

Empowering Mothers through Education and Light Hypnosis for Members of the PKK and Dharma Wanita in Karangbinangun Subdistrict, Lamongan Regency, to Foster Happiness

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Abstract

This community service article aims to enhance the understanding and skills of PKK and Dharma Wanita members in developing personal happiness while remaining empowered, productive, and socially engaged. The activity was conducted on October 14, 2025, at the Karangbinangun Subdistrict Hall, Lamongan Regency, and involved 70 participants. The methods included interactive lectures, participatory discussions, and affirmative relaxation sessions to support emotional management and self-confidence. Evaluation was carried out using a simple pre- and post-test measuring happiness levels and work motivation. The results indicated an increase in average happiness scores from 68 to 85 and work motivation from 70 to 88. Participant feedback also showed greater optimism, improved readiness to face family challenges, and increased motivation to participate in social and creative economic activities. Overall, the program had a positive impact on individual emotional well-being and strengthened the role of women as agents of change in the community.

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INTRODUCTION

Women play a significant role in family and community development. PKK and Dharma Wanita are women's organisations that drive community empowerment from the household to the social environment (Sartika & Amelia, 2020). However, social reality shows that many mothers still face challenges in the form of emotional pressure, double burdens (domestic and public), lack of space for self-actualisation, and limited access to information and psychological support (Dewi, 2021). These conditions often affect women's level of happiness in carrying out their roles as mothers and members of society.

A number of studies show that maternal happiness and mental health have a strong influence on children's psychological development and character (Puspitasari, 2019), improve family harmony (Hasanah & Lestari, 2022), and determine women's ability to contribute to social and economic activities (World Bank, 2020). Happy mothers tend to have positive parenting patterns, are actively

involved in their children's education, and are more adaptive in dealing with family issues (Fitriani, 2023).

In addition, light hypnosis or guided relaxation approaches have been proven to help manage stress, improve emotional well-being, reinforce positive affirmations, and build self-confidence in housewives (Rahayu et al., 2022). Structured relaxation can also improve sleep quality, reduce anxiety, and increase motivation in social and economic fields (Putri & Hadi, 2020).

Thus, educational programmes that combine psychological, motivational, and emotional relaxation materials are considered effective in improving mental health, parenting quality, and women's productivity in their daily lives (Nursanti, 2021). This is important considering that women are the main agents in instilling moral values and character in children and maintaining social harmony in the community. Therefore, this community service activity was designed to provide insight, psychological counselling, and motivational stimulus to the mothers of the PKK and Dharma Wanita in Karangbinangun Subdistrict, so that they can become happy mothers who remain empowered, productive, and beneficial to their families and surrounding environment.

METHOD

This method of service was carried out in four stages, namely, assistance through lectures, discussions, light hypnosis (affirmative relaxation) and evaluation.

- Interactive Lecture

An interactive lecture is a method of delivering material orally, accompanied by two-way feedback between the presenter and participants, so that communication is more effective and participants remain active in the learning process (Sari, 2020). This lecture model emphasises questions, responses, and concrete examples so that participants understand and are directly involved in reinforcing the material (Rahman & Putri, 2021). Interactive lectures have been proven to increase motivation and information retention among participants in community empowerment activities (Lestari, 2022).

- Participatory Discussion

Participatory discussion is a collaboration-based method in which participants actively share their experiences, views, and solutions to the topic being discussed, thereby creating meaningful social learning (Nugraha, 2020). This approach increases a sense of ownership of the programme and encourages women to be more empowered in voicing their needs and aspirations (Fitriana & Dewi, 2021). Participatory discussions are also effective in strengthening the social networks of mothers in community organisations such as PKK and Dharma Wanita (Aulia, 2023).

- Light Hypnosis (Affirmative Relaxation)

Light hypnosis or affirmative relaxation is a technique of giving positive suggestions while participants are in a relaxed state to help reduce stress and improve emotional balance (Rahayu et al., 2022). This technique aims to build more adaptive mindsets and beliefs so that mothers have greater self-confidence and happiness (Putri & Hadi, 2020). Light hypnosis has been proven to be a simple psychological intervention that is safe, easy to practise, and can increase calmness in daily life (Kurniasih & Pratama, 2023).

