

## The Housewives Intrapersonal Communication Coaching for Strengthening The Family Resilience

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### Abstract

*Housewives play a crucial role in maintaining the stability and resilience of the family, yet this vital role is often undervalued by society and other family members. This community service initiative is conducted as a response to the stigma faced by housewives, whose roles are frequently questioned, the persistence of patriarchal hegemony in Indonesian society, and the limited access to knowledge and education for women in rural areas. These factors create significant pressure on housewives, particularly due to their inability to express long-held feelings. This community service activity was conducted in Bulak Village, Jatibarang District, Indramayu, involving 20 members of the Family Welfare Empowerment (PKK). The objective was to help strengthen the family resilience through housewives by enhancing their intrapersonal communication skills. The initiative was carried out using the GROW Coaching Model, which is expected to improve basic intrapersonal communication skills. The activities included training, focused discussions, and group reflections to reinforce these skills. The outcome of this community service initiative provided initial insights into how housewives understand themselves. This was evident from the participants willingness to express various negative emotions and feelings that had been suppressed due to family circumstances. Additionally, the discussions helped to emphasize the importance of effectively managing emotions so that participants do not feel overwhelmed and can remain happy in fulfilling their roles within the family. Furthermore, the participants gained a deeper understanding that the quality of communication within the family is foundational to creating an empowered family. In conclusion, this community service initiative successfully contributed to the development of housewives intrapersonal communication skills, significantly strengthening family resilience and fostering better relationships within the family.*

**Keywords:** Family Resilience, Grow Coaching Model, Intrapersonal Communication

### Abstrak

*Ibu rumah tangga memiliki peran penting dalam menjaga stabilitas dan ketahanan keluarga, namun peran vital seorang ibu rumah tangga ini seringkali tidak dihargai oleh masyarakat bahkan anggota keluarganya sendiri. Gagasan pelaksanaan pengabdian masyarakat ini muncul sebagai respon atas stigma yang diberikan kepada ibu rumah tangga, dimana perannya sering dipertanyakan, hal ini merupakan bentuk gambaran hegemoni patriarki yang mendarah daging di masyarakat Indonesia, selain itu diskriminasi ini juga muncul dan membuat terbatasnya akses pengetahuan serta pendidikan bagi perempuan di daerah pedesaan. Faktor-faktor tersebut memberikan tekanan yang cukup besar bagi Perempuan dalam hal ini ibu rumah tangga. Tekanan tersebut memberikan dampak akumulasi emosi negatif yang tidak berhasil di validasi karena ketidakmampuan untuk mengekspresikan perasaan yang telah lama terpendam. Kegiatan pengabdian masyarakat ini dilaksanakan di Desa Bulak, Kecamatan Jatibarang, Indramayu, yang melibatkan 20 anggota PKK. Tujuan pelaksanaan pengabdian ini adalah untuk membantu memperkuat ketahanan keluarga melalui ibu rumah tangga dengan meningkatkan keterampilan komunikasi intrapersonal mereka dengan menggunakan Model Coaching GROW yang diharapkan dapat meningkatkan keterampilan dasar komunikasi intrapersonal. Pengabdian masyarakat ini berfokus pada 3 inti kegiatan yakni pelatihan, Focus Group Discussion, dan refleksi kelompok untuk memperkuat keterampilan tersebut. Adapun harapan pelaksanaan pengabdian masyarakat ini adalah untuk memberikan wawasan awal tentang bagaimana ibu rumah tangga memahami diri mereka sendiri. Pelaksanaan kegiatan pengabdian ini berlangsung baik dan sukses dapat dilihat dari kesediaan peserta untuk mengekspresikan berbagai emosi negatif dan perasaan yang telah lama dipendam akibat kondisi keluarga.*

Selain itu, FGD membantu menekankan pentingnya mengelola emosi secara efektif agar peserta tidak merasa kewalahan dan tetap bahagia dalam menjalankan peran mereka di dalam keluarga. Para peserta juga memperoleh pemahaman yang lebih mendalam bahwa kualitas komunikasi dalam keluarga merupakan fondasi untuk menciptakan keluarga yang berdaya. Dapat ditarik kesimpulan bahwa pengabdian masyarakat ini berhasil memberikan kontribusi pada pengembangan keterampilan komunikasi intrapersonal ibu rumah tangga, secara signifikan dalam memperkuat ketahanan keluarga dan mendorong hubungan yang lebih baik dalam keluarga.

