

Building Family Resilience Through Inspirational Parenting Seminars

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ABSTRACT

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Many parents are still unaware of the strengths and unique aspects of their children's development. A limited number of experts available for consultation on child development is one of the causes of issue. This research aims to explore the impact of a parenting seminar focusing on enhancing parents' understanding of Islamic parenting values. A qualitative Participatory Action Research (PAR) method was used, involving observations, interviews, and community engagement to gather data from parents, PKK mothers, and local youth. The seminar was found to successfully increase participants' understanding of Islamic parenting values, particularly those exemplified by the Prophet Muhammad SAW. The seminar also reinforced the role of parents as primary educators, emphasizing the shared responsibility of both parents in child-rearing. However, challenges in raising awareness and increasing participation were noted, suggesting the need for more effective communication strategies. This study contributes to the growing body of literature on community-based parenting education and highlights the importance of incorporating cultural and religious frameworks. Future seminars should focus on increasing accessibility and deepening content relevance.

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INTRODUCTION

Education is essential for every child, as it serves as a foundation for success throughout life. Early childhood development is particularly critical, as it sets the stage for future growth and development (Abubakar et al., 2023; Arditti & Johnson, 2022). Parenting, which involves educating, guiding, and caring for children in various aspects of their lives—including physical, emotional, social, and spiritual well-being—plays a crucial role in shaping a child's future

(Finklestein et al., 2022; Sanusi et al., 2023). It is not just about fulfilling basic needs, such as food and shelter, but about cultivating character, values, and personality, which form the foundation for their future life.

Mothers under the age of 35 are more actively engaged with media as they navigate parenthood. Being part of the millennial generation, they are exposed to a wealth of information about family life and its dynamics. This generation's higher educational background and awareness of technological developments contribute to their active media use (Al-Jadiri et al., 2021). However, many parents and teachers remain unaware of the strengths of their children's development. The limited availability of child development experts is one reason for this knowledge gap. Parental involvement, however, plays a significant role in child development, and parents should recognize their key role in optimizing their child's growth (Sholeh et al., 2021; Yang et al., 2021).

The family is the smallest yet most influential unit of society, shaping a person's character and identity (Lee et al., 2022; Lei et al., 2021). A strong, resilient family unit is crucial for building a high-quality, competitive generation capable of overcoming modern challenges, such as shifting social values, economic constraints, and technological advancements. Family resilience is defined as the ability to withstand, grow, and adapt to adversity, ensuring that each family member can fulfill their role (Lin et al., 2021; Wuthrich et al., 2020). One strategic approach to enhancing family resilience is through continuous education for parents (Ardi et al., 2022; Cox et al., 2022). Parenting seminars serve as an effective method to bolster parents' knowledge and skills, providing them with practical guidance to create an environment that nurtures children's emotional, intellectual, and spiritual development (Baharun et al., 2024).

Parenting involves raising and educating children from birth until adulthood, helping them grow physically, emotionally, and socially (Chen et al., 2024; Masnawati & Masfufah, 2023). Parenting involves decisions about a child's socialization, where parents must manage various situations, such as when children cry, get angry, or fail to perform their duties well (Arif et al., 2024; Tomczyk & Lizde, 2022). Parenting styles, which are influenced by factors like culture, socio-economic status, and technology, generally fall into three categories: authoritative, authoritarian, and permissive (Bornstein et al., 2022; Li et al., 2023; Tomczyk & Lizde, 2022). These styles have varying impacts on children's growth and development, making it essential for parents to understand the most effective approach for their situation.

The parenting seminar held in Caraka Village, Rangkapan Jaya Subdistrict, Pancoran Mas District, Depok City, provided valuable education on raising children from early childhood to adulthood. This seminar aimed to equip parents with the skills, knowledge, and inspiration needed to optimize their role as primary educators. The design of the program took into account the specific needs of the participants, the relevance of the seminar topics, and effective delivery methods. Parenting challenges vary widely based on factors such as

cultural background, family values, education, and socio-economic status. Moreover, as technological advancements continue to shape society, the shift from traditional parenting methods to more modern approaches—focused on dialogue and understanding—has become increasingly important.