- Instruments and Evaluation

The evaluation instruments used in this activity employed a simple quantitative approach through pre-tests and post-tests administered to all participants before and after the activity took place. Measurements were taken using a 0–100 Likert scale covering two main variables, namely psychological happiness and motivation to work and empower oneself in the community. These two variables were chosen as important indicators in assessing psychological well-being and the level of women's empowerment in social life.

In addition to quantitative measurements, qualitative evaluations were also carried out using observation and self-report techniques during the sessions to record changes in

participants' emotional expressions, enthusiasm, and active participation in discussions and affirmative relaxation practices. Observations were made by the implementation team to describe the participants' spontaneous responses, while self-reports were given in the form of simple reflective questions to explore feelings, understanding of the material, and positive experiences after participating in the activities.

This combination of quantitative and qualitative evaluations was intended so that the data obtained would not only focus on score increases but also on changes in participants' attitudes, moods, and self-confidence. Thus, the evaluation could provide a more comprehensive picture of the effectiveness of the community service programme in increasing the happiness and motivation to work among PKK and Dharma Wanita mothers.

RESULT

Quantitative measurements showed a significant increase in two main variables, namely psychological happiness and motivation to work and be empowered. In terms of psychological happiness, the average score of participants increased from 68 in the pre-test stage to 85 in the post-test stage, or an increase of 17 points. This increase indicates a positive change in the participants' affective state, self-satisfaction, and emotional balance after participating in the activity.

Meanwhile, in terms of motivation to work and be empowered, the participants' average score also increased significantly, from 70 in the pre-test to 88 in the post-test, with an increase of 18 points. These findings show that the activities carried out not only had an impact on emotional aspects, but also encouraged participants to be more productive, take initiative, and contribute actively in their personal and social lives. Overall, the increase in both variables confirms that the intervention provided had a measurable positive impact, both on internal psychological dimensions and on external encouragement to be empowered.

Variabel	Pre-Test (Mean)	Post-Test (Mean)	Peningkatan
Kebahagiaan psikologis	68	85	+17
Motivasi berkarya & berdaya	70	88	+18

The light hypnosis sessions provided during the activity were considered effective by participants in creating psychological relaxation. This intervention contributed to reducing tension and anxiety levels, fostering positive self-affirmation, and increasing psychological confidence and energy to contribute to family and community. This calmer and more positive mental state became a supporting factor in increasing participants' motivation and self-confidence.

Based on these findings, simple psychological interventions such as light hypnosis have the potential to become a sustainable community-based empowerment strategy. This approach is relatively easy to implement, does not require complex resources, and can be integrated into various community development programmes. Thus, such activities are not only relevant for improving individual well-being but also have strategic implications for building communities that are more psychologically and socially empowered.

DISCUSSION

These results are in line with various studies that state that an increase in women's well-being has a direct impact on family welfare, especially in terms of child care and harmonious family relationships (Hasanah & Lestari, 2022). Women who feel happy and empowered tend to exhibit positive parenting patterns and a more supportive attitude towards other family members (Puspitasari, 2019). In addition, mothers' well-being also correlates with increased social activity and economic contribution in their communities (World Bank, 2020).

The emotional and participatory approach in this activity helped to increase participants' sense of belonging and active involvement during the programme (Fitriana & Dewi, 2021). A learning model that opens up space for sharing experiences through participatory discussions can strengthen social support networks among mothers, which is an important protective factor in maintaining mental health (Nugraha, 2020).

In addition, the use of light hypnosis or affirmative relaxation has been proven effective in reducing stress, increasing calmness, and strengthening the self-confidence of housewives (Rahayu et al., 2022; Putri & Hadi, 2020). When mothers are in a more stable emotional state, they will be better able to actualise their potential and engage in productive activities and economic and social empowerment activities (Nursanti, 2021).

Thus, the increase in happiness and motivation scores among participants reflects the programme's success in bringing about positive psychological changes. This reinforces previous findings that integrated interventions combining education, social support, and emotional strengthening have a significant impact on empowering women at the community level (Aulia, 2023)

CONCLUSION

Community service programmes have proven effective in increasing psychological well-being and motivation to work among PKK and Dharma Wanita members. Going forward, follow-up activities such as group mentoring and regular stress management sessions are highly recommended to maintain the positive impact of the programme.

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