**Kata kunci:** Ketahanan Keluarga, Model Coaching Grow, Komunikasi Intrapersonal

## 1. PENDAHULUAN (*Introduction*)

A mother is a figure who plays a vital role within the family, dedicating her life to caring for her husband and children. Even when she has to balance her role with a career, a mother must still be able to manage both aspects of her life well and perfectly. The role of a mother is especially important, particularly as the pillar of family resilience. She becomes the first school for her children, and in addition, a mother must also support and be a companion to her husband, both in good times and bad (Atika, 2022; Zahrok & Suarmini, 2018)

The role and efforts of a mother within the family are central and crucial, both as a partner to her husband and as a mother to raise her children. However, the sacrifices of a mother are often underestimated, as being a homemaker is perceived as an easy task, and it is frequently judged that a housewife does nothing at home. In reality, being a housewife is far from easy. The role of a housewife, which is often underestimated by hypocrite and patriarchal societies, does not change the fact that it is not easily replaceable (Deswandari et al., 2021). Without intending to compare which role is better or worse, the fact is that a mother is believed to be capable of performing more than one role, more so than a father. Society's perception frequently discredits women who dedicate their lives to being housewives (Giantara et al., 2019).

This reality highlights the significant influence that a mother has within a family. However, this reality must contend with the current societal conditions in Indonesia, where society is still largely unable to fully escape the hegemony of patriarchy. Often, men and women are still regarded as unequal. This can be observed in how the roles of men and women within the family are viewed, where it is still common for society to position men as solely responsible for working to provide for the family, while women are seen as responsible only for household tasks and child-rearing. In fact, both should play equal roles and mutually support one another in the family to achieve shared visions and goals (Afriliani Et Al., 2021; Maisyarah Et Al., 2017; Riyani, 2015). This patriarchal mindset frequently positions women as the ones who must make sacrifices, especially within the family, often leaving their aspirations unrecognized even within their own households

The dominance of masculinity in this patriarchy society often leaves mothers, who should play an important role within the family, feeling intimidated and unable to voice their opinions (Iqbal et al., 2023). This issue becomes more pronounced when the mother lacks a high level of education, making her more fearful of expressing her opinions, even within "the family" that supposed to be her comfort place to express herself. It is supported by the fact that approximately 0.49% of women in Indonesia aged 7-24 years have never received formal education, and 28.05% of women in Indonesia in the same age group no longer attend formal education. Participation in education, implicitly, plays a crucial role in shaping how women engage within their households. One significant factor is how mothers contribute to building communication within the family, including how they express their thoughts and feelings. What is often forgotten is that a mother is a human being, who can naturally experience fatigue, weakness, and a desire to be understood.

Intrapersonal communication skills are crucial for a mother to possess within the family. From a social context, it is evident that the role of a housewife often demands strong intrapersonal communication skills to navigate daily challenges, such as time management, finances, and interpersonal relationships within the family. In many societies, housewives hold a key role in maintaining the well-being and stability of the family. Intrapersonal communication skills form the foundation of an individual's mental and emotional stability. These skills involve the ability to communicate with oneself, reflect, manage emotions, and understand personal needs. When housewives possess these abilities, they are better equipped to overcome challenges and respond appropriately to complex situations in daily life.

The next issue is that not all housewives have the privilege to develop their intrapersonal communication skills. One of the influencing factors is participation in education (Tasia & Nurhasanah, 2019), as education can enhance an individual's ability to communicate intrapersonally. Unfortunately, many housewives lack the opportunity to receive an education, which in turn affects the development of their intrapersonal communication skills, such as the mothers in Bulak Village, Jatibarang Subdistrict, Indramayu. The Education participation data in Bulak Village is as follows:  
Table 1. Education Participation

