

Behavioral Changes on the Impact of Single Parent Women's Empowerment in Meeting Family Needs (Study on the Indonesian Association of Women with Disabilities Garut Regency)

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ABSTRACT

Women with disabilities are single parents as the head of the family who bear the economic burden of the family so they need to be empowered to bring change through coaching and training in the field of entrepreneurship. The purpose of this study is to determine behavioral changes due to the empowerment of single parent women in meeting family needs with a descriptive method. Data collection through documentation techniques, observation and in-depth interviews with resource persons to understand complex phenomena Based on the results of research on behavioral changes of women with disabilities single parent the impact of change empowerment Having awareness of Interest, Evaluation, and Adoption of behavioral changes as an impact on single parent women there is an increase in being able to adapt to the reality of life and having personal resilience with the involvement of Role active, have commitment, control, and be ready to face challenges can improve knowledge and skills There is a change in mindset, namely a change that women have the potential to be developed so as to provide a change in independence that can have an impact on meeting family needs.

Keywords: Change, Impact, Empowerment, Women, Single Parent.

INTRODUCTION

Persons with disabilities have the opportunity to be able to contribute to the life of the state and society in Law number 8 of 2016 concerning Persons with Disabilities, who experience physical, intellectual, mental, and/or sensory limitations for a long period of time so that it is difficult to fully participate in the community environment to obtain the fulfillment of social security rights, social rehabilitation, social assistance, and improvement of social welfare. (Santy et al., 2022).

The occurrence of divorce cases experienced by women with disabilities, both living divorces and death divorces, has increased the number of women with disabilities who are the head of the family. Kusnandar (2022) stated that there were 1.52% or 4 million people with living divorce status and 4.06% or 11.11 million people with divorced status. This is felt in women with disabilities because they have disabilities so they are marginalized in almost all access to poverty alleviation programs. The issue of gender and women's powerlessness in domestic poverty is one of the root causes of discrimination and subordination to women in limited conditions and difficult job options that are not affordable by labor regulations, Hartini (2012). In general, the social discrimination experienced by women with disabilities in single families has worsened their quality of life in the economic, political, and legal fields. Surya Kusuma (2010) explained that single parents are parents who play a dual role in raising children without the presence, support, and responsibility of their partner and living with their children in one

house. Prabanita Sundari (2023) Single parents are families consisting of single parents, both father and mother, as a result of divorce, death and other causes Nurmila, N (2002) In fact, the female head of the family is a woman consisting of: widows whose husbands have died, divorced widows, An unusual perspective when placing women as the head of the family is a thought that is very contrary to the traditions of the local community who still strongly adheres to the patriarchal culture.

Dara Nurfitri1 & Siti Waringah (2018) Problems of Single Parent Women, Financial Problems, Practical Problems, Childcare Problems, Family Problems, and Difficulties in Achieving the Role of Father. Feelings of anxiety, insecurity, and inability to meet children's needs often form the background of their daily lives. They have a soul that is labile and easily hit by reality. So women with disabilities need to be empowered. (Mayoux, 2000), said that the empowerment of women with disabilities in the economic field to access income will affect their confidence to improve their social status in society, behavioral changes as a result of women's empowerment according to (Nur Djannah 2020) Behavior change is a person's reaction to stimuli from the environment, while opinions (Martina Pakpahan 2021) Behavior change occurs when individuals have knowledge skills supported by a facilitating environment and encouragement from outsiders. (Nurjannah, 2017) Single-parent women with disabilities can meet family needs.

Improving knowledge, skills, and forming positive attitudes, which are the main capital in encouraging independence and improving the quality of life of the community, (Febriyeni, 2020). Single-parent women can adapt to the realities of life and have personal resilience by facing commitment, control, and challenges. Women with disabilities as single parents of the Indonesian Association of Women with Disabilities (HWDI) are expected to be able to equip themselves with better economic demands and social support, divorce rates can be reduced and the quality of life of women with disabilities can be improved. One of the efforts of the Indonesian Women with Disabilities Association (HWDI) of Garut Regency is to act as an institution that provides a single parent resilience empowerment program with the aim of changing life habits, increasing economic independence, providing opportunities, and space for women with disabilities in developing their potential to form productive and independent women with disabilities.

