

EMPOWERMENT OF PKK SOCIAL WORKING GROUPS AS PUBLIC HEALTH AGENTS

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ABSTRAK

This research aims to find out the role, experience, support and challenges of the family welfare empowerment (PKK) social worker group as a health agent in the community. This research uses a literature study method with systematic literature (SR) and systematic literature review (SLR). In its implementation, there are 4 working groups with 10 programs that have been determined by the government and are based on community needs. This research aims to find out the role, experience, support and challenges of the family welfare empowerment (PKK) social worker group as a health agent in the community. This research uses a literature study method with systematic literature (SR) and systematic literature review (SLR). In its implementation, there are 4 working groups with 10 programs that have been determined by the government and are based on community needs.

Keywords: *Empowerment; Social Work; PKK*

INTRODUCTION

Health is one of the most important indicators in measuring the level of public welfare in a country and investment in the development of quality human resources for life in the future. From the data of the statistics center recorded at WHO in 2015, there were 830 deaths in pregnant women and childbirth, a mortality rate of 43 toddlers out of 1,000 children. 212 million malaria cases, 10.4 million tuberculosis and 1.4 million deaths. With such a high mortality rate, Indonesia's national health problems must be addressed immediately through strong cooperation between government agencies, the community, and the people in charge.

Law No. 36/2009 on Health Article 14 states that "the government is responsible for planning, regulating, organizing, fostering, and supervising the implementation of equitable and affordable health efforts for the community". The government in particular has created one of the national organizations or movements that can help and support community empowerment in health programs, namely PKK (family welfare empowerment). Empowerment has similarities with development or development. Empowerment comes from the word daya, which means power, so empowerment is an effort to gain strength to strengthen oneself from all forms of oppression. Natural resources as the ability of the community to encourage, motivate and generate a sense of self-consciousness to strive to develop potential into a real action.

According to the regulation of the minister of home affairs number 1 of 2013, the family welfare empowerment movement is expected that women can be empowered properly so that family conditions become prosperous to be able to meet the basic needs of life socially, mentally, spiritually, materially so that families can be empowered to realize an independent, advanced and prosperous family. Empowerment is a process of individuals and groups actively involved in overcoming problems and being able to make decisions on various factors that affect life to formulate decisions and policies through planning, developing and providing services and actions for desired changes (Luisi and Hamel, 2020). Family welfare empowerment (PKK) is a place in fostering families in community life both in rural and urban areas. PKK is a women's organization in the community that mobilizes community participation in the development of an area. PKK (Family Welfare Empowerment) is a national

movement born in 1974 in Indonesia founded by Mrs. Tien Soeharto which is from, by and for the community. PKK as an effort in empowerment has a goal in the process of national development and improving family welfare. In non-formal education, it is divided into three types of pathways, namely as social educators, social researchers, and social workers. PKK is part of a social worker who is a voluntary individual dedicated to helping the community empowerment process managed by an institution brought by the government. With this empowerment process, it encourages individuals and communities to be able to make changes towards independence.

Even though as social workers the PKK is dominated by women, they never give up in their efforts to help the community, especially groups who cannot afford to pay more attention to their physical health and the surrounding environment. Most people still see and consider the term Social Worker as a volunteer job, so it is still often underestimated, not appreciated, and sometimes even considered "cheap". Professional workers like other professions certainly have "value". Both values related to the ethics of the profession, as well as the "selling value" of the profession. For functional social workers themselves, the allowances for their positions are set out in regulations regarding their allowances. Meanwhile, social workers who work independently have set their own "rates". The PKK organization in non-formal education is a type of social worker, but in reality, PKK can be interpreted as an effort and activity of social workers. PKK can be interpreted as efforts and activities in improving education and necessary skills and striving for a national life that improves the quality and quantity of family food, family income, health status, environmental sustainability and familiarizes with economic planning. PKK group is more directed at a role that can develop women's participation through programs that are designed and run. So, as to make women a religion of change and have an important role for the welfare of the family and community environment.

In the PKK group, there are 10 programs including mutual cooperation, clothing, food, appreciation and practice of Pancasila, housing and household management, education and skills, development of cooperative life, environmental sustainability and healthy planning and health. Many excellent programs from PKK are involved, especially in the health sector such as the jumantik program, posyandu, family planning, clean healthy living patterns, healthy walking, routine checks on the elderly for diseases such as hypertension, blood sugar and others. Empowering PKK social worker groups as community health agents is crucial. Greater efforts are needed to improve access to health services, strengthen the resources available to social worker groups, and improve health education and awareness at the community level. Only with these concrete steps can we address public health issues in a comprehensive and sustainable manner.