No	Education Level	Total	Percentage
1	Did Not Complete Elementary School or Equivalent	2913	29,26%
2	Completed Elementary School or Equivalent	379	3,81%
3	Junior High School or Equivalent	4977	49,99%
4	Senior High School or Equivalent	865	8,69%
5	Diploma I / II	665	6,68%
6	Academy / Diploma III / Associate Degree	12	0,12%
7	Diploma IV / Bachelor's Degree	36	0,36%
8	Master's Degree	107	1,07%
9	Junior High School or Equivalent	2	0,02%

According to this participation data, we can observe that community participation in education beyond high school remains very low, including for housewives in Bulak Village. This situation clearly impacts the process of developing intrapersonal communication skills, especially for housewives in the Bulak area, making it less optimal compared to more educated mothers. Communication is one of the most important aspects within a family, and without effective communication, interpersonal closeness among family members will be compromised. A mother should be able to demonstrate her optimal role in establishing communication with her family members. It can be imagined that if good communication is not developed within the family, the family will never realize the true vision and mission they aim to achieve. According to the various facts mentioned above, the researcher intends to assist housewives in rural areas in discovering ways to build effective communication within their families. It is hoped that they will also begin to learn to take an active role in family discussions and communicate their feelings and opinions more effectively. The main concern addressed through this community service initiative is how to raise

awareness of intrapersonal communication literacy among housewives to strengthen family resilience in the Bulak Village?.

## 2. TINJAUAN LITERATUR (*Literature Review*)

### **The Importance of Mother's Role in Family**

The mother plays a crucial and significant role in maintaining balance and stability within the family. A mother is not merely a domestic helper responsible for household tasks, but also holds a vital role in shaping and sustaining the emotional, educational, and social functions of her husband and children anaknya (Zhao, 2024). The mother serves as a fundamental pillar in ensuring family resilience, with an immense role in helping to develop her children emotional management skills. Moreover, the mother acts as the first school for her children, as various studies have demonstrated that a mother's involvement in her children's lives contributes significantly to their academic and social success.

Without comparing the magnitude of a mother's role to that of other family members, it is a fact that mothers are often expected to sacrifice and compromise many things once they decide to build a family. In patriarchal societies, women are frequently expected to fully devote themselves to their husbands and children, as if women have no right to personal space for pursuing their careers or dreams. Thus, throughout the history of societies around the world, a mother's sacrifices deserve recognition. The role of a mother within the family is extraordinarily complex and manifests in various forms. Even though there has been a societal shift towards greater gender equality over time, the fact remains that many still underestimate the role of a stay-at-home mother within the family (Dr. Dhiraj Yadav, 2023). In developing countries where patriarchy concepts and practices are more prevalent, the pressure placed on mothers within both the family and society is particularly intense. Therefore, emotional literacy and the ability to communicate with themselves are crucial skills that every housewives must possess.

### **The Importance of Intrapersonal Communication Literacy as a Stress Release**

Intrapersonal communication is a form of communication that focuses on the internal dialogue occurring within an individual, producing various outputs such as thoughts, reflections, and emotions. In fact, intrapersonal communication plays a critical role, especially in emotional and personal development, as well as in managing mental health. Positive intrapersonal communication enables individuals to become more adept at regulating their emotions and serves as an indicator of emotional maturity. Building positive communication with oneself has significant impacts, particularly when facing stressors and attempting to find solutions to these stress triggers (Rapiadi & Kasrah, 2024). Intrapersonal communication can be a strategic tool for emotional management, as emphasized in numerous studies, including research showing that the ability to manage negative emotions contributes to an individual's psychological balance (Romauli Simbolon et al., 2024).

The above facts indicate that literacy in intrapersonal communication is essential for every individual, including housewives, especially those living in communities where patriarchal practices still exist. This competency can serve as an important resolution in fostering family resilience, given the crucial role that housewives play in achieving such resilience.

### **The GROW Coaching Model for Strengthening Intrapersonal Communication Skills**

The GROW Coaching Model is a training method typically used to develop both personal and

professional skills. Fundamentally, this model focuses on four key elements that guide individuals through the coaching process: Goal, Reality, Options, and Will. The use of this model in training is intended to help individuals clearly define the goals they truly wish to achieve. The next phase encourages coaching participants to think realistically, considering various factors such as their current situation, as well as obstacles and challenges in developing intrapersonal communication skills. The GROW Model also assists individuals in opening up and exploring a range of options that may not have been previously considered. In its final phase, the GROW Model encourages coaching participants to remain focused and committed in selecting concrete steps to realize their ultimate goal, such as fostering a harmonious family and achieving strong family resilience (Kasrah, 2024; Susanto et al., 2023).

