Empowerment of Housewives in Antirogo Village, District of Jember Through Training on Production of Cassava Rengginang

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Abstract. Empowerment of housewives through training on production of cassava rengginang is an action designed to enhance their skills and creativity. This program was planned and aimed to create productive activities that analysed its impact on their income. This research is a descriptive, qualitative study with a participatory action research (PAR) approach. The place of the research was determined using a purposive area method, and for the subject was determined using purposive sampling method. The subjects in this study were unemployed housewives. The data were obtained by observation, interviews, training and documentation. This empowerment is carried out through five stages, namely to know, to understand, to plan, to action and to reflection. The advantages of these empowerment activities are; 1) ability of housewives to make rengginang from cassava; 2) independent businesses run by housewives; 3) ability to analyze the business of rengginang from cassava; 4) assistance for business activities of rengginang from cassava. However, to increase the sustainability of this activity, facilitation from the government is needed such as business capital, assistance so that it becomes a truly independent business.

1. Introduction
Indonesia is a developing country with the fourth largest population in the world. However, the number of poor citizen in Indonesia is still relatively high of 9.78% or 26.42 million people [1]. This was also triggered by the Covid-19 Pandemic which resulted in a decline in economic growth and a wave of layoffs, so the number of poor people increased by 1.28 million people from the number of poor people in 2019 which was only 25.14 million people. With this position, the percentage of poor people as of March 2020 also rose to 9.78 percent. Compared to March 2019, the increase reached 1.28 million people. The reality of poverty is a social problem facing Indonesia today. Therefore, poverty alleviation and equitable development are important for the government. One of the programs that can be carried out to reduce poverty is the development of villages or kelurahan as an integral part of national development. These activities can be prioritized for economic development by increasing people's living conditions. Efforts to improve the standard and quality of life of people in rural areas can be done by creating business opportunities, namely by empowering community groups through increasing skills in processing food products. One of the potential target groups to be empowered by their social and economic power is the group of housewives.

According to Annisa and Suharso, the indicator of the poor community are 1) they unable to meet basic consumption needs (clothing, food and shelter), 2) they cannot meet other basic needs (health, education, clean water sanitation and transportation), and 3) they do not have any insurance. Furthermore, due to the limited quality of human and natural resources, they have no jobs or sustainable livelihoods [2]. Based on these poverty indicators, there are also poor people in Jember Regency, especially in Antirogo Village, Sumbersari District, and Jember Regency. On the other hand, Antirogo Village also has potencies to be developed, such as natural resource and human resource. These
potencies include the extent of agricultural land, the existence of housing, and high productive human resource.

These potencies of Antirogo Village have not yet been developed in order to answer the economic problems of the community. There are still many poor families in Antirogo Village. Most of the male population becomes construction laborers and agricultural laborers, while many housewives live at home and only live from relying on income from their husbands. This condition makes poverty still high in the Antirogo Village. One of the potential agricultural products in antirogo and its surroundings is cassava. According to Dorabella, cassava can be manufactured into several traditional food products, one of which is rengginang from cassava [3]. Household scale rengginang from cassava has a high added value and is profitable. Thus, It is good to train them the production technology of rengginang from cassava and the business as well. Therefore, the series of empowerment is urgently programmed especially the training on production of rengginang from cassava and business skills.

Empowerment is a process that runs continuously in order to increase the ability and independence of the community to improve the standard of living with the basic assumption that every human being has the strength and potential to develop for the better. Fattah said that empowerment is an alternative program of developing the community [4]. At the present time, the paradigm of development programs has shifted so that people who initially become objects of development (top down) become subjects of development (bottom up). Communities are involved in determining various development activities, and managing development programs so that the role of the government shifts to become a facilitator, a source of funds, and a source of innovation in achieving program objectives. The involvement of community include planning, implementation, utilization and maintenance. They will foster a sense of trust in the government so that people are motivated to support development programs. In other words, development outcomes depend on community participation.[5]

Previous research studied by Alhamudin et al. which states that the empowerment was successfully conducted on training of food processing based on cassava. This program increase community welfare and open up new job opportunities [6]. Another study conducted by Topal A. shows that women's empowerment can increase the economic competitiveness of Saudi Arabia's economy with the aim of increasing economic integration abroad [7]. Research conducted by Renosori shows that empowerment of housewives and adolescents has increased diversification, increased motivation and creativity and improved family economic financial administration [8]. Harjawati's research on the empowerment of housewives through the modification of children's headscarves aims to improve the family's economy and runs well as planned, participants are very enthusiastic about participating in the training and with the given capital, housewives in Rocek Village, Citeureup Village, Pandeglang, Banten are able to open independent businesses [9]. Based on these previous research references, it is interesting for researchers to conduct research on how to implement empowerment of housewives through cassava rengginang processing training in the Antirogo Village and to know the impact of the training on their income rising.

