

## **SMART PARENT: Independent Parenting Strategy through Workshop of Parenting for Single Parents**

**<sup>1</sup>Syaifullah , Irman Susanto<sup>2</sup>, Nurhijriah<sup>3</sup>**

<sup>1,2,3</sup> Universitas Nggusuwaru Bima

---

**Article Info****Article history:**

Accepted: 13 November 2025

Publish: 08 December 2025

---

**Keywords:**

Independent Parenting, Parenting, Single Parents, Financial Literacy, Social Support.

---

**Abstract**

*The SMART PARENT program aims to enhance parenting skills and reduce stress among single parents in Kelurahan Ule. The main issues faced by single parents include the dual role as breadwinners and primary caregivers, leading to emotional and social stress. In addition, low financial literacy and limited knowledge of modern parenting techniques exacerbate the situation. This program was implemented through a parenting workshop that integrated evidence-based parenting training, psychosocial support, and economic empowerment through financial literacy training and microenterprise skills. The results of the training showed a 23.4% improvement in participants' knowledge of positive parenting, a 26% reduction in stress, and an average income increase of 32.7%. The program also succeeded in creating a supportive community, reducing social isolation, and increasing solidarity among participants. This program not only improved parenting quality but also contributed to the social and economic well-being of families, supporting the achievement of relevant SDGs related to poverty and gender equality.*

*This is an open access article under the [Creative Commons Attribution-Share Alike 4.0 International License.](https://creativecommons.org/licenses/by-sa/4.0/)*



---

**Corresponding Author:**

Syaifullah

Universitas Nggusuwaru Bima

---

**1. INTRODUCTION**

Ule Subdistrict in Bima City shows quite a lot of socio-economic dynamics. complex, especially related to the high proportion of households with older people single. Based on the data of Bima City Mother and Child Statistics 2023 [1], there is an increase A significant number of families are led by mothers and single mothers. This demographic condition is further emphasized by data from the 2022 Population Development Profile [2] which revealed that several households fell below the socially vulnerable criteria, with limited access to education, health, and training facilities, Parenting. One community group requiring special attention is the Ule Village Single Parent Family Welfare Movement (PKK). This group was formed in 2018 as a forum for togetherness and social support for single parents. Currently, the group is led by Mrs. Murni and has 40 members, all of whom are single parents from lower-middle socioeconomic backgrounds. Members range in age from 25 to 50, with varying educational levels: 40% are junior high school graduates, 45% are high school graduates, and 15% are college graduates. Most members rely on informal employment with irregular incomes. This profile demonstrates the urgent need for partners to improve their parenting capacity, psychosocial support, and family economic skills.

The problems faced by partners can be formulated into several priority social aspects. First, the high level of parenting stress experienced by single parents due to their dual roles as breadwinners and primary caregivers. Second, poor positive parenting and emotional management skills often lead to ineffective communication patterns within the family. Third, the lack of household financial literacy makes it difficult for group members to manage a limited

income productively. These conditions impact the low psychological, social, and economic well-being of single-parent families in Ule Village.

This situation analysis indicates that an intervention in the form of a parenting empowerment program integrated with psychosocial education and financial literacy is urgently needed. The SMART PARENT program addresses this need through a workshop-based approach, digital e-modules, and ongoing mentoring. The workshop approach in this program integrates educational components, hands-on practice, and interactive sessions that enable active participation, allowing the material presented to resonate with the personal experiences of single mothers. Studies show that inclusive, evidence-based parenting programs can significantly increase parental engagement, particularly in addressing parenting stress and strengthening the quality of the mother-child relationship [3,4]. Furthermore, such interventions can facilitate effective coping mechanisms and optimize social support for emotionally isolated groups [5–7].

Scarcity of support services, such as counseling and parenting training in the environment of Ule Subdistrict increasingly emphasizes the need for holistic intervention. With limitations of existing infrastructure and accessibility, SMART-based parenting workshops PARENT not only focuses on the transfer of practical knowledge, but also aims to create a social support network through collaboration between the government, NGOs, and local communities [8,9]. In addition, this approach is expected to open up opportunities to increase economic independence through skills training and provision of information related to micro business opportunities, so that it can reduce the economic burden often experienced by single-parent families [10].