This community service initiative is carried out by following the thought process outlined as follows:

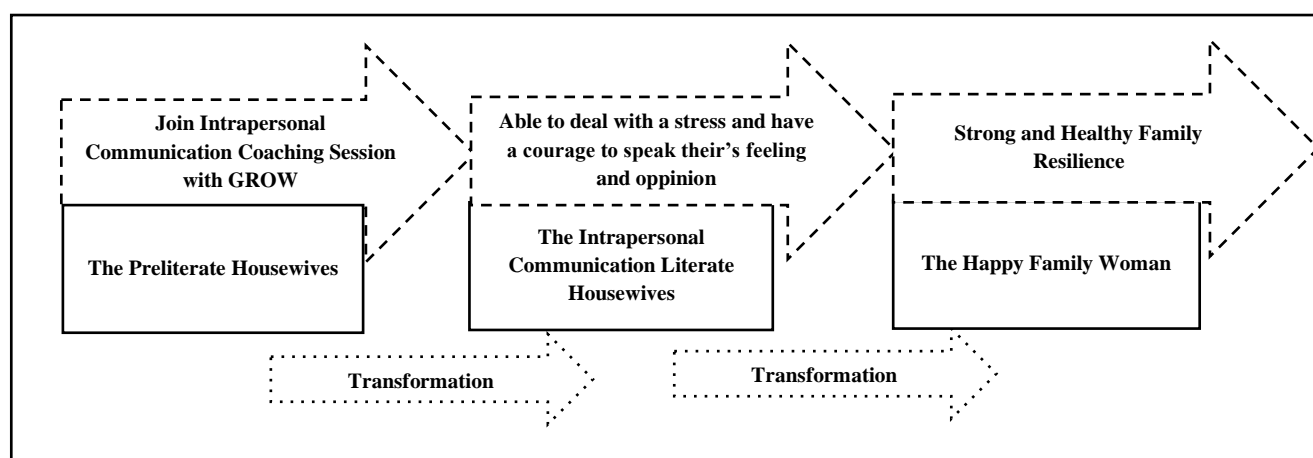


Figure 1. Community Service Concept Flowchart

### 3. METODE PELAKSANAAN (*Materials and Method*)

#### Materials

This community service initiative was carried out in Bulak Village, Jatibarang Subdistrict, Indramayu Regency. According to the analysis of the situation and environmental conditions, several key focus areas have been identified to improve the knowledge and skills of 20 women who are members of PKK in the Bulak Village community:

#### a. Enhancing Knowledge The Importance of Intrapersonal Communication

Understanding that the ability to engage in intrapersonal communication is a crucial need for housewives, especially in strengthening family resilience by fostering good communication between the housewife and herself, as well as with her surroundings. This can be achieved through focused training and discussions using the GROW Coaching Model.

#### b. Improving Basic Skills in Intrapersonal Communication

Mastering effective intrapersonal communication within the family is an urgent necessity. Enhancing basic skills in intrapersonal communication can be done through hands-on practice, focused discussions, and self-reflection, all guided by the GROW Coaching Model.

## Method

This community service activity was conducted in-person (face-to-face). The implementation followed several stages, including the preparation and briefing, the implementation stage, and the evaluation stage.

### a. Preparation and Briefing

Field conditions show the need for improved knowledge and communication skills among housewives in Bulak Village, Jatibarang, Indramayu. Therefore, proper preparation and briefing are required for the community service team to carry out coaching, considering the various limitations. The initial activities are as follows:

- a) Coordination with stakeholders at the location where the activities will be carried out.
- b) Forming coaching groups according to the specific needs of the training.
- c) Appointing a coordinator to facilitate program activity coordination.
- d) Socializing the program with the established training groups.
- e) Preparing the coaching material.

### b. Coaching Implementation

After all participants expressed their feelings and shared their concerns, the facilitator guided each participant to begin building communication with themselves. The facilitator emphasized that every participant has the right to release their long-held emotions and identify the source of their negative emotions. This process was intended to help participants realize the importance of maintaining emotional balance through intrapersonal communication, enabling them to better understand themselves and respond to situations more positively.