METHOD

The right method to answer the problems and objectives of this research is the qualitative research method, which is research that relies on data and information obtained through documentation techniques, observations, and in-depth interviews with resource persons to understand complex phenomena, such as human behavior, experiences and perceptions of a topic, contextual conditions (data on women single parents with disabilities) and the perspective of the research subject and finding The group that is the main focus of the research, which will be studied are the stages or patterns of relationships that are useful for interpretation.

RESULTS AND DISCUSSION

Behavioral Change as an Impact of Women's Empowerment: Single Parents' Adoption of an innovation occurs in women with disabilities. Behavioral changes in the innovation adoption process, especially for women with disabilities who become single parents, is a complex process and is influenced by many factors, including social, economic, and cultural conditions. The impact of empowerment programs on women with disabilities. single parents,

Economic Impact in Increasing Financial Independence and Access to Productive Assistance

Job skills programs, entrepreneurial training, or online access to work can open up new sources of income. No longer dependent on family or donor assistance. This increases confidence and self-esteem. Such as business capital, business tools, or financial management training that strengthens small businesses. Women's economic empowerment, job skills programs and entrepreneurship training are able to open access to new sources of income that were previously unaffordable for women. In (Kabeer, 2012) Skills allow women to develop independent businesses or get decent jobs, so that they are able to meet the needs of their families significantly. According to (Sen & Batliwala, 2000), the impact of empowerment on economic independence, not only in terms of increasing income, but also financial independence that reduces women's dependence, can contribute greatly to increasing women's confidence, self-esteem, and bargaining position in the family and society. According to Mayoux (2001), access to business capital, production tools, and financial management training is the key to strengthening small businesses run by women. This productive assistance not only increases production capacity but also serves as a foundation for their businesses to grow and be sustainable (Arthika et al., 2023). Practical training in the field of

culinary arts in cake making for women with deaf disabilities opens up stable home business opportunities and increases their income.

Psychological & Emotional Impact of Empowerment Programs for Women with Disabilities, Single Mothers

Increased Confidence

Conditions in women with disabilities Single parents often cause a sense of inferiority, inferiority, and not believing that they are able to make important decisions in life, or contribute to society. Therefore, increasing self-confidence is not only a personal need, but also a strategic step for social empowerment. According to Bandura (1997) in *the theory of Self-Efficacy*, a person's success in learning new skills and achieving real results significantly increases confidence and confidence in one's own abilities. In the context of women's empowerment, learning new skills or earning their own income strengthens their confidence and psychological independence.

Reduces Feelings of Isolation

Reducing the sense of isolation in single parent women with disabilities is a complex challenge because it involves physical, emotional, social, and economic aspects. However, there are various strategic approaches that can be taken by both individuals, communities, and government and non-government agencies. Reduce loneliness and isolation, according to Putnam (2000) the importance of social networks and community support. Joining the community empowerment program not only provides emotional support but also addresses what women with disabilities and single mothers often experience.

Increased Hope for the Future

Hope is the foundation of change. Women with disabilities who are single parents who have hope for the future are more resilient in facing challenges. The more active you are in building yourself, the more likely you are to be a driver of change, not just a recipient of assistance Building hope is not about giving empty promises, but giving space, support, and tangible evidence that a better future is possible and worth fighting for. Increase self-confidence and for the disabled of single mothers agree with Dharani and Balamurugan (2024) on single mothers showing that participation in social and economic empowerment programs can significantly reduce feelings of isolation. In addition, these women also show increased hope and motivation for a better future.

Social Impact and Family Relations on Single Mother Women's Empowerment Programs

Role as a Role Model for Children

In the midst of limitations and stigma, they continue to play their main role as caregivers, protectors, mentors, and role models for their children. Being an example is not only about "being perfect", but about: showing resilience in the midst of difficulties in providing life values to shape children's character and expectations through real examples. In (Bronfenbrenner, 1979) the role of mothers as the main figure in the family is very important in shaping children's psychosocial development. A strong and independent mother, the result of empowerment, becomes a positive role model for her children, strengthens family bonds and builds confidence in the child.