The SMART PARENT program is also rooted in several Sustainable Goals. Development Goals (SDGs), namely SDG 1 (eradicating poverty), SDG 3 (ensuring health and well-being), and SDG 5 (achieving gender equality). By prioritizing the principles of inclusivity and community-based approaches, this workshop supports national aspirations to create resilient families and productive societies through improving the quality of care, emotional involvement, and cross-sector synergy [11–15]. Through a strategic and adaptive approach, the SMART PARENT program is expected to be able to respond directly to parenting issues faced by single mothers in Ule Subdistrict, by providing relevant training, supporting the development of social networks, as well as reducing stress levels that hurt the quality of life and the relationship between children and parents. Thus, this program not only improves the quality of care but also contributes to the development of the ecosystem, a more inclusive and sustainable socio-economic system.

**SMART PARENT Program: Independent Parenting Strategies through Workshops.** Parenting for Single Parents is aimed at addressing two priority issues in Ule Subdistrict, namely, increasing the capacity of caregiving for single parents, especially single mothers, and empowering the general public who are not economically productive through aspects of social community activities. In the single parent group, there are fundamental obstacles in the form of limited knowledge and skills in implementing effective modern parenting techniques, where single mothers are often burdened by the role of double as breadwinner and primary caregiver, thus experiencing stress and pressure high emotional distress. Limited access to parenting training and services, psychosocial counseling causes low quality of interactions and relationships between mothers and children, so the priority of intervention is to optimize their capacity through interactive workshops providing practical knowledge, role-playing simulations, and networking social support to reduce emotional isolation [3,4,6,7].

The general public who are not economically productive, a challenge the main problem is the lack of access to empowerment programs and counseling services of families that synergize with the development of the creative economy; this condition is exacerbated by infrastructure and information limitations that hinder active participation in social activities. This problem requires integration between parenting training and strengthening of economic capacity, so that the community can acquire the knowledge and skills necessary to improve overall well-being through increased income and participation in community programs [1,2,8,9,10], with an evidence-based approach that refers to latest research and local demographic and socio-economic data, this

program is expected able to create synergy between improving the quality of care and empowerment economy, in line with the objectives of the Sustainable Development Goals (SDG 1, 3, 5, and 10) and support national aspirations in building strong families and communities productive [11–15]. The main problems faced by partners are focused on social aspects of society, in particular:

Stress and psychosocial pressure due to the dual role of breadwinner and primary caregiver.

Lack of modern parenting skills (positive parenting, effective communication, emotional management) due to very limited access to training.

Low household financial literacy causes difficulties in managing income, savings, and basic family needs.

This problem has been agreed upon with partners in group discussions, so it is prioritized as the focus of intervention through the SMART PARENT program. By detailing these problems, the SMART PARENT program is designed to intervene through developmental psychology-based parenting training, psychosocial assistance, and creative economic training, to be able to overcome the obstacles experienced by single parents and improve the quality of parenting and economic independence, thus having a positive impact on the welfare of children and the community in Ule Village. The solution to the partner problems above is the implementation of the SMART PARENT program, which integrates self-care workshops, psychosocial support, and economic empowerment. Through this program, single parents, especially single fathers, will be trained to master modern parenting techniques practically through methods interactive activities, such as role play, simulations, and group discussions, so they can reduce parenting stress and improve the quality of relationships with children. This approach also includes psychosocial support that helps participants develop effective coping mechanisms to deal with the double pressures of breadwinner and primary caregiver, which has been an obstacle in carrying out optimal parenting roles [3,4,6,7].