Picture 1. The Speaker Actively Invite The Participants to Speak

Following the self-reflection session, the facilitator introduced several simple techniques to improve intrapersonal communication, such as journaling, meditation, and positive self-talk. These techniques were expected to help the housewives manage their daily stress and emotions, as well as strengthen their relationship with themselves and their family members.

Participants were also encouraged to practice these techniques in their everyday lives.

Throughout the activity, the PKK members actively participated, sharing personal life experiences, daily challenges, and how they have been managing their emotions and stress. This process fostered a supportive and empathetic atmosphere among the participants. At the end of the session, participants were given the opportunity to share any changes they felt after participating in the coaching session. Many of them reported feeling lighter after expressing the emotions they had held inside for so long and recognized the importance of intrapersonal communication as a tool for

managing emotions and improving their mental well-being.

### c. Evaluation

The final evaluation was conducted through a post-test to assess participants understanding of intrapersonal communication concepts and how they could apply them in their daily lives. Participants who demonstrated the best performance were also awarded as a form of motivation to continue developing their communication skills.

Overall, this community service activity ran smoothly and had a positive impact on the participants, especially in strengthening their ability to communicate with themselves and enhancing their emotional and mental well-being.

## 4. HASIL DAN PEMBAHASAN (*Results and Discussion*)

### Result

Overall, this community service activity ran smoothly and had a positive impact on the participants, especially in strengthening their ability to communicate with themselves and enhancing their emotional and mental well-being. This community service is able to strengthening family resilience by targeting crucial aspects in family life. Improving the intrapersonal communication skills of housewives especially in a rural area like Bulak Village. The session pushed the PKK's Members to explore and get to know more about theirselves, those women was invited to do fun activities first through games and icebreaking. After the fun activities the coach start to invited them to explore their unexpressed emotions and pushed them to speak with their own selves. This is the Activities that the Community Service team did to achieve the objective of this community service

Table 2. Activity Implementation

Phase	Activities	Information
I	The Program Preparation	The community service team designed a structured training program for housewives. The program should include an understanding of the basic concepts of intrapersonal communication, the importance of understanding oneself, and how to develop healthy intrapersonal communication skills.
II	Participant Identification and Participant Learning Needs	The team identified the participants and learning needs of housewives who have the potential to take part in the program. The assesment did by collaborating with local stakeholders.
III	Coaching Session	Coaching sessions guided by coach who taught the concepts of the GROW Coaching Model (Goal, Reality, Options, Will) as well as communication techniques that are relevant to improving self-understanding and strengthening relationships in the family. The participants pushed to identified and explore to get to know more about theirselves. Through

		this model, they able to manage to find the problem of their families bond issues.
IV	Focused Group Discussion	The Coach used case studies that are relate to the daily life of the participants. The method able to help participants to elaborate the concepts learned to the real situation they are facing, and it really help them easier to understand and implement the materials
V	Evaluation and feedback	We continuously monitor participants progress and gather feedback on the effectiveness of the program. Evaluation and feedback was conducted through open questionairre, and it showed that all the participants start to understand the urgency of improving their ability in intrapersonal communication.
VI	Follow-up Plan	The community service team help the participants to develop a follow-up plan to apply the skills they have learned in their daily lives. We try to build the commitment to continue the practices that have been learned and seeking additional support if needed.



Picture 2. The Participants focus to learn



Picture 3. The Participants Actively Asked the Coaches

The After effect showed that the women who joined the coaching session become more adaptive and resilient in facing various challenges, thereby increasing the stability and overall welfare of the family. The housewives are ultimately able to manage conflicts more effectively, make wiser decisions, and have a more stable emotional balance eventhough there are a lot space for the improvement to come.



## **Discussion**

This community service initiative focuses on optimizing intrapersonal communication skills among housewives to strengthen family resilience using the GROW Coaching Model. The GROW Coaching Model was selected as the core learning approach due to its emphasis on personal growth through self reflection, questioning, and goal setting. This method is particularly effective for developing intrapersonal communication skills, as it promotes self-awareness and encourages individuals to recognize and accept their personal needs. These characteristics are essential for housewives, who often play pivotal roles in maintaining the emotional and psychological stability of the family unit.

