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Family Development Session Intervention as an Effort to Increase Family Capability

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Abstract: Looking at things through the lens of Amartya Sen's capability theory, this study looks at how the Family Development Session (FDS) program helps family members improve their skills. We employ a literature study as our research method, which entails a theoretical and empirical analysis of reliable sources. Sen's capability theory emphasizes the importance of individual freedom to choose the desired way of life and improve their ability to achieve a dignified life. The FDS program, as a family development initiative, is carried out with the aim of enhancing the capabilities of Program Keluarga Harapan (PKH) beneficiary members who are underprivileged. The results of the literature analysis show that the FDS program has great potential in improving the capabilities of family of hope members through a holistic approach, covering aspects such as health, education, financial management, and participation in community life. The program provides opportunities for family members to acquire the necessary knowledge, skills, and resources to achieve a better life in accordance with their preferences and values. The results of this study reinforce the understanding that the FDS program can be an instrument in enhancing the capabilities of family of hope members, thus enabling them to be more actively involved in society and achieve a more dignified life in accordance with Amartya Sen's vision.

Keywords: Amartya Sen, Capability, Family Development Session, Poverty, Program Keluarga Harapan.

INTRODUCTION

Poverty is still one of the complex and pressing social problems in Indonesia, despite a significant decline in recent decades. This is in line with data from the Central Bureau of Statistics which shows that the percentage of poor people in March 2023 was 9.36 percent, a decrease of 0.21 percentage points against September 2022 and a decrease of 0.18 percentage points against March 2022. The number of poor people in March 2023 amounted to 25.90 million people, a decrease of 0.46 million people against September 2022 and a decrease of 0.26 million people against March 2022 (BPS, 2023). The data shows that there are still millions of people living below the poverty line. This phenomenon has a serious impact on community welfare, access to education, health, and equitable economic opportunities. Through comprehensive data analysis, stakeholders seek to identify the factors that cause poverty, formulate appropriate policies, and design appropriate intervention programs as effective and sustainable poverty alleviation measures.

One of the intervention program efforts promoted by the government in tackling the phenomenon of poverty in Indonesia is the Family Hope Program. This program is used as a revitalization of poverty reduction and is also directed to become a center of excellence that synergizes national social protection and empowerment programs so that people who fall into the category below the poverty line have qualified capabilities. The Family Hope Program is expected to make a significant contribution to reducing the number of poor people, reducing the gap (gini ratio) while increasing the Human Development Index (HDI). Examining the data above, the Family Hope Program (PKH) has a big mission related to poverty reduction in Indonesia.

The Family Hope Program is a conditional social assistance program to poor families (KM), or in international terms known as Conditional Cash Transfers (CCT). The program was launched by the Ministry of Social Affairs of the Republic of Indonesia starting in 2007, intended as an effort to increase accessibility to education, health, and social welfare services for poor families and also aimed at accelerating the achievement of the MDGs or Millennium Development Goals that were echoed around the world in early 2007. Reporting from the National Team for the Acceleration of Poverty Reduction (2016, p. 1) the PKH program is present as on the legal basis

of Law number 40 of 2004 concerning the National Social Security System, Law number 13 of 2011 concerning the handling of the Poor, and Presidential Regulation number 15 of 2010 concerning the Acceleration of Poverty Reduction.

The Family Hope Program launched by the Indonesian government has proven successful in reducing poverty levels and improving the welfare of the poor (Domri et al., 2019; Wardani, 2023; Ninik Nikmatul, 2023). Based on data from the Ministry of Social Affairs of the Republic of Indonesia, the PKH program managed to reach around 10 million beneficiary families in 2021. In a study conducted by the National Development Planning Agency (Bappenas), it was revealed that the PKH program has a significant direct impact in increasing the independent prosperous graduation (GSM) of beneficiary families who fall into the category of people below the poverty line towards prosperous families.

Nonetheless, a major challenge in achieving the long-term goal of poverty alleviation is to ensure that PKH beneficiary families are not only dependent on cash assistance, but are also able to be independent in managing their resources. Therefore, in the implementation of the Family Hope Program in Indonesia, activities were initiated that tend to build awareness of social assistance beneficiary families in order to improve the personal abilities of the community to achieve functioning or freedom and a better life.

The Family Development Session (FDS) program plays a role by providing practical skills that can be applied in everyday life. FDS provides knowledge on smart financial planning, family resource management, and the importance of fulfilling basic needs such as education, health, and nutrition for children. Through regular mentoring by PKH facilitators, the program provides families with the opportunity to plan for their future in a better and more purposeful way.