## 2. RESEARCH METHODS

The SMART PARENT program's implementation method is systematically designed to address partner issues in a measurable and participatory manner. This program is designed to last six months and consists of five main stages: outreach, training, module implementation, mentoring, and evaluation and sustainability. The stages are outlined in Table 1 below:

Level	Month	Main Activities	Activity Details	Output
<b>1. Preparation</b>	1	Socialization & coordination	<ul style="list-style-type: none"> <li>- Coordination with sub-districts &amp; partners</li> <li>- Signing of cooperation documents</li> <li>- Baseline survey (stress, parenting, financial literacy)</li> <li>- Scheduling &amp; role division</li> </ul>	Initial partner data, agreement documents, and activity schedule
<b>2. Workshop</b>	2	Parenting & Financial Literacy Workshop	<ul style="list-style-type: none"> <li>- Positive parenting &amp; stress management training</li> <li>- Family financial literacy training</li> <li>- Introduction to the draft</li> </ul>	Increasing initial knowledge, drafting parenting modules

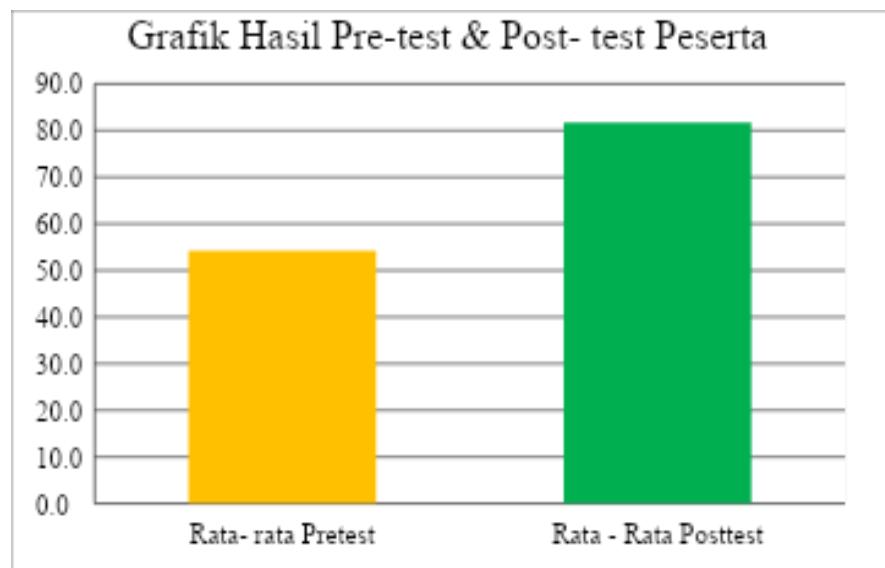
Level	Month	Main Activities	Activity Details	Output
			of the Digital Parenting E-Module	
<b>3. Module Implementation</b>	3	Finalization & distribution of E-Modules	<ul style="list-style-type: none"> <li>- Finalization of Interactive Digital Parenting E-Module</li> <li>- Creating video tutorials &amp; reflective activities</li> <li>- Distribution of modules to all members</li> </ul>	Digital Parenting E-Module, parenting video tutorial
<b>4. Mentoring &amp; Monitoring</b>	4-5	Intensive mentoring	<ul style="list-style-type: none"> <li>- Monitoring module usage</li> <li>- Small group counseling</li> <li>- Facilitate online support groups</li> <li>- Financial literacy assistance</li> </ul>	Monitoring notes, module revisions, and formation of support groups
<b>5. Evaluation &amp; Sustainability</b>	6	Final evaluation & reflection	<ul style="list-style-type: none"> <li>- Evaluation of indicator achievement (stress ↓20%, parenting ↑30%, financial literacy ↑30%)</li> <li>- Reflection workshop with partners</li> <li>- Publication of articles &amp; final reports</li> <li>- PKK cadre development as a local trainer</li> </ul>	Final report, SINTA articles, trained PKK cadres, and sustainability digital modules