2. Methods
The concept of empowerment in this study was implemented using the participatory action research (PAR) method. This research uses a descriptive qualitative approach. Participatory action research (PAR) is a type of research that prioritizes community participation or participation in the overall process. In general, the implementation of participatory action research (PAR) includes several stages including: to know, to understand, to plan, to action and to reflection. This stage can be seen from the following scheme:
This research was conducted in Antirogo Village, Jember Regency in August 2020. The object of this study was 30 housewives of the residents of Antirogo Village (16-45 years old). The method used in determining the location of the study was *purposive area*, while the determination of research subject or participant was *purposive sampling*. Data collection was carried out by observation, interviews, and questionnaires (to obtain primary data) and documents (to obtain secondary data). The data obtained were analyzed descriptively.

3. Results and Discussion

3.1 Result

The study of empowering housewives is conducted by training of production of *rengginang* using cassava root. It was carried out in 5 stages, namely: to know, to understand, to plan, to action and to reflection.

a. To know

This is the initial activity of researchers before conducting research. Researchers were collecting information on the demographic of Antirogo village, such as location, population, culture, religion, education and economy. Refer to the Central Statistics Agency [10]. Antirogo village is located at Sumbersari district of Jember regency, East Java Indonesia. It total population is 14,176, consisting of 6,050 and 8,126 male and female residents respectively. The largest population in the Antirogo are moslem who work as farmers. Meanwhile, the ethnic groups found in antirogo villages are Javanese and Madurese. These two tribes have values that influence the life pattern of the Antirogo community. According to the latest data, the education’s profile of the citizen can be seen in the following table:

| No. | Level of Education       | Total  |
|-----|--------------------------|--------|
| 1   | Kindergarten             | 215 people |
| 2   | Elemetry School          | 1,247 people |
| 3   | Junior High School       | 1.786 people |
| 4   | High School              | 1,412 people |

Source: Central Statistics Agency 2020

b. To understand

Researchers conducted observation and interview in order to identify poverty problems. The issues are economic conditions, livelihoods, income received and daily activities carried out by housewives at Antirogo. Problems found in the diagnosing process included the low welfare of women because they are unemployed. This is due to limited skills and low levels of education. Based on observations, in the
Antirogo Village, many mothers are unemployed. According to the results of interviews conducted by researchers, the women of the Antirogo Village do not have permanent jobs, they will work if the rice planting season and rice harvest or tobacco season only, there are some women who work as household assistants but only 2 hours to 3 hours in the morning only, the rest they are unemployed. In addition, Antirogo Village has abundant natural resources that have never been utilized optimally, namely cassava as an agricultural products. Based on the data observed, the problems were formulated in order to determine the appropriate solution.

c. To plan
Researcher tries to make alternative solutions to problems. This action plan is adapted to the conditions of local resources. According to the agricultural potency such as cassava at Antirogo, the best program to solve it is empowering housewives through training on production of rengginang from cassava.

d. To action
Taking action in this research is carried out by training on: 1) production of rengginang from cassava; 2) feasibility study of business which includes analysis of cost, revenue, profit and the B/C ratio (benefit/cost ratio); 3) creating of a cassava rengginang business group in the Antirogo village; 4) assistance for business activities of rengginang cassava.

In taking action, the researchers had previously conducted a focus group discussion (FGD) which took place at the antirogo village hall with 30 participants. Participants are Antirogo housewives who do not have a job that has been chosen by the village officials according to the criteria determined by the researcher. In this FGD activity, there are two stages of implementation, namely the presentation of the material by the researcher and a question and answer session (discussion). Based on the results of the FGD evaluation conducted by the researcher, from a total of 30 FGD participants, the researcher took 4 people who matched the criteria set by the researchers.

The training has been held on 10-14 August 2020 at 09.00 - 12.00 WIB. This training took place at Mrs Sri Sunarsih’s house. It was attended by 30 housewives. The training was carried out with the stages of providing material, production of rengginang from cassava, discussion regarding the processing technology, and the next stage is self-practice to determine the competency of participants on producing rengginang from cassava. There are three grades of participant after the training programme, namely grade 1 (21 participants who showed high skill improvement), grade 2 (5 participants with medium skill) and grade 3 (4 participant with low skill).

Training on feasibility study of the business is carried out by teaching or explaining regarding the techniques for calculating costs, revenues, profits and B / C ratio [9]. The next stage, each participant practice analyzing costs, income and benefits as well as the B / C ratio. The training was aimed to facilitate participants having competency of analysing the feasibility study of the business. Therefore the participants have more confident on initiating and running the business of production rengginang from cassava.

This business grouping is adjusted to the ability of participants after enrolling the training. Each group consisted best, good and medium skilled of participants. This grouping was aimed to make this business run effectively.

