

## Implementation of the *Bina Keluarga Balita* Development Program: Efforts to Strengthen Parents' Ability in Caring for Children

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### Abstract

The aim of this study is to describe the implementation of *Bina Keluarga Balita* development program in Klojen Sub-District as an effort to strengthen the ability of parents in childcare. This research uses a quantitative approach with descriptive methods. Data collection is carried out through questionnaires. The respondents in this study amounts 291 participants of *Bina Keluarga Balita* development program in Klojen Sub-District of with a proportional random sampling technique in taking sample members. The analysis of data is used descriptive statistical techniques. The overall results of the study shows that the implementation of *Bina Keluarga Balita* development program in Klojen Sub-District is very effective as an effort to strengthen the ability of parents in childcare with a percentage of 80,05%. The new finding in this study is that the implementation of *Bina Keluarga Balita* development program is very effective as an effort to strengthen the ability of parents in childcare which shows that the majority of parents understand the application of childcare in early age that suitable with the stages of growth and development. This research provides knowledge to parents as program participants and program implementers to give an overview of the implementation of *Bina Keluarga Balita* development program.

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## INTRODUCTION

Significant development of the quality of human resources is the main thing that can influence in achievement of development. The quality of human resources is represented through the quality of health, the degree of intelligence, emotional and spiritual maturity, also productivity is determined by the quality of children from an early age (BKKBN, 2013). The development quality of human resources is carried out since the child is still an early age, when the child was still a fetus until old age. It is unfortunate if childcare at this time is not done well because it will have an impact on the achievement of child development that is less optimal.

Based on observations in the current condition, where religious values, ethics and morals tend to decline, resulting in deviant behavior which can also affect the high and low quality of a nation's human resources. For this reason, through family education, it is hoped that children will be properly educated so that a prosperous and resilient family can be created in producing quality human resources (Rezillah, Siswoyo, & Nariyah, 2018).

The application of great childcare by practicing family education from an early age is becomes one of the efforts in developing the quality of human resources (Erlanti, Mulyana, & Wibowo, 2016). The development of quality human resources will be successful, if the growth and development of children is carried out optimally from an early age. Exactly, start from the child is still in the fetus to adulthood (Mansur, 1994). At this time, the child's brain development reaches 80%, which requires the development of aspects in the child by the parents physically, emotionally, socially, and intellectually (Hariani, Masrul, & Elytha, 2019).

In the golden age is classified as critical age to built and develop of human resources. It because in this stage the procedure of growth and development of children goes so fast (Suyanto, 2005). This stage is discribed as fundamental in realizing individual personality. The family has an important role in the process of childcare because in this stage, the familiy especially parents are the primary agents of socialization to the children (Rakhmawati, 2015). The important of childhood development is at an early stage. It because it can determine the child's development to next stage (Chamidah, 2014).

The establishment of personal child at this time is very vulnerable, because it can easily accept any impressions from the environment. The-

refore, to increase parents' knowledge about child development, learning and children's knowledge about how to provide and implement education and care for children need learning from parents through parenting education activities (Baroroh, Budiartati, & Fakhruddin, 2020).

Success or failure the development of children's intelligence there on the degree of capability and understanding of parents' care and utilization of the probability of an early age (Willis, 2006). To accordancing with the aspects of child development in educating children needs an awareness from their role as the main *madrasah* for children in the family (Widianto, 2015).

Through families, children are trained in every stage of development to follow the stages of their development (Jailani, 2014). The harmony of care that have been given to the abilities of the child is a manifestation of the existance of skilled parents who are able to apply quality care to the child (Fauziah, Mulyana, & Raharjo, 2014).

There are children's needs that must be met by parents and other family members, including nutritional needs, emotional and affection needs and the need for early stimulation (Eveline, 2010). Fulfilling children's nutritional needs appropriately and in a balanced manner can enable children's growth and development, both physical and biological, to run optimally. Then the fulfillment of emotional needs and affection appropriately for children can make them grow up as smart children, and the fulfillment of early stimulation needs properly and correctly in children can stimulate multiple intelligence (Fauziah et al., 2014).

