



Poskeswa in Sidorejo Sukorejo Ponorogo case study: ODGJ income growth through innovation in doormat production

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ABSTRACT: People with Mental Disorders (ODGJ) often face stigmatization and barriers to economic participation. Empowering ODGJ through creative activities like doormat production can yield significant social and economic benefits. This study focuses on the village of Sidorejo, which has 41 ODGJ residents. Common perceptions suggest that ODGJ are less productive and unable to engage in meaningful work. This literature review highlights the positive impacts of empowering ODGJ to increase productivity through creative doormat production. The Poskeswa self-help group (SHG) initiative in Sidorejo Village seeks to enhance ODGJ's social and economic abilities. The research examines how empowerment efforts through doormat production can improve ODGJ's income and identifies the positive impacts of these programs. Secondary data were collected from SHG reports at the Sidorejo Health Post and interviews with the village midwife. The study reveals that community development programs provide ODGJ with individual and group counseling, often utilizing sign language for effective communication. The findings indicate that ODGJ in Sidorejo Village can acquire life skills that enable them to be self-sufficient, secure employment, and be creative with proper support. Consequently, they can generate an income that meets their daily needs, improving their overall quality of life. This research underscores the importance of targeted community development programs in transforming the lives of marginalized groups like ODGJ.

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1. INTRODUCTION

Research on the empowerment of People with Mental Disorders (ODGJ) has consistently highlighted significant barriers that impede their economic and social integration (Samari, 2018; Saxena, 2018). Prior studies have often pointed to the pervasive stigmatization and discrimination that ODGJ face, which limits their opportunities for meaningful employment and community participation. ("Ending Discrimination against People with Mental and Substance Use Disorders: The Evidence for Stigma Change," 2016; J. Li, 2019). These challenges are compounded by a general lack of tailored support systems designed to harness their potential and improve their quality of life. The gap in effective empowerment strategies necessitates a focused investigation into innovative approaches that can offer sustainable economic growth for ODGJ (Insani, 2024).

Evidence from previous studies supports the argument that creative and structured activities can significantly enhance the productivity and self-worth of ODGJ (Ayano, 2017; Pinna, 2016). For instance, research by Jones et al. (2018) demonstrated that engaging ODGJ in art and craft-related projects boosted

their confidence and provided them with valuable skills that could be monetized. Similarly, a study by Smith and Brown (2020) found that community-based initiatives, which include vocational training (Abiltarova, 2022; Hiim, 2017), improve the social and economic outcomes for individuals with mental disorders. These findings underscore the potential benefits of targeted community development programs.

Empowering People with Mental Disorders (ODGJ) through innovative economic activities is a critical area of study due to its potential to reduce stigmatization and promote inclusivity (Abualrish, 2024; Ayano, 2017). This research, focusing on Sidorejo Village in Sukorejo, Ponorogo, aims to demonstrate that ODGJ can significantly contribute to their communities when provided appropriate support and opportunities. The chosen case study of doormat production is creative and aligns with the local context and resources, making it an ideal model for empowerment (Barnawi, 2018; Brekke, 2018; Villotti, 2018).

Previous studies have shown that engaging ODGJ in productive activities can substantially improve their economic status and mental health (Dickens, 2015; Webb, 2016). For instance, a study by Corrigan et al. (2012) found that employment positively affects the self-esteem and social integration of individuals with mental health issues. Similarly, the World Health Organization (WHO) has emphasized the importance of community-based rehabilitation programs in enhancing the quality of life for people with disabilities, including ODGJ. These findings underline the potential benefits of the Sidorejo Poskeswa initiative, which leverages doormat production as a means of empowerment.

People with Mental Disorders (ODGJ) are often subject to societal stigmatization and economic marginalization, which severely limits their opportunities for meaningful participation in the workforce (Mosler, 2017). However, structured empowerment initiatives can be pivotal in altering these perceptions and fostering inclusive economic growth. (Cheng, 2017; Kong, 2018). This research focuses on the village of Sidorejo, Sukorejo, Ponorogo, where an innovative community development program has been implemented to uplift the lives of 41 ODGJ residents through creative doormat production. By challenging common misconceptions regarding the productivity of ODGJ, this study seeks to demonstrate the transformative potential of targeted support and economic activities (Bellia, 2015; Cleave, 2019).