This high-quality seminar not only focused on the technical aspects of parenting but also incorporated cultural and moral values, considering the social context of Caraka Village. Through this holistic approach, the seminar aimed to foster harmonious, resilient, and prosperous families amidst the challenges of globalization. With the community service initiative in Caraka Village, parents were taught how to raise children by emulating the character of the Prophet Muhammad SAW. This approach helps parents adapt to contemporary challenges, such as the impact of digitalization, changes in family structure, and global crises. Educating parents through seminars and training is crucial in enhancing their ability to fulfill their roles effectively.

This research contributes to the broader understanding of how community-based seminars can effectively improve parenting practices. The importance of adapting parenting styles to modern challenges, especially in a rapidly changing technological and social environment. Additionally, this research offers insights into the effectiveness of participatory approaches, where the community actively engages in learning and reflection. This contribution is valuable for future initiatives aimed at strengthening family resilience, enhancing child development, and fostering positive change in community dynamics.

METHOD

The research utilized a qualitative approach, employing Participatory Action Research (PAR) as the primary methodology (Cornish et al., 2023). Qualitative research is focused on studying phenomena in their natural settings, with the researcher serving as the primary instrument for data collection. This approach is well-suited for understanding social phenomena in-depth without aiming for generalization. In this study, the subjects were the community members of Caraka Village, including parents, PKK mothers, housewives, and local youth, who actively participated in the parenting seminar. Their engagement allowed for a collaborative and reflective exploration of effective child-rearing practices within the context of Islamic values.

Data collection in this study was conducted using two primary techniques: observation and interviews. Observations were made during the parenting seminar to capture participants' reactions, interactions, and engagement with the seminar content. These observations provided insight into the effectiveness of the material and the level of involvement among the community members. In addition, interviews were conducted with selected participants to gather more detailed personal perspectives on the seminar's impact. The research was segmented into two parts: the first focused on understanding the community's

initial parenting challenges, and the second concentrated on evaluating the seminar's effectiveness in addressing those challenges and facilitating change in parenting practices.

Data analysis was conducted inductively, focusing on the meaning and interpretation of the collected information (Keahey, 2021). The data from observations and interviews were analyzed to identify recurring themes related to parenting challenges and the effectiveness of the seminar. These themes were then used to assess the success of the seminar in improving parenting practices and enhancing participants' understanding of Islamic values. The analysis highlighted the positive changes in parental attitudes and practices, as well as areas for improvement, providing valuable insights for future community-based educational programs.

FINDING AND DISCUSSION

The Planning of Parenting Seminar

Preparing for the parenting seminar in Caraka Village involved several essential steps. The first step was to conduct an observational study within the community to understand how parents were educating their children. This helped identify a common issue in Caraka Village: parents struggled with managing their children, resulting in children exerting control over their parents. Parents felt pressured to comply with their children's wishes, even when they were not in agreement. As part of the seminar planning, a discussion forum was opened to encourage participants to find potential solutions to these challenges. The goal was to explore ways in which emotional closeness could be used by parents to guide their children's behavior, fostering a more comfortable relationship between the two. Participants felt more supported in their role as parents after engaging in this forum.

The theme of the seminar was carefully designed to align with the village's vision of being an environmentally conscious and child-friendly community. Held in Caraka Village, located in Rangkapan Jaya Sub-district, Pancoran Mas District, Depok City, the seminar was aimed at a broad audience, including PKK mothers, housewives, and local youth. The seminar was positioned as a strategic initiative to improve the overall quality of parenting and child education within the community. Its primary purpose was to offer parents valuable education and guidance on how to play a key role in promoting optimal child development.