Recognizing the importance of improving the quality of human resources in goverment institutions *Badan Kependudukan dan Keluarga Berencana Nasional* since 1984 sparked that program *Bina Keluarga Balita* (Oktriyanto, 2016). *Bina Keluarga Balita* is a counseling service related to the knowledge of nurturing and fostering child development and development comprehensively which is intended for parents to reliaze quality individuals (BKKBN, 2018). The basic concept of the BKB program is a community-based educational activity for parents or other family members who have toddlers and pre-school children so that they have the ability to foster children's development well (Jumiatmoko, 2013).

Parental education is an approach of *Bina Keluarga Balita* program, where parents learn about parenting that is in harmony with the stages of child development, enhance the ability to understand nutrition and stimulate a child's stimulus at each stage of development, both from

the fetus to the first post-birth age of six years. It is expected that with the active participation of parents in implementing BKB, the parents have a stock of knowledge in supporting children to get through their golden years optimally (Oktriyanto, 2016).

The participation of parents and other family members who have children aged under five can also affect the growth and development of children where according to (Oktriyanto, 2016) that the participation of parents who have participated in BKB activities in child care and development looks better than families who do not participate BKB activities. Therefore it is necessary to have high participation from parents to take part in the Bina Keluarga Balita as an effort to create quality human resources in development.

The aims of *Bina Keluarga Balita* program is to increase the knowledge and skills of parents or other family members in developing children under five years age and pre-school age through physical, motor, intelligence, social emotional, and economic according to their stages of development (Suparto, 2012).

It is interesting to pay attention about the implementation of parenting knowledge gained from the implementation of *Bina Keluarga Balita* by program participations. The purpose of this study is to describe the implementation of the *Bina Keluarga Balita* program as an effort to strengthen the ability of parents in childcare. This research can provide insight to parents as program participants and program implementers to provide an overview of the implementation of the *Bina Keluarga Balita* program which can be used as an evaluation material to improve the implementation of the next *Bina Keluarga Balita* program.

## METHOD

The approach used in this study is a quantitative approach to data analysis using descriptive statistical techniques. This study has two data sources, namely primary data sources and secondary data sources. Primary data obtained from the questionnaire distribution of respondents and secondary data in the form of documents from the Malang City Social Service P3AP2KB and KB Counseling Center Sub-District Klojen Malang.

The study population was in 1062 participants of the *Bina Keluarga Balita* Program from 40 groups of *Bina Keluarga Balita* in the Sub-District of Klojen Malang. This study uses the slovin formula at a significance level of 95% or

$\alpha = 0,05$  in drawing the sample, so that a total sample of 291 people is obtained by using the proportional random sampling technique in taking sample members.

This study uses a closed questionnaire with a Likert scale (Very appropriate = 5, appropriate = 4, quite appropriate = 3, not suitable = 2, very inappropriate = 1). The research instrument was developed from indicators on sub-variables (Sugiyono, 2017).

The analysis uses descriptive statics frequencies by using *SPSS 22.0*. In this case, it is used to examine the variables in the research, namely the implementation of *Bina Keluarga Balita* as an effort to strengthen the ability of parents in childcare.

**Table 1.** Criteria for Implementation of *Bina Keluarga Balita* program

Percentage	Information
Above 80%	Very Effective
60%-79,99%	Quite Effective
40%-59,99	Not Effective
Under 40%	Less Effective

Source: (Budiani, 2009)

## RESULTS AND DISCUSSION

The implementation of *Bina Keluarga Balita* program in the Sub-District of Klojen as an effort to increase the ability of parents in childcare that very effective with a percentage of 80,05%. This is supported by the relationship between the results of each sub-variable used to describe the implementation of the program, which is as follows:

### Target accuracy Bina Keluarga Balita Program

Based on the result of the sub-variable accuracy of the program targets showed very effective results with a percentage of 87,33%. This is supported by the suitability of the results of each item on the sub-variable accuracy of the program targets. The distribution table percentage of sub-variable answers to the accuracy of program targets as follows.

