

WOMEN'S EMPOWERMENT THROUGH TAMAN TOGA PKK TO IMPROVE INDEPENDENT ECONOMY IN KAYU BONGKOK VILLAGE

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ABSTRACT

Poverty is a crucial issue that affects all levels of society in Indonesia and requires awareness and cooperation between citizens to overcome it. Government programs such as Direct Cash Assistance (BLT) are often less successful in encouraging the economic independence of the poor. Therefore, community empowerment, especially women, is important in the sustainable development process. This study examines women's empowerment as an effort to increase their capacity in various aspects of life through education, training, and motivation, as well as creating conditions that support women's active participation in development. Data from the National Population and Family Planning Agency (2016) shows that women are often the economic support of poor families, so their empowerment is very crucial. This study uses the Systematic Literature Review (SLR) method to evaluate and interpret primary studies related to women's empowerment. The results show that women's economic independence and participation in development can be achieved through skill development, increased self-confidence, and active involvement in the decision-making process. Empowerment programs such as the Taman Toga PKK Program at the village/sub-district level show that the active participation of women has an important role in the success of sustainable development programs.

Keywords : *Poverty, Empowerment, Economic Independence*

INTRODUCTION

The challenge of poverty is a problem faced by all individuals, and is not only related to groups or governments, but affects all levels of society. The hope is that awareness, care, and cooperation between citizens can help address this problem in Indonesia. Comprehensive and targeted development efforts are needed to overcome this poverty. Some programs that have been implemented by the Government, such as Direct Cash Assistance (BLT), are considered to lack focus on economic empowerment. Although the goal is good, it has not been successful in encouraging economic independence for the poor. Poverty alleviation should not only involve the government but also involve, especially at the village level, to achieve sustainable problem solving.

Community empowerment is an effort to prepare and strengthen the organizational structure of the community with the aim of achieving progress, independence, and welfare. It is an important stage in the development of society, especially for those who have limited access to development resources, with a focus on increasing self-reliance in various aspects of their lives. Community empowerment is also considered an integral part of the sustainable development process, in which communities are actively and participatory.

Women's empowerment, especially in poor families, requires concrete action in the social and economic fields. One way to empower various levels of society is through women's empowerment initiatives. Poor economic conditions in a family have caused women to be trapped in a cycle of poverty. Today, it is not only men who are responsible for the main economic support of poor families. According to data from the National Population and Family Planning Agency (2016), women are often the economic savior of the family in this situation. Therefore, supporting women's empowerment efforts

is crucial as an effective strategy in overcoming poverty, hunger, disease, and to promote sustainable development. In the context of empowerment, the role of women has great importance because they play an important role in the family's economic structure. According to Scheyvens (2000), women's empowerment in economic, social, psychological, and political aspects has a significant effect on their involvement in the empowerment process. Although they have the same potential as men as human resources, the reality shows the dominance of men's roles in the development process in Indonesia. Meanwhile, Indonesian women should have equal opportunities with men to actively participate in the development process.

In addition to managing household affairs, women are also required to help earn a living to meet their daily needs. In addition, women play the role of development actors. As human resources in development, women have an important role in building the nation and state because they are the driving force of development itself. Therefore, there needs to be coaching for women so that they are able to carry out this dual role well.

Independence is an attitude that gives priority to the ability of individuals to overcome challenges in order to achieve certain goals, without rejecting the possibility of mutually beneficial cooperation. Independent economy is a people's economic system in which it regulates the way people obtain their lives in the framework of mutual cooperation, based on economic activities that do not depend on the principle of dependence, but on self-help. In this context, the independent economy is managed by the center center in each sub-district, in collaboration with local governments and respected local figures.

Independence in the economic field refers to attitudes and mentalities that allow individuals or groups to act independently, honestly, and beneficially. This includes the ability to self-govern, fulfill rights and obligations, resolve issues that arise, and take responsibility for the risks faced. Financial independence means being able to finance one's own needs without having to depend on others. The process of achieving this independence requires time, transition, and diligent effort and never giving up. Independence is a concept that is often associated with personal development and development, and is always related to increasing productivity in various aspects of life that contribute to others. It is an attitude that emphasizes the ability of individuals to overcome various challenges in order to achieve goals, while remaining open to the possibility of cooperation and learning from others that benefit the effort. The process of achieving this independence requires time, transition, and diligent effort and never giving up. Independence is a concept that is often associated with personal development and development, and is always related to increasing productivity in various aspects of life that contribute to others. This is an attitude that emphasizes the ability of individuals to overcome various challenges in order to achieve goals, while remaining open to the possibility of cooperation and learning from others that benefit the effort (M. Rifai: 2019)

One of the efforts to empower women through the PKK Program is the Toga Garden Program or Family Medicinal Plants. This program is an initiative of the village government to overcome poverty at the village/sub-district level by increasing women's participation in development, with the aim of creating a quality family. The concept of women's empowerment focuses on developing women's abilities and roles in various aspects of life, either directly or indirectly, through the creation of supportive situations to accelerate the development process. The active participation of women has an important role in the success of the Taman Toga PKK Program in improving the quality and role of women in various fields.