It is not uncommon in urban communities to care less about health for several reasons such as being lazy to do routine health checks because it is far away, crowded, or expensive, lack of health knowledge about clean healthy living patterns, lack of knowledge of home hygiene, puddles in the bathroom, and even lack of knowledge in child nutrition and for example the child becomes stunted. This is a concern for a group that cares about health, therefore PKK is present as a health agent to empower the community through various programs, especially in the health sector. One important thing is to always strive to improve the human resources of cadres, in order to manage the PKK movement professionally, be able to carry out their duties and functions as planners, implementers and controllers, as motivators and activators, so that the 10 Main PKK Programs can be carried out smoothly. And of course, PKK cadres have various experiences in their respective fields and in accordance with the time that has been taken while participating in the organization. In implementing the work program that has been designed, the PKK organization certainly has challenges and support in the process. As for usually

these challenges are from internal and external things that make the author want to study through research that has been done before.

The author sees that this phenomenon is a priority problem that must be eradicated so that people can have better health. Empowerment of PKK groups whose members are selected cadres from each RT (Rukun Warga) as representatives of community members assigned through PKK groups. The PKK movement can be placed in every province, district, sub-district that is comprehensive in Indonesia country from Sabang to Merauke and must even reach remote villages. Problems in the health sector are the task of the PKK in bridging, providing education through its role as an empowerment organization under the auspices of the government that provides maximum special services to improve the quality of proper health. From the description above, it is concluded that the problem that underlies researchers in conducting research is that PKK as a social worker has an important role as a health agent for the community for a better change and eradicates diseases and ignorance in health knowledge.

RESEARCH METHODS

The method used is the literature study method with systematic literature (SR) and systematic literature review (SLR). Literature review is a complement to both qualitative and quantitative research that plays a role in the development of science based on past research documentation. Literature review can be used as a numerical research to balance and support the development of science with the aim of producing up-to-date research findings, but the author must follow the correct steps and processes consistently that are accurate and valid so that they can be clearly accounted for in a report. The literature review method serves as a methodological tool that is able to provide a review and evaluation of theories in a particular field testing the validity and accuracy of these theories and also conflicting theories, so it is said that literature review as a research method is more appropriate only as a research in the academic world.

Presented in the view of (O'leary and Muhanum, 2021), in essence, a literature review can be obtained through a broader understanding of the meaning of the activity of making a review and written summary of a book journal article that describes theories and information both current and past and then made into one topic and document for the needs of a research proposal. In the process, the literature review has several important stages, namely the first identification of the subject or topic, the second review scope or review pattern, the third empirical findings related to the scope of the review, the fourth review and review, the fifth formulation of new postulates or theories, finally evaluating the need for further studies. The author uses the method of collecting various sources of information and data from reference sources. The reference sources include electronic books, articles, journals, and related documents that are in accordance with the phenomena that occur so that they become the focus of research. In writing, the first thing to do is to search for various sources of journal articles on Google Scholar, Second, collect approximately 20-30 articles related to the subject, third, read as a whole, assess, review, and evaluate the reference data sources that will be used as materials and sources for this writing.

Searching for literature using several contents or questions, namely how the PKK group plans programs that are in accordance with the needs of the community, how the PKK group in its implementation performs its role as an agent of community change in the health sector, how the support and challenges faced by the PKK group in empowering the community through the 10 programs carried out. By taking these steps, the author can make a reference in examining the discussion of the role of family welfare empowerment as a health agent of community change. which comes from the community, by the community, and for the community in health agents. As well as answering how PKK cadres experience in facing challenges and support during program implementation.

RESULTS AND DISCUSSION

Result

Problems in the health sector are something that the country should pay attention to and make improvements and reduce the death rate. Indonesia as a large country with an adequate structure, both facilities and infrastructure, enables adequate rights of the people, especially the lower classes, in eradicating disease and supporting other health. The empowerment process for the community to be better and more independent must continue to be pursued through various research and the needs of the community itself, and a movement was born that was sent based on the need for community health, namely the family welfare empowerment movement or what is known as PKK.

In this article, we discuss empowering family welfare as an effort to change society and health agents to review how far the quality and quantity of this program is running in Indonesia, both in districts, provinces and cities. Usually, helpless people are part of society that cannot afford it, groups of people who are elderly, people who have minimal health knowledge, and people who do not care about their own health. People's habits are often indifferent to their health and are more concerned with getting what they want instantly and don't care about things that can harm their bodies. Therefore, the PKK was born as an effort to empower both cadres and the community itself. It is hoped that empowerment can change the condition of people who were initially unable to become independent individuals or groups. PKK cadres are part of the volunteers or social work that supports the movement for change in society under the authority of the government. The cadres selected mostly come from women who were chosen based on their wishes and the desire to be more productive and useful for many people.