FDS also plays a key role in introducing the concept of family empowerment, where participants are encouraged to take an active role in managing the household economy, childcare, and making important decisions in family life. With the knowledge gained from the FDS, beneficiary families are not only encouraged to fulfill their basic needs, but also to innovate to improve their lives, such as planning small businesses or improving their children's health and education. This is crucial in creating more stable and sustainable conditions, and reducing dependence on long-term social assistance.

Furthermore, through increased awareness of the importance of economic management and future planning, participants can experience a change in the way they organize their life priorities, which in turn can increase their independence. Thus, FDS is not just an education program, but also a transformation instrument that helps PKH beneficiary families to gain freedom in determining their own future, in accordance with the capability principle elaborated by Amartya Sen.

According to Amartya Sen, an Indian economist and philosopher who won the Nobel Prize in economics in 1998, poverty is not only about lack of income, but also about lack of freedom and opportunity to achieve basic human functions (in Zainul Bahri, 2023, p. 7). The poor are often trapped in a cycle of poverty because they do not have sufficient access to education, health and economic opportunities. This results in the limited options they have in improving their capabilities and social functioning.

There are many studies that assess the effectiveness of the Family Hope Program (PKH) in reducing poverty and improving family welfare, as shown by Muliana et al. (2021), who assessed the impact of PKH in improving family economic welfare in West Aceh. This study shows that PKH successfully reduces the expenditure burden of poor families in the short term. However, this study does not discuss how the PKH program can improve the overall capabilities of families, including in social and educational aspects. This suggests a gap in the understanding of the holistic dimensions of capabilities that should be improved through social programs such as PKH.

In addition, some previous studies, such as those conducted by Adnan et al. (2022) and Wardani (2023), mostly highlight the direct impact of cash assistance provided to poor families, but not many have explored how aspects of social empowerment, especially through Family Development Session (FDS), can change family dynamics in the long run. In this context, this article fills the gap by linking Amartya Sen's capability theory with family empowerment in the PKH program. Sen (1999) argues that poverty is not only about income, but also about the limited freedom of individuals to choose a better way of life.

As such, this research not only adds to the understanding of the implementation of the FDS as a family empowerment strategy, but also provides a new perspective on how national social programs can empower beneficiary families to reduce long-term dependency on cash transfers through enhancing their capabilities.

The purpose of this study is to explore and analyze the role of the Family Development Session (FDS)

program in improving the capabilities of beneficiary families. In addition, it also aims to add to the understanding of the link between the capability theory proposed by Amartya Sen and its application in the context of social programs in Indonesia. Thus, this research seeks to provide a new perspective on how family empowerment can be key in alleviating poverty in a more sustainable manner.

The contribution of this research lies not only in the development of capability theory, but also in enriching social policy practice, particularly in designing more effective and sustainable family empowerment programs. The findings of this study are expected to provide a solid foundation for further research on social programs that focus on holistic family empowerment.

RESEARCH METHODOLOGY

This article employs a literature study as its writing method. The method of writing using a literature study is a systematic approach to identifying, evaluating, and synthesising literature relevant to a particular topic. According to Smith (2018), a literature study provides a strong theoretical basis and aids the author in thoroughly understanding the research context. This involves analysing and synthesising information from various literary sources relevant to the research topic. In this process, the author uses existing literature to construct arguments, support findings, and present in-depth information.

The steps of the writing method in preparing this article are as follows:

1. Identifying the Scope and Objectives of the Study

The first step in writing this article is to clearly identify the scope and purpose of the study. Smith (2019) states, "By detailing the scope of the study, the author can narrow the focus of the literature to be explored, thereby increasing the relevance and depth of the analysis."

2. Selection of relevant literature sources

After the topic and objectives have been determined, the author conducts a literature search through various sources, such as scientific journals, books, and articles, as well as reliable online sources. We conducted this literature search to gain a comprehensive understanding of FDS and concepts related to increasing the capacity of family members. This stage plays an important role in determining the quality of writing, as stated by Johnson et al. (2020), who suggested, "The selection of relevant and current sources is key to building a strong research foundation. The right sources will provide substantial support for the argument."

3. Analysis of Literature Findings

The author conducted an in-depth analysis of the collected literature, looking for patterns, findings, and perspectives relevant to the research topic. Furthermore, the author conducted a synthesis of the literature to develop a strong and supportive argument. Brown (2021) explains, "Careful analysis opens up opportunities to identify differences of opinion, research trends, and knowledge gaps that can be filled through the contribution of the article being written."