RESEARCH METHODOLOGY

In carrying out this purchase, the method used is Systematic Literature Review (SLR). Systematic Literature Review (SLR) is a systematic literature review aimed at identifying, evaluating, and interpreting the results of primary studies. (Barricelli, et al., 2019). The SLR method is a research

that is carried out systematically by following the literature review guidelines to avoid subjective misunderstandings from researchers. Compiling a literature review using the systematic literature review method is usually done gradually or systematically. That is, a literature review starts with the basics before moving on to more complex ones. Although the stages in this method are quite long, the results of the literature review produced will be more detailed, accurate, and in-depth.

The SLR method is able to summarize the results of primary research to present more comprehensive and balanced information. The SLR method is able to identify journals systematically, following the steps or protocols that have been determined in each process (Thovawira, et al., 2021)

There are several stages in conducting a Systematic Literature Review, namely, planning, implementation, and reporting of a literature review. In the first stage, the requirements for a systematic review are identified. A systematic review of the problem is then designed to direct the implementation of the review and reduce the potential for bias from the researcher. In the second stage, the steps taken include the definition of research questions, search strategies, study selection processes with inclusion and exclusion criteria, quality assessment, and data extraction and synthesis processes. The third stage is reporting, where the results of research are based on literature that has gone through the first and second stages.

RESULTS AND DISCUSSION

Empowerment can be understood as the process of giving effort or strength to vulnerable groups, including those who are below the poverty line or experiencing helplessness. This includes providing support to those who are unable to achieve their basic needs, namely clothing, food, and boards in everyone's daily life (Hamid, 2018). Empowerment refers to providing abilities to individuals, especially those who are vulnerable and vulnerable, so that these people have the ability and ability to meet their basic needs. In this case, it means that the community is free not only in terms of expressing opinions, but also to be free from hunger, ignorance, and other suffering. They can achieve productive resources that allow them to increase their income and obtain the necessary goods and services, and there is participation in a development and decision-making process that affects their lives.

Women's empowerment is an effort so that women's abilities can increase when expanding their capacity and skills so that they can gain access and control over various things, such as positions in decision-making, resources, and supporting structures or pathways. Women's empowerment can be achieved through the awareness process, with the hope that women can develop the ability to critically analyze the condition of society. They are expected to be able to understand the practice of discrimination as a social construct, and to be able to separate between naturally defined roles and gender roles. Through the provision of information, education, training, and motivation, women are empowered to recognize their identity, increase their self-confidence, make necessary decisions, and be able to speak and lead. All of this aims to inspire women to change and improve their conditions in order to have a more equitable part in accordance with universal human values.

Women's empowerment can be achieved through practical needs that are met, such as education, health, and economic welfare services, for both women and men, as well as through strategic needs that must be met, such as making women more involved in the development process. Therefore, women's empowerment can be seen from the perspective where women's independence and their ability to make decisions that have an impact on their lives increase. This is important because women's empowerment has a significant impact on a person's quality of life, especially in the economic aspect of the family, and indirectly affects their social life in society.

Women's empowerment is the ability to stimulate individuals related to the ability to make choices in life and is directed to community groups that are left behind, the Government has taken several steps in overcoming this problem, namely: (a) providing training on the state of the situation and conditions in all regions, (b) providing training that will increase women's skills, (c) opening opportunities for women to Career.

According to Tutik Sulistyowati, Women's Empowerment is an effort for women to gain their ability to gain access and control over resources, both economically, politically, socially, and

culturally, with the aim of providing women with the ability to manage themselves and a sense of self-confidence that must be improved in order to be able to actively participate in participating when solving various problems, which ultimately helps to build their abilities and self-concept woman.