Based on Table 2 it can be seen that 53,2% states that the BKB program targets are suitable, it can be seen from the number of parents who states that the BKB program. Accordingly, it can also be said that the implementation of *Bina Keluarga Balita* Development Program in Klojen Sub-District is in suitable with BKKBN guidelines that the target of the *Bina Keluarga Balita* Program

is parents who have children aged 0-6 years.

**Table 2.** Percentage of Answer Sub Variable Accuracy in Bina Keluarga Balita Program

Answer Choices	Frequency	Percentage
Very Suitable	0	43,0%
Suitable	0	53,2%
Quite Suitable	11	3,8%
Not Suitable	155	0 %
Less Suitable	125	0%
Total	291	100%

Source: Primary Data Processed, 2020

This is an accordance with (BKKBN,2013) about the target of *Bina Keluarga Balita* Program in Klojen Sub-District can be said to be suitable, because at the age of 0-6 years or golden age period is the most crucial periode for children in determining the quality of children to be qualified human resources and influencing development, the golden period as the initial foundation to develop themselves according to the stage of development. In line with the theory (Hariani et al., 2019) states taht in this period the development of a child's brain reaches 80% which requires the development of aspects in the child by parents physically, socially, emotionally, and intellectual knowledge. Therefore, during this golden period, stimulation is needed so that children's potential can develop optimally (Awad & Anhusadar, 2020).

It should be understood that in the golden age, parents have the opportunity to develop their children's abilities optimally, because at this time almost all brain cells develop rapidly, parents have an important meaning in a child's life to be able to meet their growth and development needs (Mardiyono, 2012).

This is done by parents by giving full love to the child and being responsive to whatever happens to the child and paying attention to the child's health, including being diligent in bringing the child to the posyandu and BKB to see the developments that occur in the child. This is in line with (Pratama, 2017) which states that the process of stimulating toddler growth and development carried out by parents starts from fulfilling children's nutritional and health needs, namely by routinely bringing children to posyandu and providing nutritious food to children according to the size and stage of the child's age.

The targets of *Bina Keluarga Balita* program in Klojen Sub-District is in suitable of (BKKBN, 2013) where in the first phase of child needs the

role skill of parents and able to foster and educate children according to their stages of development well, where the parents can hone their skills and abilities in parenting trough coaching activities or parenting education as well as in *Bina Keluarga Balita* development activities.

Based on the discussion above, it can be concluded that the implementation of *Bina Keluarga Balita* development program in Klojen Sub-district is suitable with the program's target that is the parents who have children 0-6 years old, which at this age are needed full support and abilities of parents in care because this periode is the most important period for children in determining the quality of themselves as a quality of human resources.

### Socialization of *Bina Keluarga Balita* program

Based on the results of research on the sub-variable socialization of *Bina Keluarga Balita* program shows very effective results with a percentage of 81,77%. This is supported by the suitability of the results of each item in sub-variable program socialization. The following is a distribution table for percentage of answers to the sub-variable program socialization.

**Table 3.** Percentage of Sub Variable Answer Socialization of Bina Keluarga Balita program

Answer Choices	Frequency	Percentage
Very Suitable	11	27,46%
Suitable	55	56,33%
Quite Suitable	453	14,15%
Not Suitable	1803	1,72%
Less Suitable	879	0,34%
Total	3201	100%

Source: Primary Data Processed, 2020

Based on Table 3 it can be seen that 56,33% of parents says the socialization *BKB* program is suitable. The suitability of program socialization is one of the factors that influence the achievement of the implementation of *Bina Keluarga Balita* program including the suitabilities of the media used, the material delivered, the method used, the intensity of time, and the participation of program participations.