4. Article Writing

After gaining a thorough understanding, the writer begins writing the article, following a structured approach that includes the introduction, writing method, discussion, and conclusion. In the writing process, the author gives credit to the original author through a proper citation. Smith and Jones (2022) assert, "The ethics of scientific writing require authors to clearly identify the sources of information used, giving proper recognition to the contributions of previous researchers."

RESULTS AND DISCUSSION

Results

Family Development Session (FDS) or also known as Family Capacity Building Meeting (P2K2) is part of the activities of the Family Hope Program (PKH) promoted by the Ministry of Social Affairs of the Republic of Indonesia. The family of hope program is a program implemented by the government starting in 2007 in alleviating poverty through interventions for poor families as program beneficiary families. The hope is that the program will be able to break the chain of poverty through the opportunity for families receiving social assistance to access education and health facilities.

The provisions for PKH membership are poor families (KM) who have components according to the provisions

or conditions set out in the PKH program. PKH components are divided into 3 parts, including: (1) a health component consisting of pregnant / postpartum women and children under 6 years of age; (2) an education component, where in the family there are school-age children, be it elementary, junior high, high school or equivalency school; (3) a social welfare component consisting of people with disabilities and the elderly. To better understand the target group of Pkh beneficiaries, consider the table below!

Table 1. Target Groups of Beneficiaries of the Family Hope Program

No	Category	Component
1	Health	Pregnant/Breastfeeding Mothers
		Early Childhood (0-6 Years)
2	Education	Elementary School Student or Equivalent
		Junior High School Students or Equivalent
		Senior high school students or equivalent
		Children aged 6-21 years who have not completed compulsory education
3	Social Welfare	Elderly 60 years and over
		Persons with Disabilities
4	Adaptive	Victims of Gross Human Rights Violations

Source: PKH 2025 Business Process Material Document

The general objective of the family hope program is to increase accessibility to education, health, and social welfare services (Adnan et al., 2022; Muliana et al., 2021; Sugiyana et al., 2022) in supporting the achievement of the quality of life of poor families. PKH is also expected to reduce the expenditure burden of poor families in the short term and break the poverty chain in the long term (Badaruddin et al., 2021; Hajad et al., 2021). One of the programs that is sought to assist in improving this capability is through the *Family Development Session (FDS)*. FDS provides various benefits for family members of hope, such as increased knowledge about good parenting, family health, and skills in managing finances. Through discussion sessions, training and coaching, family members can gain knowledge and skills that are useful in managing their daily lives.

The implementation of FDS activities is carried out by PKH Facilitators routinely every month with the hope of changing the mindset and behavior of Beneficiary Families (KPM). The implementation of FDS is based on the principle of not burdening the participants, so there is an agreement between the facilitator and the family of hope members to determine the meeting schedule. Each discussion group is guided by a PKH facilitator with 15-20 members of the family of hope. FDS empowerment materials cover various fields, such as health (nutrition, maternal services, infant and adolescent services, clean and healthy living behaviors), education (being a great parent, understanding early childhood behavior and learning, improving children's good behavior, playing as a way for children to learn, improving children's language skills), economy (family financial management, savings and credit, micro, small and medium enterprises, entrepreneurship, and marketing), and child protection (child protection, children's rights including children with special needs, preventing domestic violence, and maternal protection). Each meeting session is planned to last for two hours, and empowerment is done by ensuring a two-way dialog between the facilitator and the family of hope members.

Through interaction in these sessions, family members can hone their interpersonal skills, improve their communication abilities and deepen their understanding of problem-solving. As such, FDS forms a solid foundation to help family members deal with challenges and conflicts in everyday life. The importance of FDS in shaping family collective responsibility is opportunities to reflect on the role of each family member in achieving common goals. The program encourages the development of proactive attitudes and a deeper understanding of individual responsibility in family dynamics. In this context, FDS not only results in increased personal capabilities, but also strengthens the foundation of shared responsibility for achieving family well-being.

The holistic approach of FDS in improving family capabilities is seen from the aspects of education, health, economy and child protection as described in Kuntjorowati's research (2018). Even in the research of Jibril et al., (2022) FDS showed an effect on reducing the prevalence of stunting. However, the implementation of FDS not only provides knowledge about healthy lifestyles, but also empowers family members with practical skills that can be

applied in everyday life. By providing relevant and accessible information, FDS plays an important role in shaping sustainable lifestyles.

In a complete description, the following material is specifically conveyed during the implementation of *family development sessions* carried out by PKH facilitators together with members of family hope beneficiaries to provide practical information that is closely related to daily life.