To achieve the seminar's goals, we began by identifying the needs and objectives of the community. An initial survey in Caraka Village was conducted to uncover common parenting challenges, such as limited understanding of family education, ineffective parenting styles, and the impact of technology on children's development. Based on the survey results, the objectives of the seminar were outlined: to provide knowledge on effective parenting styles, help parents understand their pivotal role in child development, and encourage the establishment of healthy communication between parents and children.

The seminar theme and topics were then tailored to address the specific needs identified within the community. We invited local lecturers and a female student from STAI Al Hamidiyah Jakarta campus to serve as the main speakers for the seminar. Their expertise would help guide the discussions and provide practical insights on parenting, especially in line with Islamic teachings. By carefully selecting speakers with relevant experience, the seminar would provide a strong educational foundation for the attendees.

For the seminar's time and location, we chose a morning schedule, as our observations indicated that mornings were typically when the community had fewer activities. The seminar was held during a community service event, taking place on a spacious piece of land within the village. This location was ideal for accommodating all participants comfortably while providing an environment conducive to learning.

The event agenda was meticulously prepared to ensure that all aspects of the seminar ran smoothly. It began with opening remarks from the village head and one of the lecturers, followed by two material sessions delivered by the invited speakers. Afterward, an interactive discussion and Q&A session took place, allowing participants to ask questions and engage in a productive dialogue. The seminar concluded with closing remarks and a quiz related to the parenting topic, reinforcing the key takeaways for participants. Promotion and invitations were another crucial aspect of the planning process.

Technical preparations were also taken into account, including securing necessary equipment like a projector, sound system, and seminar materials. A committee was formed to oversee the event, with assigned roles for the working team, including a documentation team. Simple refreshments, such as water and snacks, were also arranged for the participants, ensuring their comfort throughout the seminar. All these preparations were aimed at creating an engaging, educational, and enjoyable experience for everyone involved.

Main Activities of the Parenting

The main activities of the parenting seminar are a crucial part, as this is where the main material is delivered, interaction between participants and speakers takes place, and the program's objectives are achieved. Here is a detailed explanation of the main activities of the parenting seminar in Caraka Village as part of the community service, where the first activity was the opening and introduction to the material delivered in a speech by a lecturer. Next, the first material presentation was conducted by a student named Imas Masrifah. The title of the topic presented by the first speaker was "Child Education in the Style of the Prophet Muhammad SAW."



Figure 1. Material Presentation Delivered by Ms. Imas Masrifah.

The first material presentation was enthusiastically received by the seminar participants. The second material presentation was delivered by Dr. Rahmatul Husni, S.Hum, M.Pd.I with a different title, namely "Emulating Morals in Family Life." With the difference in themes in this parenting seminar, the seminar participants received more knowledge about how to educate by emulating morals in family life.



Figure 2. Presentation of Material by Dr. Rahmatul Husni, S.Hum, M.Pd.I.

After both speakers had delivered their material, the session continued with a discussion and Q&A with the parenting seminar participants. Participants who asked questions received a reward in the form of a Rabbani headscarf, as Rabbani was a sponsor of the parenting seminar. The parenting seminar was enthusiastically attended by the community, with many parents asking questions and wanting to know more. Alhamdulillah (Praise be to God), the event ran smoothly.

The results of the parenting seminar program in Caraka Village, as part of the community service program, demonstrated how to properly educate children and families so they can be on the right track. It had a significant impact on the people of Caraka Village. This program aimed to integrate the Islamic values exemplified by the Prophet Muhammad SAW into daily parenting practices.

The parenting seminar in Caraka Village had a profound impact on parents' understanding of child education through the teachings of Prophet Muhammad SAW. Participants gained insights into the Prophet's morals, recognizing him as the ideal role model for parenting. The seminar emphasized values such as affection, patience, and wise advice, and participants learned how to apply these principles in their daily lives, such as rewarding their children, teaching manners, and instilling faith from an early age. This practical understanding allowed parents to implement more effective and nurturing parenting styles.