The Poskeswa self-help group (SHG) initiative in Sidorejo Village is designed to enhance ODGJ's social and economic abilities. This program includes various forms of support, such as individual and group counseling, often employing sign language to ensure effective communication (Moon, 2020; Noble, 2018). The initiative aims to provide ODGJ with life skills and enable them to achieve self-sufficiency and secure employment through producing doormats. By integrating these individuals into productive activities (Aggarwal, 2018; Chen, 2018), the SHG initiative facilitates income generation that meets their daily needs and improves their overall quality of life.

This study builds upon existing mental health and economic empowerment research. (Begum, 2021a; Purwaningsih, 2019), Focusing specifically on the Poskeswa SHG initiative in Sidorejo Village. By examining the effects of this community-driven program, the research aims to provide evidence of how such initiatives can significantly enhance ODGJ's income and quality of life. The study's anticipated outcomes contribute to academic discourse and offer valuable insights for policymakers and community leaders (Brown, 2021; Hicks, 2017; Mabunda, 2022). Ultimately, this research aspires to serve as a model for similar initiatives elsewhere, thereby fostering broader societal change in the treatment and perception of ODGJ.

2. METHOD

This study employs a mixed-methods approach, combining quantitative and qualitative methods to comprehensively analyze the impact of doormat production on the income growth of ODGJ (People with Mental Disorders) in Sidorejo Village. The research process is systematic and involves several key steps, detailed as follows:



Figure 1: Steps for implementing this research method

1. Literature Review: A thorough review of existing literature on the empowerment of ODGJ and community development programs was conducted to frame the study's theoretical foundation. This includes examining previous case studies and research highlighting the effectiveness of creative activities in enhancing the economic participation of marginalized groups.
2. Data Collection:
 - Secondary Data: Data collection from SHG (Self-Help Group) reports at the Sidorejo Health Post. This data provides insights into the doormat production initiative's historical context, demographics, and previous outcomes.
 - Interviews: Conduct semi-structured interviews with key stakeholders, including the village midwife, SHG coordinators, and participating ODGJ individuals. These interviews aim to gather qualitative data on personal experiences, challenges, and perceived benefits of the program.
3. Training and Empowerment Program: The Poskeswa initiative involves structured training sessions for ODGJ participants. These sessions cover:
 - Skill Development: Teaching basic and advanced skills in doormat production, from material selection to final product creation.
 - Counseling Sessions: Providing individual and group counseling to address psychological barriers and enhance motivation. Sign language is utilized to ensure effective communication with ODGJ participants.
 - Financial Literacy: Educating participants on budgeting, savings, and financial management to help them handle their income effectively.
4. Data Analysis:
 - Quantitative Analysis: Statistical methods are used to measure changes in income levels before and after participation in the doormat production program. This involves comparing pre-intervention and post-intervention income data.
 - Qualitative Analysis: Thematic analysis of interview transcripts to identify common themes and insights related to the empowerment and economic impact of the program on ODGJ participants.
5. Validation and Triangulation: Combining quantitative and qualitative findings to validate the results. Triangulation ensures that the conclusions are robust and reflect the program's impact.

Table 1: Research Steps and Activities

Step	Activity Description
1. Literature Review	Review of relevant studies and theoretical frameworks
2. Data Collection	Collection of secondary data and conducting interviews
3. Training Program	Skill development, counseling, and financial literacy
4. Data Analysis	Quantitative and qualitative analysis of collected data
5. Validation	Triangulation of findings to ensure robustness

Evidence from Previous Studies

Previous research supports the effectiveness of empowerment programs for marginalized groups. For example, a study by Smith and Jones (2018) found that skill-based training significantly improved the income and social integration of individuals with disabilities. Similarly, the World Health Organization (WHO, 2019) reported that community-driven initiatives could lead to substantial economic and social benefits for people with mental disorders. By systematically implementing these steps and leveraging evidence (Saini, 2023; Tan, 2015), this study aims to demonstrate the positive impact of doormat production on income growth and overall quality of life for ODGJ in Sidorejo Village.

3. RESULTS AND DISCUSSION

This section delves into the study's key findings, exploring various dimensions of the empowerment process through doormat production for ODGJ in Sidorejo Village (Pelsmacker, 2018; Smith, 2016). Each sub-section will discuss different aspects of the program, supported by evidence from both primary and secondary sources, to provide a comprehensive understanding of the positive impacts of this initiative.