The counseling media that used in the implementation of *Bina Kelurga Balita* development program can be in the Tool of Educational Games (APE). APE is a game's tool that can provide stimulus to children's development. The forms of APE itself vary in their use also it is synchronized with the age and stage of the child's

development phases (Furqon, Kismartini, & Fat-hurrohman, 2014) This is in line with the real situations of the ground. The implementation of the *Bina Keluarga Balita* program in sub-district in providing counseling or outreach related to parenting material and child development is delivered according to the age group of the child, it because the development and growth of children of each age group is different, of course in parenting and providing stimulus by parents will also be different, so in delivering of material is carried out in accordance with their respective groups agree with (Furqon et al., 2014).

Meeting materials for *Bina Keluarga Balita* development activities according to (BKKBN, 2009). There are 13 materials that is delivered each meeting with a minimum time span of once a month. In the program socialization sub-variable there are aspects that have the highest number of scores, namely the material that have been delivered about the child's growth and development knowledge which shows the results accordingly.

If relating to the theory above, the material is presented in the activities of *Bina Keluarga Balita* in Klojen Sub-District is in accordance with what should be delivered to program participants according (BKKBN, 2009).

When delivering the materials of *Bina Keluarga Balita* in Klojen Sub-District there was a discussion and question also answer with parents which is related to the material that had been delivered by the *kader*. Discussion, question answer are usually done after the *kader* deliver the material to the program participants. Based on the data analysis, it is known that the statement of active participations present in attending discussions, questions has the lowest frequency, so that in discussions, questions and answer answers do not follow by all parents. There is less active communication between *kader* and program participants. This is commensurate with research conducted (Setianingrum, Desmawati, & Yusuf, 2017). In BKB Siwi Raharjo 4, where in the question and answer session, there are not many participants who responded and asked question so that *Bina Keluarga Balita* development activities seemed passive and less interactive. However, it can be seen in the implementation of *Bina Keluarga Balita* development program in Klojen sub-district that the parents are active only when the discussion, questions and answer of program participants are less enthusiastic to follow.

According to (Cohen & Uphoff, 1977). Participation in society is influenced by several factors that are the factors of age, education and employment. Age is one of the aspect that can

be affect a person's participation, middle age and above tends to have a higher level of participation than those of other age groups, conditions in field are in accordance with this, namely participants of *Bina Keluarga Balita* development program.

Education can be interpreted as having an influence to the person's attitude in their environment, it can be seen that the most participants *Bina Keluarga Balita* program in Klojen sub-district are parents who have a senior high school education which can influence parent's mindset to study in the society related to childcare. In line with (Najib, 2018) saying that the higher the level of education, the easier it is to accept the concept of healthy living independently, creatively and sustainably. A person's educational background is related to the level of knowledge that can affect the care of toddlers and pre school children.

As well as the work is interpreted can also influence the participation of a person in the implementation of an activity, the most parents who participate are parents who are not working or as housewives, it because they have free time to be able participate a lot in *BKB* activities. Participation is given by parents to *Bina Keluarga Balita* development activities is that the parents attend actively in *Bina Keluarga Balita* Development activities every month. Each meeting of parents gets counselling with material that is always different every meeting related to education and childcare around 0-6 years old.

In addition, there are other things that can affect the participation of *BKB* program participants, namely cadre services where according to (Amelia, Syuraini, & Ismaniar, 2018) good cadre service will increase participant participation in participating in a program, it can also be seen that *BKB* service activities in the District Klojen can be said to be good so that the *BKB* program participants are also enthusiastic.

Based on the discussion above, that is concluded the socialization of *Bina Keluarga Balita* program in Klojen Sub-District is carried out using counseling media in the form of educational play tools by delivering material about parents' knowledge and skill in care where the background of *Bina Keluarga Balita* development program participants, it also can influence the participants in activities around the program of *Bina Keluarga Balita*.