Reporting from various journals that have been reviewed using the SR and SLR methods through previous research, five sources were taken that are related to this writing. These five sources become references for writers to review, evaluate, review and develop writing to achieve new knowledge in summarizing related subjects. The five journals were taken from Google Scholar which was carried out through various research, including:

Research and years Research	Journal	Research results
Fitriani, F., Apriadi, A., & Hidayat, O. (2021).	“The Role of Family Welfare Empowerment (PKK) in Socializing the Health Program in Sepukur Village, Lantung Sub-district”	This research uses the type of qualitative research as stated by John Creswell. This research aims to find out how the PKK's role in disseminating or socializing health programs in the village. as for improving health status, namely through the first 4 activities there is a healthy clean lifestyle (PHBS), integrated service post (POSYANDU), posyandu information system (SIP), and family planning (KB). In implementing the health program, the PKK movement uses functional structural theory with four systems, Adaptation, Goal attainment,

		Integration (integrasi), dan Latency. namely with these four systems the PKK is able to carry out its duties in realizing the quality of health in Sepukur village.
Chandra, B. R., Darwis, R. S., & Humaedi, S. (2021).	"THE ROLE OF FAMILY WELFARE EMPOWERMENT (PKK) IN STUNTING PREVENTION"	In this research using the literature study method. The result of this study is that PKK has an important role as an agent of change to carry out empowerment so that health development goals can be achieved, especially in preventing the phenomenon of stunting. This goal is to increase public awareness that has arisen anxiety by implementing healthy living, nutrition-aware behavior and appropriate collage and actively participating in the health service process so as to create action in the prevention of stunting.
Luisi and Hamel (2020)	"Community participation and empowerment in primary health care in Emilia-Romagna: A document analysis study"	In this research using the analysis study was undertaken. Case Della Salute in Emilia Rogmana is a type of program developed by an organization similar to the PKK organization. The program expresses community participation and empowerment through centralized health services in the region. The aim of Case Della Salute is that Nabila health services with community participation are promoted in order to improve the health system and the region. These services encourage vulnerable groups to fight for the rights of users in the health sector.
Kusariana, N., & Manik, W. C. O. (2020)	"Increasing Efforts to Prevent Hypertension through	This study used lecture and discussion methods.

	Empowering Health Cadres in Karangdawa Village, Warungpring District, Pemalang Regency"	The results of this study show that the community is enthusiastic about the health cadre education program to reduce the symptoms of hypertension because through team discussions they provide knowledge to the community.
Tony Pathony. (2019)	"The Process of Community Empowerment through the Family Empowerment and Welfare (PKK) movement in Subang Regency"	In this study using descriptive qualitative research with the aim of obtaining a broader picture used as an expression of problems in the working life of government organizations observation, interviews, and literature and documentation studies. Based on the research conducted, it was found that community empowerment through the PKK group movement in accordance with Edi Suharto's theory was not optimal, because based on the findings in the field, strengthening, protection, settlement, support, and maintenance had not been assessed according to the theory used.

Discussion

Family Welfare Empowerment (PKK) is a national movement in Indonesia which began on July, 22 1974. This movement was founded by Mrs. Tien Soeharto, who at that time was the First Lady of the Republic of Indonesia. PKK was born as a response to the need to improve the quality of life for families in rural areas through education and development.

The main goal of the PKK is to increase women's participation in national development by focusing on development from below, namely families and local communities. This movement is designed to empower women as agents of change in improving family welfare, especially in the fields of agriculture, health, education, environmental cleanliness and the family economy. The PKK soon became a necessary part of the national development program in Indonesia. With government support, the PKK grew rapidly from one village to another throughout the archipelago. The PKK organizational structure consists of village or subdistrict, sub-district, district/city, and national levels, which facilitates coordination and implementation of its programs. Since its founding, the PKK has experienced significant development in achieving its goal of improving family welfare. This movement not only focuses on developing practical skills, but also on strengthening the role of women as leaders in the

family and society. PKK also contributes to supporting various government development programs, such as maternal and child health programs, improving nutrition, basic education, and local economic development. Overall, the PKK is not only an engine driving development at the local level, but also a symbol of Indonesia's commitment to building family prosperity and advancing the role of women in national development.