Women's welfare and women's quality of life in order to improve their livelihood can be done by strengthening the role of women who are less empowered and promoting fairer relationships and having equal levels for men and women, as well as always involving them when they want to make decisions. Women's empowerment is very important because they are not only limited to household duties, but also able to be active outside the home, including in organizational activities, just like men. In recent empowerment programs, women are often the focus because they are considered more diligent and responsible in carrying out their duties. Although previously rarely involved in development or other world of work, through empowerment efforts, the role of women is increasingly recognized and they play an active role in advancing welfare. . The process of women's empowerment is inseparable from women's self-development efforts, which are seen as active efforts in optimizing the potential of women.

There are 4 objectives of the prempuan empowerment program, namely:

- a. Fostering women's capacity so that they can be actively involved in development programs, become active participants, not just objects that receive development assistance as has happened so far.
- b. Fostering women's skills in leadership aims to strengthen their participation in the development process, including in the planning, implementation, as well as monitoring and evaluation of activities, so as to increase their position and involvement in every stage of development.
- c. Fostering women's skills when they become business managers from household scale to small and large industries, aims to support the fulfillment of household needs and also job opportunities that are always running and independent can be created.
- d. Fostering the contribution of women's organizations at the local level as a platform to empower women so that they can actively participate in the development process in their area.

According to Rian Nugroho, there are several empowerment programs offered, including:

- a. Making women's organizations from the local to national levels strong, such as PKK (Family Welfare Development), cooperatives, and social foundations. The consolidation of this institution aims to grow organizational capacity so that it can play an active role in various functions, including as planners, implementers, and supervisors in development.
- b. Increasing the role and function of women's organizations in disseminating social empowerment programs. This is crucial because judging from some time ago the empowerment program has not been comprehensive and minimal to involve community participation.
- c. Involve women's groups in the planning, implementation, and monitoring stages of all available development programs. Women's participation includes physical development programs, economic strengthening efforts, and improving the quality of human resources.
- d. Enhancing women's leadership skills so that they have a balanced position and have access and opportunities to be involved in the development process from all aspects, from household industry to large industry, with a focus on developing production skills, business management, and the ability to access credit and a wider market.

The toga garden program is a program under the auspices of the PKK all related to empowering the community, namely in the welfare of the family and in community empowerment, the toga park utilizes the vacant land around the river to plant various types of spices (living kitchen) and medicines (toga) and form productive economic groups. However, there are still obstacles in the implementation of the PKK program. The obstacles are: lack of human resources, lack of public understanding or lack of public curiosity about the programs programmed by the PKK. The TOGA PKK program aims to optimize the use of vacant land by planting medicinal plants that not only function as herbal medicine for families, but also have significant economic potential. The TOGA program not only improves family health by providing natural sources of medicine, but also provides new economic opportunities for women. The harvest from these medicinal plants can be sold, both in fresh form and after being processed into herbal products that have a higher selling value.

Based on Permendagri Number 1 of 2013 Article 1 that: Family Empowerment and Welfare Movement, hereinafter abbreviated as the PKK Movement is a national movement in the development of a growing society, from below whose management is from, by and for the community, in order to realize a family that believes and is devoted to God Almighty, noble and virtuous, healthy, prosperous, advanced and independent, gender equality and justice as well as legal and environmental awareness. The role as a women's empowerment coach is one of the activities carried out by the Telaga District PKK. The PKK also gathers, mobilizes and then fosters the potential of the community, especially in the development of women's empowerment and also prepares plans for the implementation of PKK work program activities that are in accordance with the needs and conditions of the community in the development itself. In order to carry out the activities of the PKK organization, of course, use or race and prioritize the programs prepared by the management every year, by prioritizing priority program activities needed by the community, especially women, and can also be adjusted to the capabilities of each region. by means of counseling, more orientation and trainings and in an effort to increase knowledge, skills and family income. The PKK has a strategy in empowering women by utilizing resources, so that women are not only housewives who only stay silent, but make women in local villages more active in the world of work, thus helping their husbands in increasing family income.