Improving Child Well-Being

Mothers' income and skills play a major role in improving children's welfare, including access to education and nutrition. The additional income of economically empowered single mothers allows children to have better facilities for optimal growth and development. "*Maternal education and income are strong predictors of children's health and educational outcomes.*" (Desai & Alva, 1998)

Strengthening Social Roles in the Community

Women who succeed through empowerment programs often become role models or mentors in their communities. They act as agents of social change that encourage solidarity and support between community members, strengthening social networks and the capacity of the community as a whole. (Putnam, 2000) That single mothers in strengthening social roles in Arlianty et al. (2025) have succeeded in developing themselves and their economy has a direct positive impact on the social-emotional development of their children and is an inspiration for the surrounding community.

Impact on Accessibility and Rights in the context of empowering women with disabilities as single mothers:

Increased Access to Technology & Information

Digital technology training is one of the keys to empowerment for people with disabilities. The ability to access technology helps them connect to previously elusive job opportunities, healthcare, education, and social support.

"Access to information and communication technologies (ICT) is crucial for people with disabilities to participate fully in society and the economy." (WHO, 2011)

Meanwhile, Goggin and Newell (2003) emphasized that digital literacy for people with disabilities expands workspaces and social opportunities, especially for women who have been experiencing many double barriers (disability and gender).

Increased Awareness of Rights

Disability rights education is the main foundation in empowerment. (Charlton, 1998) Programs that include family law education, social protection, and the rights of persons with disabilities provide women with disabilities with the ability to fight for their own rights and access decent services.

In addition, the United Nations Enable (UN, 2006) also emphasized that increased understanding of disability rights and related laws promotes social inclusion and empowerment of women with disabilities. According to Palifiana et al. (2023), in Indonesia, digital training and disability rights education provided in empowerment programs improve the ability of mothers with disabilities to access economic opportunities and social services.

Long-Term Impact of Empowerment Programs for Women with Disabilities and Single Parents

Change of Mindset: From Inadequacy to Change-Maker

Women with disabilities who are also single parents often face a sense of helplessness, both due to economic, social, and emotional pressure. When the mindset starts to change from "I can't" to "I'll try", that's the starting point of the transformation. Change doesn't come all at once. It is present in small decisions

Women with disabilities who become single parents are a symbol of resilience. When they begin to believe that their voice matters, that their experiences are valuable, and that they can be an inspiration to others, then they have become the perpetrators of this mindset change, often triggered by encounters with supportive communities, by empowering training, or by a child they love unconditionally. Courage changes the world from the small spaces of life: from home, from local communities, from everyday struggles.

Social Transformation: Reducing Stigma Against Women with Disabilities and Single Parents

Impact of Psychological Stigma: low self-esteem, shame, stress, depression, sense of isolation. Social Stigma: tendency to withdraw from social interactions, restrictions on social activities, exclusion. Economic Stigma: difficulty getting a decent job, loss of opportunities, additional expenses due to special needs (access, services). Stigma Basic rights: health services, education, safe housing, and legal protection are often not met. In Goffman's (1963) stigma theory, it is explained that active participation and social recognition can reduce the stigma that has been attached to marginalized groups. Successful empowerment programs not only change individuals, but also lower negative stereotypes and discrimination in society.

Sustainability: Become a Coach, Mentor, or Program Creator

Women with disabilities who are also single parents are often in a position of social, economic, and psychological vulnerability. But in many cases, they are the ones who have authentic life experiences, exceptional resilience, and a deep understanding of the real challenges facing their group. A sustained transformation of empowerment is not only when they are empowered, but when they become *coaches, mentors, and program makers*, creating a new cycle of empowerment. They understand the real needs, barriers, and solutions that public policymakers often miss. One empowered mentor can change the lives of dozens of others.

