, so it has good criteria.

3.2.3 Limited Trial

Limited trials were conducted using questionnaires and observation sheets to obtain an overview of the implementation process and input on the Pa-Prof program. Limited trials involving 2 subjects. Starting with identifying the needs and mapping the research subject's problems, the researcher then adjusts the activity concept. Next, the researcher conducted socialization to the subjects about the series of activities to be carried out. The subjects then followed the stages of the activities according to plan.

Table 8 Limited Trial Results

No	Indicator	Score
1	1. Matching parent	50
	2. Gadget surfing	45
	3. Sportive and supportive parent	45
Total		140
Question items		30
Average		4,66
Criteria		Good

Based on Table 8, it is known that the score obtained from the analysis of limited trial obtained from each indicator is 140 with an average of 4.66, so it has good criteria.

3.3 Field Trial Results and Effectiveness of Pa-Prof

This field trial was conducted involving 10 parent subjects. Field trials were conducted using a one-group pretest and posttest model to determine the effectiveness of Pa-Prof. The pre-test was conducted to measure parents' initial understanding of Pa-Prof. Then the researcher carried out treatment by implementing a program consisting of matching parents, gadget surfing, sportive and supportive parents. The research data analysis used nonparametric statistics to see the improvement that occurred after the treatment by looking at the parents' data. The comparison of the pretest and posttest results can be seen in the following table.

Table 9 Comparison of Pretest Posttest Results Based on Average

No	Subject	Pretest	Posttest	Gain
1	S1	1,27	4,00	0,73
2	S2	1,13	4,20	0,79

3	S3	1,27	4,17	0,78
4	S4	1,23	4,07	0,75
5	S5	1,23	4,07	0,75
6	S6	1,17	4,00	0,74
7	S7	1,30	4,07	0,75
8	S8	1,23	4,07	0,75
9	S9	1,27	4,00	0,73
10	S10	1,27	4,27	0,80
Total Average		1,24	4,09	0,76

Based on the data, the effectiveness of Pa-Prof is 0.76, which is included in the high category. The factors that support the effectiveness of Pa-Prof are the presence of media and fun games, so that the target becomes enthusiastic about participating in the activity. In addition, the substance of the material is based on the target's experience in everyday life, so it is easy to understand and feel needed.

4. Conclusion

This research aims to develop a family education concept in the form of a parenting program Pa-Prof. Pa-Prof is developed in three activities, including: 1) matching parent, 2) surfing gadgets, 3) sportive and supportive parent. The substance of matching parent activities includes: 1) the role of fathers in the family and joint parenting, 2) equality of roles between men and women (gender) in the family. The substance of gadget surfing activities includes: 1) managing and monitoring children's schedules in playing gadgets, and 2) strengthening local wisdom values in the family. The substance of sportive and supportive parent activities includes: 1) building sportsmanship values in the family, 2) protecting oneself from violence, 3) becoming a supportive family.

In accordance with the research results above, Pa-Prof is feasible to be implemented as an educational concept for families. Reviewed from adult learning expert validation: activity stages have an average of 4.5 with good criteria, conformity with target characteristics has an average of 4.66, with good criteria, compliance with adult learning principles has an average of 4.57 with good criteria. Reviewed from subject matter expert validation: material content has an average of 4.6 with good criteria, community empowerment aspects have an average of 4.6 with good criteria, literacy content has an average of 4.3 with good criteria. Limited trial results have an average of 4.66 with good criteria. The results of the study showed that the effectiveness of Pa-Prof is 0.76, which is included in the high category.

In further research on family education or adult education, especially for families in rural areas in Indonesia, researchers recommend identifying problems so that activities carried out are in accordance with the needs of the target. Research subjects, especially mothers who have toddlers, need to be provided with facilities in the form of a playground for children, so that they can focus more on participating in activities.

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Conflict of interest

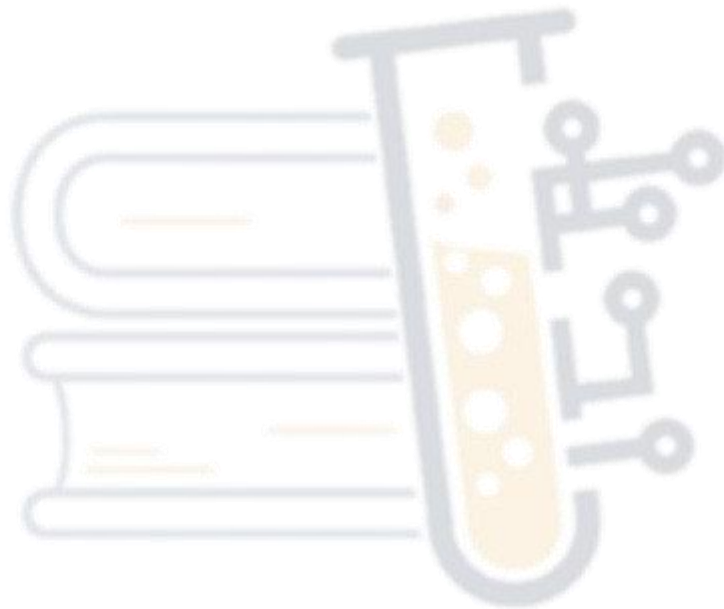
The authors declare that we have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

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