In addition to emphasizing the Prophet's morals, the seminar reinforced the critical role of parents as primary educators in Islam. Parents were reminded that educating their children is a shared responsibility, not just for one parent, but for both. The seminar encouraged greater involvement from both parents in raising their children, strengthening the understanding that parenting is a noble duty. It also helped parents improve their practices by promoting affection, gentleness, and discipline through setting a good example, inspired by the Prophet's approach to family life.

The community's response was highly positive, with more than 20 families attending the seminar and expressing appreciation for the relevant topics discussed. The seminar not only provided theoretical knowledge but also aligned with the cultural and Islamic values of Caraka Village, reinforcing its significance. Participants appreciated the interactive sessions and felt motivated to apply the teachings in their parenting. This seminar served as a foundation for future activities based on Islamic values, leaving a lasting impact on the community's approach to child education.

Evaluation and Impact of the Parenting

The evaluation of the parenting seminar in Caraka Village is the overall success in achieving the seminar's goal. The primary objective of the seminar was to enhance parents' understanding of Islamic parenting values, particularly those based on the morals of Prophet Muhammad SAW. This was important because many parents in the village faced challenges in effectively educating their children. By focusing on the Prophet's teachings of affection, patience, and wisdom, the seminar aimed to provide parents with practical tools and strategies for more effective parenting. The success of the seminar in achieving this goal was evident in the positive feedback received from participants, who reported that they felt more knowledgeable and motivated in their parenting efforts. The alignment of the seminar's objectives with the cultural and religious context of the community played a significant role in its success, as the material presented resonated deeply with the participants.

The seminar provided further validation of the program's success. During the seminar, many participants actively engaged in discussions and asked questions that reflected a clear interest in the material being presented. The

participants reported that the topics covered were directly applicable to their daily lives, particularly when it came to emulating the Prophet Muhammad SAW's approach to parenting. This high level of relevance and applicability highlighted the effectiveness of the seminar content. Additionally, participants expressed increased motivation to adopt the parenting styles exemplified by the Prophet, including being more patient, gentle, and wise in their interactions with their children. These observations underscored the program's success in connecting theoretical knowledge with practical parenting strategies, which had a tangible impact on the parents' approach to raising their children.

Table 1. Evaluation Criterion

Criterion	Result
Achievement of Goals	Successfully increased parents' understanding of Islamic parenting values
Relevance of Material	The participants found the material applicable to daily life
Motivation to Improve Parenting	Majority expressed increased motivation to be patient, gentle, and wise
Positive Interaction in Q&A Sessions	Active participation in discussions, indicating the relevance of the seminar
Obstacles Encountered	Low awareness of some residents about the seminar
Feedback on Speakers	Positive, with speakers praised for delivering material clearly with examples from the Prophet's life

Table 1, the evaluation of the parenting seminar demonstrate its success in achieving the intended goals, as well as the positive reception from participants. The seminar effectively increased participants' understanding of Islamic parenting values, particularly those related to the teachings of Prophet Muhammad SAW. The majority of participants reported a high level of relevance and applicability of the material presented, which was reflected in their increased motivation to improve their parenting practices. The positive interaction in the Q&A sessions indicated that the seminar addressed real concerns and challenges faced by the participants. However, a challenge in spreading awareness to all residents of Caraka Village was noted, suggesting that more effective communication methods should be employed for future events. The seminar's alignment with local values and its practical focus were key to its success in impacting parenting practices in the community.

The parenting seminar evaluation in Caraka Village suggest that a community-based seminar, tailored to the cultural and religious context of the participants, can significantly improve parents' understanding of effective child-rearing practices. The seminar's emphasis on Islamic parenting values, particularly those of the Prophet Muhammad SAW, was well-received and directly applicable to the participants' daily lives. This evaluation reinforces the importance of providing educational programs that are both relevant and practical, as well as culturally sensitive, to ensure their success in enhancing family resilience and child development.