Table 2. Family Development session materials

No	Activity	Material Topic	Material
1.	Family Development Session (FDS)	Education	Being a Good Parent
			Understanding Child Behavior
			Understanding How Early Childhood Learns
		Economics	Helping Children Succeed in School
			Managing Family Finances
		Health	Careful Borrowing and Saving
			Starting a Business
			First 1000 Days of Life
		Child Protection	Children and Toddlers
			Hygiene, Sanitation, and Disease
		Services for people with severe disabilities	Prevention of violence against children
Prevention of child neglect and exploitation			
Social welfare of the elderly	Services for Persons with Disabilities		
	Improving the Welfare of the Elderly		

Source: Regional II BBPPKS FDS training implementation report document 2017

Discussion

Family Development Session (FDS) is one of the important components in the Family Hope Program (PKH), which serves as a tool to improve the capabilities of beneficiary families in various dimensions of life, including economic, social, and education. *Family Development Sessions* (FDS) are an instrument in improving the capabilities of family of hope members to make the community more empowered, in line with the findings of relevant articles. Research (Baharuddin et al., 2022; Kuntjorowati, 2018; Jibril et al., 2022) revealed that FDS not only provides information, but also creates an interactive and participatory learning environment. Based on research conducted by Annisa & Yulindrasari (2021), FDS is proven to not only convey information, but also act as a catalyst for the personal and collective development of poor families through interactive learning that prioritizes the active involvement of participants. FDS provides practical skills in managing household finances, increases awareness of the importance of children's education and health, and introduces new ways of improving overall family welfare (Annisa & Yulindrasari, 2021). In this sense, FDS serves to break the cycle of poverty by equipping families with knowledge to improve their livelihoods.

Meanwhile, the results of research (Kuntjorowati, 2018; Aguslida et al., 2020) show the development of behavioral changes from hope families, one of which is viewed from the health aspect. The results show that the implementation of FDS encourages pregnant women and parents with toddlers to prioritize checking and monitoring pregnancy and toddler development to health facilities. Pregnant women who are PKH beneficiaries routinely

conduct pregnancy checks and actively monitor the development of children since the womb. This data is reinforced by the results of Kuntjorowati's research (2018) which shows that there are differences in the level of participation of hope families in visiting health facilities to immunize children under five. Changes in the level of participation can be seen from the table below.

Table 3. Infant/Toddler Immunization Participation

No	Complete Immunization	Before Empowerment		After Empowerment	
		f	%	f	%
1	Do Complete	22	73,3	30	100
2	Incomplete	8	26,7		
	Total	30	100	30	100

Source: Kuntjorowati Research (2018)

From the table, it can be seen that before empowerment through FDS, not all respondents had complete immunization of their babies, but after empowerment all respondents carried out complete immunization of their babies / toddlers. In addition, there were significant changes in the context of the delivery process. Through *Family Development Sessions* (FDS), hopeful families are encouraged to give birth at health facilities with the help of medical personnel. This is evidenced by the results of the study which show that there are changes in the behavior of family of hope members in giving birth. The data can be seen in the table below.

Table 4. Delivery by Medical Personnel

No	Medical Personnel	Before Empowerment		After Empowerment	
		f	%	f	%
1	Doctor	6	20	8	26,7
2	Midwife	19	63,3	22	73,3
3	Others	5	16,7		
	Total	30	100	30	100

Source: Kuntjorowati Research (2018)

In addition to showing changes from the health aspect, FDS also contributes to family economic empowerment through improved skills in household financial management. Purnomo et al. (2025) noted that FDS not only provides knowledge related to money management, but also motivates families to plan better long-term finances, for example by increasing savings planning and investing in their children's education. This research also shows that FDS encourages families to innovate in seeking economic opportunities, such as opening small businesses, which in turn increases the economic independence of beneficiary families (Purnomo et al., 2025).

From a social perspective, FDS plays an important role in strengthening relationships between family members. In a study by Baharuddin and Allam'ro (2022), it was found that FDS sessions encourage family members to be more open in sharing roles and responsibilities, increase solidarity within the family, and create a supportive environment. This is an important step in creating social change within the household, which influences family dynamics to be more productive and harmonious.

Meanwhile, in the education aspect, Suradi et al. (2022) reported that after attending the FDS, beneficiary families showed an increased awareness of the importance of education for their children. With the new knowledge they have gained about the importance of education, families are more focused on meeting their children's educational needs, which can help break the cycle of poverty. FDS not only focuses on improving individual welfare but also brings positive changes to the overall welfare of the family.