The assistance program is important to assure the sustainability of the business. That program include: 1) regular visitation to the production groups, and 2) periodic meeting and discussion to solve problems. The mentoring activity also aims to evaluate the extent of the success of the researchers' empowerment.

e. To reflection
In this stage, researchers evaluate all activities. This reflection is used to check whether the programs were run according to the plan effectively. This evaluation of this training was conducted by using an evaluation instrument that contains question list for each parameter, with clear alternative answers (strongly agree, agree, doubt, disagree and strongly disagree).
The items of evaluation were: 1) the timeliness of the implementation of empowerment according to the planned schedule, 2) the researcher was involved in the implementation of empowerment carried out in training, 3) the high participation of housewives on the empowerment program, 4) the ability of housewives to produce *rengginang* from cassava, 5) self-bussines run by housewives, 6) the ability to conduct analysis feasibility study of the busses, 7) increasing family income and economic level in Antirogo Sombresari Village, Jember.

### 3.2 Discussion

Poverty according to Gunartha and Utama [11] is a condition of people's powerlessness in fulfilling their life and livelihood needs due to multidimensional injustice in the political, economic, socio-cultural and technological fields. Poverty can be understood from several approaches, namely income, basic needs, income accessibility, human capabilities and the inequality. People who are said to be poor if their level or income is below the minimum eligibility level or are below the community in their community, unable to meet basic needs (such as food, clothing, shelter, education), lack of access to productive assets, social and physical infrastructure, information, market, and technology. Reduction the community poverty program requires participation from the community itself and cooperation with institutions or government. Poverty alleviation programs can be through social assistance, community empowerment, economic business empowerment or other activities that can increase economic activity.

The empowerment of housewives is one way of overcoming poverty in the Antirogo village. The purpose of this empowerment is increasing their productivity improvement their economy level. This goal is in accordance with the theory expressed by Subhan which states that the purpose of implementing empowerment is basically to form individuals and communities to become independent. This independence includes independence to think, act and control what they do. Furthermore, it is necessary to explore what it actually means to be an independent society. Community independence is a condition experienced by society which is marked by the ability to think, decide and do something that is deemed appropriate in order to achieve solutions to problems faced by using resources and abilities consisting of cognitive, conative, psychomotor abilities, by mobilizing resources which is owned by the internal environment of the community, thus to be independent, it needs the support of capabilities in the form of human resources that are complete with cognitive, conative, psychomotor and affective conditions, and other resources that are physical-material in nature [12].

Karwati said that empowerment of women is very necessary because women are one of the components in society that have potential and can be involved in development. Women also have the same rights and obligations as men. However, in the field of education and economy, many women still do not have the ability to get job opportunities because of their limitations in cultivating their potential. Karwati also said that training is a process of learning activities between experiences to develop a person's behavior patterns in the field of knowledge, skills, or attitudes to achieve the expected standards. So thus empowering housewives through training is a good empowerment strategy to implement. With the knowledge, skills and attitudes that housewives have, they can improve their skills in an effort to meet the needs of life [13]. Related to training in empowerment Oktavian also said that training is a process of getting people to do something because it includes theoretical, practical and question-and-answer methods, in other words training makes housewives learn through practice (learning by doing) so that they are able to master the skills [14].

The success of empowerment activities requires the participation of all parties, which is meant here, namely researchers and housewives. With this, the researcher chose to use an action research approach (action research). Researchers in this study were directly involved in the research process from the start. In other words, researchers actively participate by participating in a whole series of training activities for housewives in the Antirogo Village, Sombresari District, Jember Regency through the processing of cassava rengginang. Training in empowerment is carried out in five stages, starting from the identification of the problem, planning for action, implementing actions and evaluating actions. The stages in action research are in accordance with the theory expressed by Rahmat dan Mirawati that the action research approach to research implementation is carried out in several cycles which include: to
know (to know), to understand (to understand), to plan (to plan), to action (to launch action) and to reflection (to reflection), namely researchers evaluate and monitor empowerment activities so that they go according to plan.

4. Conclusion

Based on the research results, empowerment of housewives through cassava rengginang processing in Antirogo Village, Jember Regency can run smoothly and successfully according to the steps that have been set. This empowerment is able to provide additional skills and creativity knowledge to housewives. Besides that, the implementation of this training is also able to provide alternative activities for women in utilizing their spare time. This program are beneficial for housewives to: 1) make rengginang cassava; 2) create their own businesses; 3) conduct an feasibility study; 4) finally raise the income of the family in Antirogo Sumbersari Village, Jember.

Seeing the condition of the poor in the Antirogo Village, especially the housewives who do not have productive activities, the Antirogo Village apparatus must further increase the provision of assistance in the form of trainings to increase community knowledge and skills. Because with these trainings, the community can better understand the natural resources and human resources they have that they can use. And the efforts that housewives do after receiving this training still require ongoing training assistance to monitor and evaluate the empowerment program that has been implemented, so that it becomes a sustainable effort that can later reduce poverty in Antirogo Village.

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