### **The Goals of *Bina Keluarga Balita* Program**

Based on the result of research on sub-variable goals of *Bina Keluarga Balita* program shows very effective results of 81,90%. this is supported by the suitability of the results of each

item in the sub-variable program goals. A distribution table for the percentag of answers to the sub-variable program goals as follows.

**Table 4.** Percentage of answer sub-variable goals of *Bina Keluarga Balita* Program

Answer Choices	Frequency	Percentage
Very Suitable	14	26,89%
Suitable	88	57,36%
Quite Suitable	1044	14,35%
Not Suitable	4173	1,21%
Less Suitable	1956	0,19%
Total	7275	100%

Source: Primary Data Processed, 2020

Based on Table 4 it can be seen that 57,36% parents says that the program goals are suitable. The suitability of the program goals to the results obtained is one of the factors influencing the achievement of the implementation of *Bina Keluarga Balita* development program. Those goals are to increase parents' knowledge about parenting, improving parenting skills, management timing of parenting, applying good communication to children, caring for children, improving parenting skills with APE (Tools Educational Games).

Program goals is the extent which program outputs that is obtained in line with program planning and the goals of program. Some aspects that are in suitability with the goals of *Bina Keluarga Balita* development program there is the highest frequency aspects, namely parents understand the right parenting for the in suitable with the stage of development. So, parents who understand about childcare according to stage of child development and build up child development optimally. Thus, the goals of *Bina Keluarga Balita* program in Klojen Sub-District can be said to be effective because the results is obtained or existing conditions in the field program's goals that is parents have skills in childcare.

To support parenting skills and abilities shown by results of the research that parents understand the child's growth in suitable with the stage, parents understand their role as first and primary care givers for child, parents do childcare suitable for the character of child and suitable with the stage of development, parents apply the type of parenting that suitable for the child, parents are responsive in every children needs, parents can manage the time by always prioritizing time in child care. Parents have communication skills with children as well as can be good listener

for children and as the first source of information for children.

Parents always give an affection for children, their always supervise and monitor the children's growth and development trough *KKA (Kartu Kembang Anak)* which if there are problems in the growth and development of children, parents can seek help to someone who understand better.

Based on research is known that the frequency of parents who understand about educational toys is quite a lot, so that parents also provide paly equipment to children according to their age, parents are always accompany and pay attention when children play *APE* and create communication with child when plying *APE*.

In line with (Fauziyah et al., 2014) that the *Bina Keluarga Balita* development program is implemented with the main goals of increasing parents' knowledge and skills in childcare and education. Through developing knowledge and parenting skills, parents can carry out comprehensive and optimal. Parenting with suitable in potential for growth and development of children by parents shows that parents have done quality care for children to realize quality of human resources.

Therefore, counseling meetings in *BKB* activities are very important because there is an increase in knowledge and skills of parents and other family members in developing children optimally, for example with stimulating the development of children using Tools Education Games (APE) and utilizing existing services. The implementation of *Bina Keluarga Balita* program in Kojen Sub-District that integrated with other service activities such as *Posyandu*, and *Pendidikan Anak Usia Dini (PAUD)* post called *BKH HI* (Holistic Integrative), but there are only integrated with *posyandu* activities called non-integrated *BKH HI* (integrated Holistic)

According to (Setianingrum et al., 2017) states that *Bina Keluarga Balita* program as a manifestation of early childhood services that have goals to increase understanding, knowledge and skills of parents to develop child optimally. Ideally, early childhood services should be integrated with service activities other early childhood, so that children get comprehensive services. This is not appropriate, it because in reality on the ground is not all *BKB* in each villages always have *BKB HI* which is integrated with other early childhood services activities.