Based on Law No. 1 of 2013 article 5 paragraph 2, the implementation of community empowerment through the PKK Movement is carried out with 10 (ten) PKK Main Programs including The appreciation and practice of Pancasila; Mutual cooperation; Food; Clothing; Housing and household management; Education and skills; Health; Development of cooperative life; Environmental sustainability; and j. Health planning. Duties and Functions of the PKK: Prepare a Village/Subdistrict PKK work plan, in accordance with the results of the Regency/City Rakerda; Carry out activities according to the agreed schedule; Educate and mobilize PKK Hamlet/Neighborhood, RW, RT and Dasa Wisma groups so that they can realize the activities that have been prepared and agreed upon; Explore, mobilize and develop the potential of the community, especially families to improve family welfare in accordance with established policies; Carry out outreach activities to families which include guidance and motivation activities in an effort to achieve a prosperous family; Provide coaching and guidance regarding the implementation of work programs; Participate in the implementation of agency programs related to family welfare in the village/district; Make a report on the results of activities to the District PKK Mobilization Team with a copy to the Chairman of the local PKK Mobilization Team Board of Trustees; Implement administrative order.

The function of the PKK is as an instructor, motivator and community mobilizer to be able to implement the PKK program as well as being a facilitator, planner, implementer, controller, coach and guide of the PKK Movement. The basic principles of the Family Welfare Empowerment PKK program include: Participative, Accountable, Integration, Increasing the role and capacity of women, Learning, and Sustainable. Family Welfare Empowerment (PKK) consists of a chairman, deputy chairman, treasurer, secretary and others who are members. The PKK management is divided into 4 working groups (POKJA), whose management is combined into a team to assist in the process of PKK activities in the villages. PKK management staff are responsible for each program that has been determined in accordance with their duties and obligations, dominated by women who on average work as housewives. Every PKK activity always plans 10 main activities listed in central government regulations. The PKK program is divided into 4 categories of activities through working groups that are determined annually through PKK organizational reports in villages. The activities carried out by each Working Group include: Working Group Activities 1 (First, appreciation and practice of Pancasila; second, mutual cooperation), Working Group Activities 2 (Education and skills), Working Group Activities 3 (First, clothing, food and housing programs; second, household management), Working Group Activities 4 (First health; second environmental sustainability; third health planning).

The focus is on the health program:

1. A clean and healthy lifestyle (PHBS),
Is the practice of a set of behaviors that are consciously derived from the results of learning to independently help oneself in the health sector and play an active role in realizing public health. These behaviors include washing hands with water and using soap, giving birth using a health worker, giving exclusive breast milk, weighing the baby regularly, using clean defecation facilities in your own home, eradicating mosquito larvae in the house, eating food. 4 healthy 5 perfect, doing activities by exercising every day, the last one is not smoking in the house.
2. Integrated service post (Posyandu),

Is namely as a health center for mothers and toddlers with the aim of reducing the death rate for babies, toddlers and mothers who have just given birth. Posyandu as a professional service from health workers who play a role in dealing with health problems is carried out routinely once a month, namely by systemically mothers register for health checks by weighing their body weight, immunizations, giving vitamins, giving smallpox injections, preventing stunting.

As well as providing knowledge about being a mother through good parenting patterns on children's physical, motoric, mental, emotional intelligence and so on. After carrying out monthly health checks, it is seen whether there are any problems or illnesses experienced by mothers and toddlers. If there are these, the PKK, which is part of the Posyandu division program, will immediately carry out follow-up actions with the relevant partners.

3. Family Planning (KB),

Is a large-scale national program that emphasizes birth rates to control population growth. The aim of the program is to create small families that are happy, prosperous, healthy, resilient and independent. The PKK's role in this program is only for people, both men and women, who want family planning methods so that health services can prepare these family planning contraceptives.

4. Mosquito Larvae Monitoring Officer (JUMANTIK)

Is a PKK initiative to reduce the spread of diseases transmitted through mosquitoes. Through monitoring and managing mosquito nests, PKK members are active in keeping the environment free from mosquito nests, thereby helping prevent diseases such as dengue fever and malaria in the community.

5. Services for elderly parents,

Is Integrated health services for the elderly that provide routine health checks, education about healthy lifestyles, and early treatment of various diseases. Checks are carried out by checking blood, hypertension, and so on. Followed by routine light exercise activities that are adapted to the physical abilities of the elderly to maintain fitness and health. The PKK program for the elderly plays an important role in ensuring that the elderly get the support they need to live healthy, active and productive lives. With a comprehensive range of activities and services, this program helps seniors to remain empowered and integrated in society.

In terms of support or advantages, the PKK receives full support from the central and regional governments, collaborates with other institutions, involves various communities, the benefits are felt by all levels of society and the programs provided are sustainable and long-term. However, with every support provided there are several obstacles. PKK movement has long been an important pillar in improving the welfare of society in Indonesia. However, in implementing its various programs, including those aimed at the elderly, the PKK faces various complex and varied challenges.