**Table 1.** Stages of activity implementation.

### 3. RESULTS AND DISCUSSION

#### 1.1. Research Results

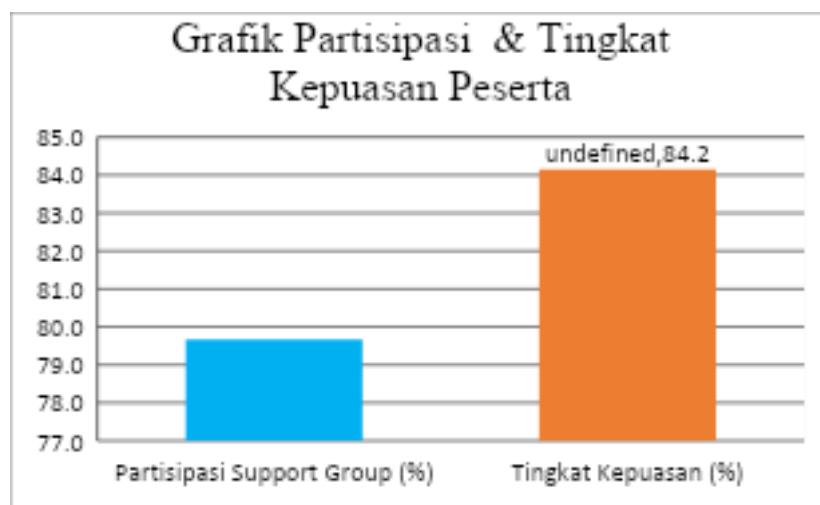
The implementation of the SMART PARENT program in Ule Village has successfully had a significant positive impact on improving the parenting skills of single parents, especially single mothers, as well as reducing the level of stress they experience. Based on the data obtained, it can be seen that the increase in participants' knowledge was very noticeable after participating in the training. Before the program began, the average pre-test score of participants was recorded at 59.2%, while after the training was completed, the average post-test score of participants increased to 82.6%, indicating a 23.4% increase in knowledge. This reflects that the material provided during the training, which includes more effective parenting techniques and household financial management, has been well understood by the participants, as can be seen in graph 1.1 below:



**Graph 1.1.** Pretest and posttest results of training participants.

Additionally, one of the program's primary goals is to reduce the stress experienced by single parents, who are often burdened by the dual roles of breadwinner and caregiver. Before the training, participants' average baseline stress score was 73.6, but after the training, the average final stress score decreased to 54.6, representing a 26% reduction in stress levels. This decrease indicates that the stress management techniques taught in the training were highly effective in helping participants manage the emotional distress they experienced.

The training also emphasized the importance of social support, as reflected in the high participation rate of the support groups, at 74.2%. This indicates that participants felt supported throughout their process, sharing experiences and learning from each other, ultimately strengthening their psychosocial well-being. Furthermore, the program provided training in financial literacy and economic empowerment. The average increase in income for participants was recorded at IDR 410,000, with an average increase of 32.7%, indicating that participants successfully applied the knowledge they gained to improve their families' economic conditions.



**Graph 1.2.** Participation results and the level of satisfaction of training participants.

## 1.2.Discussion

The results of this program confirm that an approach combining parenting education, psychosocial support, and economic training is highly effective in helping single parents, particularly single mothers, improve their quality of life. Improved parenting knowledge indicates that the program successfully provided participants with a better understanding of more empathetic parenting techniques based on child development psychology. By utilizing evidence-based training modules that engaged participants in role-plays and case simulations, they not only understood parenting theory but also applied it in real-life contexts, strengthening their skills as caregivers. Furthermore, the significant reduction in parenting stress reflects the training's effectiveness in providing applicable stress management techniques. Most single parents face high psychological burdens caused by the dual pressures of being breadwinners and caregivers. With the psychosocial support provided during the training, participants felt better prepared and able to better manage these pressures, which was shown to lower their stress levels. This demonstrates the importance of psychological support in this program, which helps participants not only improve the quality of their parenting but also enhance their mental well-being.

Active participation in support groups also plays a crucial role in the program's success. Participants who are more involved in support groups show improvements in stress management and more effective parenting. This demonstrates the importance of social support in fostering a sense of solidarity and reducing the emotional isolation often experienced by single parents. With this support, participants feel more motivated and empowered to face their parenting challenges.