Table 1.
Results of Literature Research on Women's Empowerment in Improving Independent Economy

It	Research, and Year of Research	Heading	Research and Results
1.	Novitasari, A. (2021). The Influence of Women's Empowerment on Family Economic Resilience. <i>Lifelong Education Journal</i> , 1(2), 139–144. https://doi.org/10.59935/1ej.v1i2.33	The Effect of Women's Empowerment on Family Economic Resilience.	Gender is still one of the hot issues, especially in developing countries. Most developing countries still hold strong traditions in the division of roles between men and women. Therefore, women's empowerment needs to receive attention so that gender harmony can be achieved. Gender harmony will have a significant impact on the family and in society. The writing of this research produces several subjects, namely: (1) The existence of Joint Business Groups (KUB) is able to increase family economic resources. (2) The level of female Labor Force Participation has increased from year to year. Women's empowerment increases people's tendency to improve their standard of living. (4) There has been a shift in the pattern of relationships in the family in accordance with changes in the socio-cultural conditions of the community. (5) Women's empowerment greatly affects the resilience of the family economy.
2.	Hanis, N. W., & Marzaman, A. (2020). The Role of Family Welfare Empowerment in Women's Empowerment	The Role of the Family Welfare Empowerment Program in Women's Empowerment in Telaga District	The results of the research obtained showed that the implementation of the PKK program has provided many benefits in women's empowerment, especially in the village. Success was

	in Telaga District. <i>Public (Journal of Administrative Sciences)</i> , 8(2), 123. https://doi.org/10.31314/pjia.8.2.123-135.2019		obtained thanks to the support of the government at the sub-district level and also for direct guidance by the Gorontalo Regency PKK management to the sub-district to village PKK. The PKK program has also not been fully implemented to its full potential. The main obstacles faced are the low capacity of the community, especially women, and the lack of mastery of technology. For this reason, active participation and full support from the government are needed in the development and maximization of the PKK program
3.	Nur Azizah, R., Luaylik, N. F., & Saputri, E. (2023). MODEL OF WOMEN'S EMPOWERMENT IN REDUCING POVERTY IN PAMEKASAN REGENCY. <i>Journal of Mediasosian : Journal of Social Sciences and State Administration</i> , 7(2), 280–293. https://doi.org/10.30737/mediasosian.v7i2.4923	MODEL OF WOMEN'S EMPOWERMENT IN REDUCING POVERTY IN PAMEKASAN REGENCY	The results of the research were achieved by comparing existing theories related to women's empowerment in improving women's welfare. The first indicator The output indicator of several of these programs that is most seen to be successful is the PEKA (Empowerment of Women Heads of Families) program. The second indicator is the income indicator in the PEKA (Empowerment of Women Heads of Families) program, showing the success of the program that women heads of families are able to support the economy based on the abilities that have been obtained from the empowerment program. The third indicator is the impact indicator, which is marked by women targeted by the PEKA program who have been able to develop their skills so that they are able to live a decent life in supporting their family's economy.
4.	Muhyiddin Robani, M., & Ekawaty, M. (2019). Analysis of the Impact of Women's Empowerment on Family Welfare. <i>Al-Muzara'ah</i> , 7(1), 1–18. https://doi.org/10.29244/jam.7.1.1-18	Analysis of the Impact of Women's Empowerment on Family Welfare	These results show that the form of empowerment of KJKS Ukhuwah Pro-IBU can be classified as Economic Empowerment and Sharia Grameen Empowerment. Based on the multiple linear regression test, it is known that the material welfare of KJKS Ukhuwah Pro-IBU members is positively influenced by financing, length of business, education and negatively by the number of family members and age. On the other hand, other factors such as attendance at weekly meetings and Islamic business ethics do not have a significant

			influence. Based on Pearson's correlation test, it is known that there is a positive relationship with a moderate degree of closeness between non-material welfare and material welfare, financing, and Islamic business ethics. These results show that the improvement of material and non-material welfare of KJKS Ukhuwah Pro-IBU members, one of which can be achieved through women's empowerment using forms of economic empowerment and Sharia Grameen can be achieved.
5	Putri, O. N., & Darwis, R. S. (2015). EMPOWERMENT OF WOMEN HEADS OF FAMILIES. <i>Proceedings of Research and Community Service</i> , 2(2). https://doi.org/10.24198/jppm.v2i2.13538	EMPOWERMENT OF WOMEN HEADS OF FAMILIES	Women in the group of women heads of families are empowered in order to improve the family economy. Women must have the ability to see the potential, the opportunities that may be developed, so that it is easy to expand these opportunities into stronger networks. The large role of women is a practical approach that can be done, such as when family economic conditions force women to play their role as a family economic buffer. A number of activities can be described related to the way the women's program is motivated to develop potential, arouse awareness, improve angota skills, arouse confidence, remove barriers, strengthen groups, provide guidance and support, as well as develop networks and maintain members' abilities. Then this women's empowerment activity is considered useful in improving the family economy.
6.	Hakim, F. N. (2020). FAMILY EMPOWERMENT THROUGH MICROECONOMIC ENTERPRISES. <i>RECIPROCAL: Current Journal of Progressive Sociology Research</i> , 1(2), 189–205. https://doi.org/10.29303/resiprokal.v1i2.17	FAMILY EMPOWERMENT THROUGH MICROECONOMIC ENTERPRISES	Women as housewives will always strive to work according to their abilities. They do not want to sit at home by relying on their husband's work income. For the 15 women workers who are already married, their children are already at the elementary education level. Therefore, after completing household chores, they have free time that can be used for work. The income they earn helps improve the welfare of their families. Meanwhile, 3 male workers earn only enough income to meet the basic needs of the family.