1. Limited Resources

One of the main challenges faced by the PKK movement is limited resources, both in terms of funds and personnel. Many regions still experience budget shortfalls to support various PKK activities and programs. This has an impact on limited facilities and tools needed to run the program optimally. PKK cadres, made up largely of volunteers, also often lack adequate training and support. They have to struggle with limited knowledge and skills, which sometimes hinder the effectiveness of the programs they run. The lack of incentives and rewards for PKK cadres is also a problem that can reduce their motivation and dedication in carrying out their duties.

2. Geographical and Infrastructure Challenges

Indonesia is an archipelagic country with thousands of islands spread widely, and many of them have geographical conditions that are difficult to reach. This creates logistical challenges in distributing aid, facilities and running PKK programs in remote areas. Inadequate infrastructure,

such as damaged roads or lack of proper public transportation, is also a major obstacle. In situations like this, PKK cadres have to work extra hard to reach communities in need, which often requires quite a bit of time and energy.

3. Lack of Community Awareness and Participation

Public awareness of the importance of the PKK program is often still low. Many people do not understand the benefits of the programs being implemented, so their participation is less than optimal. For example, in health programs for the elderly, there are still many families who do not routinely take their elderly members to Posyandu or other health activities. This low participation can be caused by various factors, including a lack of socialization from the PKK itself, or the existence of local culture and habits that do not support these programs. This challenge requires a more effective and sustainable communication strategy to increase public awareness and participation.

4. Cultural and Social Barriers

Local culture and social norms sometimes become obstacles in implementing PKK programs. For example, in some areas, women's role is still very limited in social and economic activities, which can affect the effectiveness of the PKK program which is mostly run by women. Apart from that, there is also stigma and discrimination against the elderly that still exists in some communities. The elderly are often considered unproductive and a burden on the family, so programs aimed at empowering them do not receive full support from the surrounding community.

5. Health and Education Issues

The health and education conditions of the community are also a big challenge. Many PKK cadres deal with people who have chronic health problems or low levels of education. This could hinder understanding and implementation of PKK programs. For example, in an effort to improve the health of the elderly, PKK cadres have to deal with elderly people who already have various degenerative diseases or do not understand the importance of a healthy lifestyle. In the educational context, a lack of literacy and basic knowledge often makes it difficult for people to understand and follow the programs offered.

6. Bureaucracy and Government Support

Complicated bureaucracy and lack of support from the local government are also challenges that cannot be ignored. In some areas, coordination between the PKK and local government is still less effective, which could hamper the implementation of PKK programs. Complicated and slow administrative procedures often hinder the flow of needed funds and assistance. Apart from that, inconsistent policy changes or lack of attention from the government can also reduce the enthusiasm and motivation of PKK cadres.

7. Adaptation to Technology

In this digital era, the ability to adapt to technology is becoming increasingly important. However, many PKK cadres and communities in remote areas still have difficulty accessing and using technology. Lack of technological infrastructure and digital capabilities can hinder the implementation of programs that require the use of information and communication technology. Technology-based programs, such as online training or the use of health applications, are often difficult to implement in areas where the internet does not yet reach or where people are not yet familiar with technology.

Strategies for Overcoming Challenges Overcoming these challenges requires a holistic and sustainable approach. Here are some strategies that can be implemented: Increase Funding and Resources, Improving Infrastructure, Socialization and Education .Respect Local Culture, Health and Education Services, Bureaucratic Reform, Increasing Technological Literacy. PKK cadres carry out

their role through adaptation, namely by adapting to the target health, goal achievement is achieved with implementing health programs that have been determined, integration, namely blending with targets - targets within the PKK cadres and society, and maintaining the pattern, namely by maintaining the system organization a keep it running well.

CONCLUSIONS

From the results of the discussion, it was concluded that the PKK family welfare empowerment movement is a forum for the community to improve and empower themselves and their family members in the field of improving and empowering themselves and their family members in the health sector. PKK serves as a social worker working under the auspices of the government as a health agent for community change consisting of female cadres who have the desire and positive impact on society. The PKK has duties, roles and functions in villages spread throughout the archipelago through 10 main programs and with programs that are sustainable and have a long period of time. And the group is divided into 4 different working groups according to division. Even though in its implementation it often experiences obstacles or challenges, it does not rule out the possibility that the PKK organization will continue to strive for a health movement for change in society, especially for underprivileged communities. With the presence of the PKK, the community can be helped materially and non-materially.

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