The increase in participants' income also reflects the success of the creative economy training provided in this program. With an average income increase of 32.7%, this program demonstrates that in addition to improving parenting skills, entrepreneurship and financial literacy training can directly contribute to poverty reduction and improve family economic stability. Participants can now manage their household finances more wisely and even identify micro-business opportunities that can provide additional sources of income. Overall, SMART PARENT has succeeded in providing a comprehensive solution that not only focuses on childcare, but also pays attention to the psychosocial well-being and economic independence of single parents. This program aligns with several Sustainable Development Goals (SDGs), especially SDG 1 (Eradicating Poverty), SDG 3 (Ensuring Health and Well-Being), and SDG 5 (Achieving Gender Equality). By improving parenting knowledge, reducing stress, and increasing income, this program makes a real contribution to achieving sustainable development goals. This success also reflects Key Performance Indicator (KPI) 2, which supports student involvement and Key Performance Indicator (KPI) 3 lecturers in community service activities, and has succeeded in creating promised outputs that are measurable and beneficial for participants.

## 4. CONCLUSIONS.

Program **SMART PARENT Implemented** in Ule Village, the program has had a significant impact on improving parenting skills, reducing stress, and improving the economic well-being of single parents, especially single mothers. Based on the data obtained, this program has proven effective in achieving its goals, namely providing better knowledge regarding positive parenting techniques, as well as providing psychosocial support that reduces the stress often experienced by single parents. In addition, the financial literacy and creative economy training also succeeded in increasing the income of participating families, with an average increase of 32,7%.

This success is also reflected in the participants' active participation in support groups, which helps create a sense of solidarity and reduce emotional isolation among single parents. This program aligns with several Sustainable **Development Goals (SDGs)**, especially **SDG 1 (Eradicate Poverty)**, **SDG 3 (Ensure Health and Well-Being)**, and **SDG 5 (Achieving Gender Equality)**, which makes this program relevant for sustainable development goals.

Overall, **SMART PARENT** not only successfully improves the quality of care but also contributes to improving the social and economic well-being of participants, as well as supporting the creation of more resilient and independent families. With success in achieving **is promised**, such as increased parenting knowledge, reduced stress, and increased income, this program provides an effective empowerment model for single parents. Going forward, the program's sustainability will depend heavily on the development of a sustainable support network and cross-sector collaboration to ensure long-term benefits for the community.

## 5. ACKNOWLEDGMENTS

We express our deepest gratitude to the Director of Research and Community Service (DPPM), the Ministry of Education, Culture, Research, and Technology (Kemendikbudristek) has provided funding support through Community Service. This program is funded under contract number:340/C3/DT.05.00/PM-BATCH III/2025, for giving us the opportunity to implement this very beneficial program. Thank you also to Nggusuwaru University for the facilities and guidance provided in carrying out this service.

We would also like to express our gratitude to the entire service team, consisting of lecturers and students, who have worked hard and are fully committed to making this program a success. We also extend our gratitude to our target partners, namely the Ule Village Family Welfare Movement (PKK) members, who have provided their full support throughout the program's implementation. The active participation of these PKK members has been instrumental in ensuring the program's success.

We also extend our gratitude to the Ule Village community, who enthusiastically participated in each stage of the training and shared their valuable experiences throughout the program. We hope the results of this training will bring long-term benefits to them, particularly in improving the quality of parenting and improving the economic well-being of their families.

Finally, we would like to thank all parties involved, both directly and indirectly, for their support and contributions, making this program a success. We hope this collaboration will continue and have a greater impact on the community.

## 6. BIOGRAPHY

BPS Kota Bima. Statistik Ibu dan Anak Kota Bima 2023 [Internet]. BPS Kota Bima; 2024 Oct 31 [diakses 11 Apr 2025]. Tersedia dari: <https://bimakota.bps.go.id/id/publication/2024/10/31/a3a905e24700cc87ac6cf079/statistik-ibu-dan-anak-kota-bima-2023.html>

Dewi SW, Sunarni N, Septiani H. E-Modul Pola Asuh Anak Berbasis Android Sebagai Media Pendidikan Kesehatan Pada Kelas Ibu Balita. Jurnal Kesehatan Al- Irsyad. 2023 Mar 2;16(1):64-72.