			Even so, they still maintain the job because there are no other job opportunities that can be a source of income. On the other hand, female workers use their free time to work to supplement their family income.
7.	Rofi'ah, S., Widatiningsih, S., Sukini, T., Aini, F. N., Roya, I. U., & Panuntun, D. A. (2021). The Realization of Healthy Families Through the Empowerment of the Toga Group. <i>Proceedings of the National Seminar on Community Service Programs</i> . https://doi.org/10.18196/ppm.22.565	Realization of Healthy Families Through Empowerment of Toga Groups	Medicinal plants planted in the yard have a dual function in addition to being a yard decoration, medicinal plants also function as natural herbs to treat various diseases that often arise. Even in its development, it can be used as an effort to improve the family economy by selling the products of the TOGA plant. To achieve the goal of improving family health, beautiful home decoration and improving the family economy, the first thing that needs to be done is to provide information with appropriate communication to the community. Public knowledge in general about TOGA and its use is still lacking and needs to be improved by providing information through counseling (Yulianto & Kirwanto, 2016).
8.	Ulpa, F., & Fatmariza, F. (2020). Women's empowerment through the UP2K program to improve family welfare in Bunga Tanjung Village, Kerinci Regency. <i>Journal of Civic Education</i> , 3(3),200-210. https://doi.org/10.24036/jce.v3i3.364	Women's Empowerment Through the UP2K Program to Improve Family Welfare in Bunga Tanjung Village, Kerinci Regency	The implementation of the UP2K Usaha setia program has not run optimally due to the lack of participation from women. In addition, problems such as the lack of maximum product marketing are caused by women not understanding the use of the internet, so many do not know bamboo woven products. The existence of this program has helped improve family welfare, but there is still a problem, namely the lack of socialization and training from the government and groups which makes the lack of interest of women in participating in UP2K Usaha setia activities.

Women's participation in helping the family economy is an interesting thing. Usually, women's roles are limited to domestic work such as taking care of husbands and children, cooking, and doing other household chores. However, women also need to be able to work without forgetting their traditional roles. Therefore, it is important to foster women's awareness of the potential they have. This potential can be used as a business that generates family income, helping the family economy without having to work in the formal sector or find a job outside the home. By developing and utilizing existing potential and resources, women can create opportunities to generate additional income for their families.

However, women often face difficulties in helping the family economy. Many women feel less confident and not realize the potential they have. In addition, the lack of knowledge, skills, and capital makes women unable to play an active role in supporting the family economy. On the other hand,

women's space for movement is increasingly limited because of the social structure that still places them below men, making it increasingly difficult for women to develop their potential.

Women's empowerment is carried out by providing social guidance, skills that can produce products that sell well and for artisans will get a reward for wages or income. With the income obtained in increasing the family's economic resources that can be used to meet family needs.

In their action of participation, women also certainly need a motivation so that they are encouraged to be empowered, as written by Udiyati (2011) in the journal by wijayati (2019), motivation is a driving force in a person's heart to do or achieve a goal. Motivation is a process to achieve a goal, a person who has a small motivation means that he has the strength to achieve a goal. According to Maslow in theory, basic needs are the basic basis for achieving goals. Basic needs are basic needs that must be met.

CONCLUSION

It can be concluded that it is necessary to establish policies that support women's participation in the economy without neglecting their initial role Encourage society to support the role of women in various aspects of life, including the economy. There is a need for community activities that can strengthen women's skills and confidence. It is also hoped that women can be more empowered and able to make a significant contribution to improving the family economy and achieving better welfare. Through targeted and strategic economic empowerment, women can be more confident and able to harness their full potential. Thus, women's empowerment is not only key to improving the welfare of individuals and families, but also to create a more inclusive and equitable society. With the active participation of women in the economy, it is hoped that a stronger and more sustainable economy will be created, which is able to face global challenges in the future.

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