According to Kabeer (2001), the success of sustainable empowerment is seen when beneficiaries become agents of empowerment for others, acting as trainers, mentors, or even policymakers/programs, so that the positive impact is spread more widely and sustainably. Empowered women with disabilities, according to Palifiana et al. (2023), have not only succeeded in improving their own quality of life but also actively become mentors and coaches in the disability community, strengthening social networks and the capacity of other vulnerable groups. This process usually refers to the stages of innovation adoption, including.

Have Awareness

Aware of its existence but not yet have enough information to evaluate the innovation in depth. About innovation to create, work on, and benefit from a given new idea, product, or practice. The Characteristics of the Awareness Stage of Women with Disabilities who become Single Parents.

Starting to know the Existence of Innovation:

Innovation can be in the form of new technologies (e.g., applications for online work), parenting methods, social assistance, skills training programs, or access to health and education services. Sources of information can be from social media, disability organizations, communities, or government services.

Not Yet Fully Understood:

At this stage, the woman does not know whether the innovation is suitable, useful, or relevant to her needs. For example, she heard about online job training for mothers with disabilities, but didn't know the requirements, benefits, or how to participate.

The Initial Response can be Passive or Skeptical:

Due to limited experience or access, there may be doubts, fear of failure, or a feeling unable to keep up with the innovation. Low self-esteem, social stigma, and previous negative experiences can affect the risk of developing a child's mental health, while factors that affect awareness in women with disabilities as a single parent include:

Factors Affecting the Stage of Consciousness	
Access Information	Many women with disabilities have difficulty accessing information due to physical, sensory, or technological barriers.
Social Support	Friends, family, or community are essential in introducing innovation and fostering trust.
Urgent Needs	Status as a single parent can be a strong driver to find solutions, especially related to income and parenting.
Media and Technology	The availability of devices and the ability to access media also determine whether innovation can be known.

Minat (Interest)

Women with disabilities living as single parents often face a double burden: physical/sensory limitations and full responsibility for children. When they are interested in an innovation (e.g., online job training, assistive technology, or a new social service), they need to assess whether the innovation has the potential to ease the burden or open up opportunities. Interest in seeking more information, looking for relevant data, facts, or details related to innovation. Begin to actively seek information to communicate either with friends or activity organizers Strong curiosity arises related to activities that can be carried out by women with disabilities so that they can consider that women with disabilities are able to carry out activities without leaving their obligations for example childcare and looking for a job or income to meet the needs of families who are urgent will have income or support to encourage search for new solutions. Seeking convenience in information presented with accessibility (large text, videos with text, etc.), increased interest, and the need for social-emotional support from the community or close friends, fostering trust to dig up information, and being able to adapt to living conditions, which means innovations that can be done from home or are flexible will be more attractive.

Evaluation

Consider the benefits and activities of innovation, compare innovations, and assess their relevance and benefits to needs. Women with disabilities who are single parents must balance the roles of primary caregivers, workers, and individuals with disabilities. When they are in the evaluation stage, they make realistic assessments, including.

1. Physical/mental ability can help the economy as well as improve skills Availability of time to attend the program while babysitting
2. Innovation accessibility masters technology to increase income
3. Potential short-term and long-term benefits related to earning enough

Test Trial

Directly or feel the benefits directly to build confidence before making a final decision. Women with disabilities who become single parents usually have limited time, energy, and access. So, trials are very important so that they can measure personal ability, see if the innovation really helps or actually adds to the burden, and assess whether the innovation is worth adopting permanently. The Trial Stage is when individuals try to innovate directly on a small scale or in a limited time. The goal is to:

1. Experiencing the benefits is actually easy to use according to the limitations, and the benefits are felt
2. Testing whether the innovation is up to expectations increases confidence and likelihood of adoption
 - a) Building confidence before fully adopting innovation

Adoption Stage

Adoption is the final stage in the innovation adoption process. At this stage, the individual decides to accept and use innovation fully and sustainably in his or her life. Getting a positive experience, women with disabilities who are single parents can feel:

1. More confidence
2. Better mentally, technically, and emotionally prepared
3. See real results from the experiment (e.g. increased income, more efficient living, increased skills)