Dhungel B, Kato T, Kachi Y, Ochi M, Gilmour S, Takehara K. Prevalence and associated factors of psychological distress among single fathers in Japan. J Epidemiol. 2023 Jun 5;33(6):294-302.

Dinas Kependudukan dan Pencatatan Sipil Kota Bima. Profil Perkembangan Kependudukan Tahun 2022 [Internet]. Dinas Kependudukan dan Pencatatan Sipil Kota Bima; 2024 May 13 [diakses 11 Apr 2025]. Tersedia dari: <https://ppid.bimakota.go.id>.

Fitri N, Syaifullah S. Dampak Perceraian Orang Tua Terhadap Sikap Sosial Anak (Studi Desa karampi Kecamatan Langgudu Kabupaten Bima). Edu Sociata: Jurnal Pendidikan Sosiologi. 2022 Dec 31;5(2):37-44.

Hansen A, Brown S, Yap M. Enhancing engagement of fathers in web-based preventive parenting programs for adolescent mental health: a discrete choice experiment. Int J Environ Res Public Health. 2021 Nov 24;18(23):12340.

Kachi Y, Ochi M, Kato T, Otsuka M, Takehara K. Factors related to parenting stress among fathers of preschool children in Japan. Pediatr Int. 2022 Jan;64(1):e15132.

Kumalasari D, Fourianalistyawati E. Faktor-faktor objektif dan subjektif yang memprediksi mindful parenting pada ibu di Indonesia. *J Ilmu Keluarga Konsumen*. 2021 Jan 31;14(1):52-62.

Lechowicz M, Jiang Y, Tully L, Burn M, Collins D, Hawes D, et al. Enhancing father engagement in parenting programs: translating research into practice recommendations. *Aust Psychol*. 2019 Apr;54(2):83-89.

Luo Y, Zhang A, An Q. A parent education program for single fathers' parent-child relationship in rural China: a pretest-posttest-follow-up study. *Res Soc Work Pract*. 2023 May;33(4):413-22.

Pfitzner N, Humphreys C, Hegarty K. Bringing men in from the margins: father-inclusive practices for the delivery of parenting interventions. *Child Fam Soc Work*. 2020 (2)5.198-206.

Qian Y, Loney E, Caldwell C. Moderating effect of residential history on the effects of a fatherhood program on parenting skills satisfaction among nonresident African American fathers. *Healthcare*. 2018 Feb 9 (Vol. 6, No. 1, p. 13).

Riyanti N, Setiawan D, Rondli W. Pola asuh single parent berpendidikan rendah dalam pendidikan anak. *J Educatio Fkip Unma*. 2023 Apr 28;9(2):507-14.

Santana FD, Rizkita D, Musfita R. Pelatihan Guru dalam Pemanfaatan E-Modul Aktivitas Fisik Berbasis ICT Untuk Mencegah Stress Anak. *Jurnal Pengabdian Keolahragaan dan Sains*. 2025 Jun 8;1(1):1-2.

Sarifudin S, Hastuti D, Simanjuntak M. Gaya pengasuhan otoriter dan permisif serta tingkat stres ibu sebagai faktor risiko gangguan emosi dan perilaku anak usia sekolah. *J Ilmu Keluarga Konsumen*. 2020 May 1;13(2):163-74.

**Syaifullah S** , Indrasari S, Affiani L. Peran persepsi keterlibatan orang tua dan strategi pengasuhan terhadap parenting self-efficacy. *J Psikol Sos*. 2018 Aug 31;16(2):74-85.

**Syaifullah S** ,Indrawati T. Efektivitas program positif parenting dalam mengurangi stres pengasuhan pada ibu muda. *Al-Athfaal Jurnal Ilmiah Pendidikan Anak Usia Dini*. 2020 Dec 26;3(2):201-15.

Tully L, Piotrowska P, Collins D, Frick P, Anderson V, Moul C, et al. Evaluation of