The GROW model structured yet flexible nature makes it ideal for this context, especially when tailored to address the unique challenges faced by housewives in balancing household responsibilities and personal well-being. The model's stages are Goal, Reality, Options, and Will, those provide a clear framework that guides participants through self-exploration, helping them to identify personal goals, confront current realities, explore potential solutions, and commit to actionable steps. In the context of intrapersonal communication, these steps enable housewives to build a deeper understanding of their emotions, thoughts, and behaviors, ultimately fostering better communication both with themselves and their family members.

One of the strengths of this community service project is its adaptability. While the GROW model serves as the foundational mechanism, slight modifications may be required during the implementation phase to accommodate the dynamic nature of the field. The initial expectation is that, through the program, housewives will enhance their intrapersonal communication skills, which will, in turn, contribute to stronger family resilience and healthier relationships within the household. As housewives improve their ability to understand and manage their emotions, the entire family benefits from improved emotional harmony and conflict resolution.

This community service program aims to provide an inclusive and supportive environment that is sensitive to the diversity of backgrounds, needs, and beliefs within the community. By ensuring that the message and benefits of the program are accessible to a wide range of housewives, the initiative seeks to reach as many participants as possible. Moreover, the program encourages broader family involvement by inviting husbands and children to participate in certain aspects of the learning process. This holistic approach recognizes the interconnected nature of family dynamics and ensures that the skills developed by housewives can be reinforced and supported by other family members.

The key component of the project is the ongoing evaluation of its impact and effectiveness. Regular monitoring of the progress in intrapersonal communication skills among housewives, alongside an assessment of changes in family dynamics, is essential to ensure the program is meeting its objectives. This continuous feedback loop allows for the adjustment of strategies and the provision of additional support when necessary, ensuring that the community service project remains aligned with the goals set at the outset.

In addition, this community service initiative has significant potential to contribute meaningfully to the well-being of families within the community. By strengthening housewives' intrapersonal communication skills, the program aims to create more resilient, harmonious families that are better equipped to face challenges. The program's strong commitment to inclusivity, adaptability, and holistic family engagement positions it as a valuable tool for fostering long-term positive change. As the popular saying goes, "Happy Mother, Happy Family," this initiative strives to embody that sentiment by empowering housewives to lead emotionally healthy and balanced lives,

thus benefiting the entire family.

## 5. KESIMPULAN (*Conclusions*)

The community service program was successful in enhancing the intrapersonal communication skills of the participants, specifically housewives from the PKK group in Bulak Village, Jatibarang, Indramayu. Through a structured coaching process, the participants were guided to explore their emotions, express long-held feelings, and learn techniques for managing stress and self-reflection. The combination of practical activities like journaling, meditation, and positive self-talk proved effective in helping participants recognize and address their emotional needs.

Active engagement and shared experiences among the participants fostered a supportive and empathetic environment, further reinforcing the importance of self-awareness and emotional balance. The post-session evaluations revealed significant improvements in participants' understanding of intrapersonal communication and their ability to apply it in daily life, contributing to better mental and emotional well-being. In conclusion, the program not only equipped the participants with valuable tools for managing their emotions but also empowered them to build healthier relationships with themselves and their families. This initiative demonstrates the critical role that intrapersonal communication plays in enhancing individual resilience and overall quality of life.

## 6. UCAPAN TERIMA KASIH (*Acknowledgement*)

We would like to express our deepest gratitude to all those who contributed to the success of this community service program. First, we extend our sincere thanks to the PKK group in Bulak Village, Jatibarang, Indramayu, for their enthusiastic participation and openness throughout the coaching sessions. Your willingness to engage and share personal experiences greatly enriched the program. We also wish to acknowledge the support of local stakeholders and community leaders for facilitating the coordination and logistics of the event. Your cooperation and assistance were invaluable in ensuring the smooth execution of this program. A special thank you to the Rectors of Universitas Negeri Jakarta, Lecturers of Community Education Department, Faculty of Education and Universitas Negeri Jakarta. Finally, we are grateful to the entire community service team for their dedication, hard work, and commitment to empowering others. This program would not have been possible without your endless effort and support.

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