Outcomes of Adoption of women with disabilities who become single parents

1. Economic improvement (e.g. income from online work)
2. Independence (in managing time, making decisions)
3. Improved quality of childcare
4. Strengthening self-identity (feeling capable, equal, valued)
5. An inspiration for others in the disability community

So, he made a conscious decision and committed to using the innovation consistently. Meanwhile, the impact of the single-parent women's empowerment program according to Anwas (2014) in Hamid (2018), has several indicators, including:

1. This participation leads to the process and results of empowerment programs through activities to obtain changes to achieve independence. Active involvement of single parent women with disabilities in every stage of the program, from planning, implementation, to evaluation. It is not just "on board", but has a real voice, control, and influence over the course of the program. Women with disabilities participate in coaching and training to gain knowledge and skills so that they can produce entrepreneurial products in the field of gastronomy. This is in line with Edy (2018) that the implementation of empowerment programs is said to be successful and successful if it can achieve the goal of improving the quality of life. Be involved as active participants, facilitators, and even activity organizers whenever possible. Activities can include: skills training, group discussions, joint production, collective effort.
2. Effectiveness of Training Changes in the improvement of knowledge and skills in entrepreneurial activities in improving the family economy to improve the quality of Single Parent Women with Disabilities. Providing training effectiveness to improve self-quality through entrepreneurial training activities in the culinary field in meeting family needs. Improving Knowledge and Skills
Example: At first you didn't know how to sell online, now you can use marketplaces and social media. Household Productive Business by opening a snack business, handicrafts, sewing, etc. Income increased even though it is small, enough for the needs of children, school, and health. The existence of Self-Empowerment & Social Feeling appreciated, empowered, not ashamed, even though you are a single parent and have a disability. Business Network Development: Join business groups, cooperatives, or MSME communities with disabilities.
3. Increasing the ability to improve knowledge, skills, and produce products, entrepreneurship, so as to obtain profits that have an impact on increasing the income of single-parent women in the Indonesian Women with Disabilities Association (HWDI) Garut Regency. In meeting the needs of their families, they can be entrepreneurial, starting from branding their own products, making their own packaging, and being able to market their own products offline and online. In Nugroho (2008), empowering women's ability to manage household-scale businesses, small and large industries, supports the increase in household needs.
4. Change in Mindset There is a change in the mindset or mindset of single-parent women (HWDI) in Garut Regency can develop their potential and capacity, which is able to provide a change in independence that can have an impact on meeting family needs. In line with Desmita (2011) in Risma F. Muhtadi. (2022) Independence in empowerment is a change in mindset through training activities characterized by a strong desire to be able to develop themselves.
4. The ability to improve knowledge, skills, produce products, and be entrepreneurial is a series of interrelated empowerment processes. Improvement of basic and advanced knowledge of entrepreneurship (management, marketing, production). Can provide practical skills that can be done from home. Encourage economic independence through small/home-based businesses. Reduce dependence on external aid. Increase self-confidence, social role, and quality of life. When developed consistently, this ability will encourage single parent women with disabilities to become more economically independent, socially empowered, and have a better quality of life.

CONCLUSION

The impact of empowering women with disabilities as a single parent is not only a matter of knowing and trying, but also about the courage to take risks and the existence of support. For women with disabilities who are single parents, this process is more vulnerable, but the potential is huge if they get the right access and support. Empowerment programs for single-parent women, especially those with disabilities, have multi-dimensional impacts—from economic improvement, psychological strengthening, to social transformation. The success of the program is greatly influenced by an inclusive approach, long-term support, and active involvement of participants in every stage of the activity. The results of the empowerment of single-parent women's groups at the Indonesian Association of Women with Disabilities (HWDI) Garut Regency are in the form of awareness of interest, evaluation of experiments, and adoption of behavioral changes as an impact on single-parent women. There is an increase in enthusiasm, motivation, enthusiasm to change into empowerment. The Effectiveness of Training to Improve the Quality of Women with Disabilities Single Parents Ability Improvement is to increase knowledge and skills in the culinary field, in order to be able to be entrepreneurial in meeting family needs through a change in the mindset that women have potential that can be developed, so as to provide a change in independence for women with disabilities in single parents.

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