In addition, the results of research by Arfiyani et al. (2020) showed that FDS also teaches families how to deal with daily life problems, such as stress management, household conflicts, and better parenting. Therefore, FDS functions as a transformation instrument that not only increases the capabilities of individuals in the family, but also improves the overall welfare of the family, both in terms of social, economic, and health (Arfiyani et al., 2020).

Overall, FDS not only provides information, but also acts as a catalyst for the personal and collective

development of family members. These articles provide a solid theoretical and empirical foundation to support the central role of FDS in shaping strong and empowered families. In this way, FDS not only results in individual change, but also creates a positive impact on overall family dynamics and well-being.

In this context, Amartya Sen's capability theory provides a strong foundation for understanding how the FDS program can contribute to improving the quality of life of family of hope members. Improving the capabilities of family of hope members is very important to improve the welfare of families and communities. The capability theory developed by Amartya Sen is a conceptual framework that is very relevant and has significance in understanding the effectiveness of the *Family Development Session* (FDS) program in improving the quality of life of family members of hope. This theory does not only highlight income or economic achievement, but also emphasizes an understanding of the ability and freedom of individuals to live with dignity.

According to Sen (1999), capabilities are defined as a person's real opportunities and abilities to perform various important functions in life. In the context of FDS, this approach provides a holistic view of the lives of family members of hope, recognizing that improving quality of life is not only related to economic aspects, but also to the development of capabilities that include health, education, social participation, and other basic rights.

One of the main dimensions of the FDS program that is in line with capability theory is the integral approach that covers various aspects of life. The program not only provides financial assistance, but also empowers family members of hope to develop their capabilities in terms of knowledge, skills and independence. In this context, the FDS approach that prioritizes improving educational capabilities is very much in line with Sen's view. Education is considered as one of the key aspects that enable individuals to develop their capabilities, as stated by Sen (2005), "Education is not only the end of capability development, but also the means to achieve it."

The FDS program also emphasizes aspects of health and women's empowerment, which are in line with the principles of capability theory. Sen (1999) states, "Health is a very basic capability, because without good health, individuals cannot develop their capabilities to the fullest." Women's empowerment in FDS is also a strategy to enhance capabilities and give individuals freedom in making decisions that affect their lives. By embracing Amartya Sen's capability theory, the FDS program can focus more on improving the capabilities of family members of hope, making them more independent, empowered, and have the ability to achieve more dignified life goals. This understanding can be a strong foundation in designing, implementing and evaluating FDS programs in a more holistic and capability-oriented manner.

CONCLUSION

This article examines the role of Family Development Session (FDS) in the Family Hope Program (PKH) using Amartya Sen's capability theory framework. Based on the literature review, FDS acts as an empowerment tool for beneficiary families in the economic, social, and educational dimensions. FDS provides knowledge and practical skills that help families manage household finances, improve childcare, and facilitate access to better education and health services. Thus, FDS plays a role in expanding the freedom of individuals and families to achieve the basic functions needed for a more dignified life.

From the perspective of capability theory, FDS is in line with Amartya Sen's principle that emphasizes the importance of expanding individual freedom to choose a better life. The program helps families to not only escape poverty in the material sense, but also enhances their ability to make better choices in their social and economic lives. FDS strengthens the capabilities of beneficiary families by increasing their awareness of resource management, children's education, and health, which in turn enables them to become more self-reliant and less dependent on social assistance.

Although this article is only a literature review, the findings discussed show how important FDS is in breaking the cycle of poverty by giving families the tools to empower themselves. However, there are several limitations to this article, one of which is that no empirical research was conducted. Therefore, the findings in this article are descriptive and limited to the interpretation of published data. As a literature study, this article cannot present primary data or field research results that measure the direct impact of FDS in the field. In addition, this article is limited to a review of the impact of FDS in the economic, social, and educational dimensions, without discussing other dimensions that may also affect the success of FDS, such as cultural factors or supportive government policies.

Future research should empirically measure the long-term impact of the Family Development Session (FDS) on beneficiary families, using primary data and quantitative or qualitative analysis. Further research needs to explore how FDS affects changes in family capabilities over the long term and how the impact varies by region

or different demographic characteristics. In addition, more holistic research, which includes cultural, political and social factors, is needed to provide a more comprehensive picture of the success of FDS in empowering families. Further research could also assess the intergenerational impact of FDS, by examining whether changes in the current generation affect the educational, health and economic well-being of the next generation.

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