Discussion

The parenting seminar conducted in Caraka Village provided valuable insights into the importance of aligning parenting education with community values, specifically Islamic teachings. The primary objective of the seminar was to help parents understand Islamic parenting values based on the morals of Prophet Muhammad SAW. The results of the seminar evaluation indicate that the seminar successfully met this objective. Participants gained a deeper understanding of how to apply values like affection, patience, and wisdom in their parenting practices (Carlo et al., 2022). This highlights the importance of using cultural and religious frameworks to make educational content more relatable and applicable to the participants' daily lives.

The positive reception of the seminar demonstrated that tailoring the content to the specific needs of the community is crucial for engagement. For example, the focus on the Prophet's teachings was particularly effective in engaging the participants, as it resonated with their religious and cultural beliefs (Aydemir & Türkel, 2022; Wahab, 2024). Participants expressed increased motivation to adopt these values in their parenting, particularly in being more patient, gentle, and wise with their children. The effectiveness of the seminar's design in integrating both theoretical and practical aspects of parenting, offering a holistic approach that helped parents feel more confident in their roles.

The program is success also highlighted the importance of interactive learning experiences. The active participation during the Q&A sessions and the positive feedback about the speakers further reinforced the relevance of the material. These interactions provided participants with the opportunity to address specific challenges they faced in parenting, making the seminar more tailored to their real-life concerns (Baharun et al., 2024; Purwanto & Wafa, 2023). This participatory approach fostered a sense of community and shared responsibility in raising children, which is a key aspect of the seminar's success.

Despite the overall success of the seminar, some challenges were encountered, particularly in terms of raising awareness among all residents of Caraka Village. Not all community members were fully aware of the seminar, which resulted in lower participation than anticipated. This obstacle highlights the need for more effective communication strategies in future events. Using additional platforms such as local radio, community meetings (Odekeye et al., 2023), and door-to-door outreach could help increase awareness and ensure that all interested residents have the opportunity to attend.

The feedback from the participants was generally positive, particularly regarding the clarity and practicality of the material presented. Participants appreciated the examples from the Prophet's life, which made the content more tangible and relatable. However, some suggested that future seminars could delve deeper into certain aspects of parenting, such as discipline techniques or dealing with modern challenges like technology (Omirezak et al., 2022). This feedback offers valuable guidance for improving the content of future seminars.

and ensuring that they address a wider range of topics that are relevant to the community's evolving needs.

The evaluation of the seminar also provided valuable insights into the effectiveness of community-based educational programs. The success of the seminar demonstrated that when programs are designed with a deep understanding of the community's cultural and religious context, they are more likely to achieve their goals (Lansing et al., 2023). The parenting seminar in Caraka Village showed that such initiatives can have a positive impact on parenting practices, fostering a stronger sense of community and improving child-rearing practices within the family unit.

The success of the seminar in Caraka Village highlights the importance of addressing local values and beliefs in the design of educational programs. Based on the evaluation, it is recommended that future parenting seminars include more diverse topics to address modern parenting challenges, particularly those related to technology and social media. Additionally, efforts to raise awareness and increase participation, such as leveraging multiple communication platforms, should be a priority for future events. Continuing to integrate religious teachings into parenting education can help strengthen the moral foundations of parenting and create more effective, holistic child-rearing practices within communities.

CONCLUSION

The parenting seminar in Caraka Village successfully had a positive impact on the community, enhancing parents' understanding and practice of child-rearing based on Islamic values, particularly those exemplified by the Prophet Muhammad SAW. It emphasized the importance of parents as primary educators and the shared responsibility of both parents in raising children. The seminar reinforced values like affection, gentleness, and discipline, leading to improved parenting practices. However, the seminar also highlighted the need for improvements, such as better promotion and community involvement. It is recommended that future seminars address these aspects, provide more in-depth information on relevant topics, and ensure broader participation. The seminar laid a strong foundation for future Islam-based activities in Caraka Village, fostering a community-driven approach to parenting and child development.

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