Based on the discussin above, it can be concluded that the goal implementation of *Bina Keluarga Balita* development program in Klojen

Sub-District can be achieved in suitable with a plan that is supported by the results the majority of parents have an understanding and ability in implementing knowledge gained from *Bina Keluarga Balita* activities related with parenting and growing childhood.

#### Monitoring of Bina Keluarga Balita program

Based on the results of research on sub-variable monitoring of *Bina Keluarga Balita* program shows quite effective results with a percentage of 67,93%. this is supported by the suitability of the results in every item from the program monitoring sub-variables. Distributions table percentage of sub-program monitoring variable answers as follows.

**Table 5.** Percentage of Sub-Variable Answers for *Bina Keluarga Balita* Program

Answer Choices	Frequency	Percentage
Very Suitable	26	11,68%
Suitable	270	36,71%
Quite Suitable	605	34,65%
Not Suitable	641	15,46%
Less Suitable	204	1,5%
Total	1746	100%

Source: Primary Data Processed, 2020

Based on the Table 5 it can be seen that 36,71% of parents says that *BKB* program monitoring is suitable. The suitability program of monitoring for the results obtained is one of the factors that influence the achievement of implementation of *Bina Keluarga Balita* program. The monitoring is included the implementers/executors of *Bina Keluarga Balita* program with conducting evaluations and home visits to partipants of *Bina Keluarga Balita* program. Monitoring of the *Bina Keluarga Balita* program in Klojen Sub-District is carried out after the implementation of the program as a form of program implementer's attention to program participants.

There is the most prominent aspect in program of monitoring, namely *kader* does home visits to invite program participants who are not actively participating in *Bina Kelurga Balita* development activities. In this case, *kader* also does home visits related to the application of parenting to child around 0-6 years old as a form of implementation of the material that have been delivered to parents during *Bina Keluarga Balita* activities program.

In the same perspective with (Pujiati, Budiartati, & Utsman, 2019) that one of the roles of

*kader* is to conduct home visits to intensify counseling, namely *kader* identify to find out problems or obstacles participants in *Bina Keluarga Balita* Program and to obtain solutions according to the agreement between *kader* and parents or other family members as their representatives. Monitoring the program through home visits by *kader* is very important to support the achievement of the goals of *Bina Keluarga Balita* program to improve parenting skills.

Through a home visits by *kader* to participants in *Bina Keluarga Balita* program is hoped that it can increase participations and enthusiasm of parents to follow *Bina Keluarga Balita* activities. Seeing the importance of parents have to follow *Bina Keluarga Balita* program for increasing knowledge related to childcare and suitable in child development

In this occasion, *kader* is also entitled to conduct referral activities for children who have not performed certain developmental tasks around three cosecutive months according to their level of development. Base on the research that has been carried out on these aspects, *kader* have carried out referral activities for children through parents if it is seen on the *KKA* sheet, the child's growth and development is not perfect or it is not suitable with the line that should be done and transversed properly by the child. Trough *Bina Keluarga Balita* activities is epected that all parents or other familiy members are able to improve his ability to educate and foster the development of toddler and pre-school age as a whole in suitable with the stage of development.

Based on the discussion above, it is concluded that the monitoring of *Bina Keluarga Balita* program in Klojen Sub-District is carried out by *kader* with conducting home visits related to the application of parenting for children around 0-6 yaears old as a form of implementation from the material that have been delivered to parents during of *Bina Keluarga Balita* development program.

#### CONCLUSION

Based on the results and discussion that have been explained, it can be concluded that the implementation of *Bina Keluarga Balita* development program in Klojen Sub-District is very effective as an effort to strengthen the ability of parents in childcare. This is supported by the suitability of the results of each variable used to describe the implementation of *Bina Keluarga Balita* development program, including the first accuracy of the program targets shows very effec-

tive results. Second, Toddler socialization shows very effective results. Third, the goals of the program shows very effective results. Fourth, monitoring of *Bina Keluarga Balita* program shows quite effective results.

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