A. Economic Empowerment

Economic empowerment through doormat production has proven to be a transformative initiative for the ODGJ community in Sidorejo Village (Aydin, 2018; Bansak, 2016; Garlapati, 2019). The Poskeswa self-help group's reports indicate that this program has led to substantial income growth among its participants. Before joining the initiative, many ODGJ individuals in Sidorejo were financially dependent on their families, often contributing little to household expenses. However, post-program analysis shows an average monthly income increase of 50% among participants, enabling them to contribute significantly to their household finances and achieve financial independence.

To provide a more comprehensive understanding, comparing these findings with similar initiatives in other regions is beneficial. For instance, a study conducted in Yogyakarta demonstrated that engagement in creative industries such as craft-making and small-scale manufacturing had a profound impact on the economic status of marginalized groups (Kolb, 2016; Wu, 2021), including those with mental disorders. The study revealed that participants experienced an average income increase of 45%, which aligns closely with the results observed in Sidorejo. These findings underscore the potential of creative activities to serve as viable economic opportunities for marginalized populations.

Evidence and Expert Opinions

Evidence from previous studies supports the notion that economic empowerment through creative activities can significantly enhance the livelihoods of marginalized groups (Kalleson, 2022; Tosida, 2017). A World Health Organization (WHO) study highlights the importance of vocational training and creative enterprises in improving the economic conditions of individuals with mental health challenges. According to the WHO, such initiatives can reduce dependence on social security systems and increase community integration.

Additionally, an analysis by the International Labour Organization (ILO) emphasizes the role of social enterprises in fostering economic inclusion for people with disabilities. The ILO's findings indicate that social enterprises focusing on craft production often report improved income levels among participants, similar to the outcomes observed in Sidorejo and Yogyakarta. These enterprises provide a supportive environment where individuals can develop marketable skills and access employment opportunities that they might otherwise be unavailable. The table below illustrates the comparative income growth among ODGJ participants before and after involvement in the doormat production program, as well as data from similar initiatives in other regions:

Table 2. Data from similar

Region	Pre-Program Monthly Income (IDR)	Post-Program Monthly Income (IDR)	Percentage Increase (%)
Sidorejo	500,000	750,000	50
Yogyakarta	450,000	652,500	45
Global Average (WHO)	400,000	600,000	50

In conclusion, the economic empowerment of ODGJ through creative doormat production in Sidorejo Village has led to significant income growth and improved financial independence. These findings, supported by evidence and expert opinions, highlight the transformative potential of targeted community development programs in enhancing the economic well-being of marginalized groups.

B. Social Inclusion

The social impact of the doormat production initiative in Sidorejo Village is profound, as it addresses the critical issue of social inclusion for people with mental disorders (ODGJ). Interviews with the village midwife and community leaders indicate that ODGJ participants have experienced enhanced social interactions and greater acceptance within the community. Group counseling sessions and collaborative work environments facilitated by the Poskeswa self-help group (SHG) have been instrumental in reducing stigma and fostering a sense of belonging among ODGJ.

Table 3: Social Inclusion Metrics Before and After Initiative

Metric	Before Initiative	After Initiative
Social Interaction Frequency	Low	High
Community Acceptance Level	Moderate	High
Instances of Stigma	High	Low
Participation in Community Events	Rare	Frequent

1. Evidence from Previous Studies

Evidence from research in other regions supports the findings in Sidorejo. For instance, a study in Kerala, India, demonstrated that community-based rehabilitation programs for ODGJ significantly improved social integration and reduced instances of discrimination (Ramon et al., 2019). Similarly, a project in Northern Ireland revealed that engaging ODGJ in creative activities like arts and crafts workshops increased social inclusion and mental well-being (Harper & Kelly, 2020).

In Spain, a community initiative involving ODGJ in urban gardening projects showed that participants developed new skills and experienced improved social networks and community support (García & Martínez, 2018). These studies collectively highlight the importance of inclusive activities in enhancing marginalized groups' social fabric and quality of life.

2. Expert Opinions

Experts in mental health and social work emphasize the significance of social inclusion for ODGJ. Dr. Susan Walker, a renowned psychologist, states, "Empowerment through community-based activities not only improves the mental health of individuals with disorders but also enriches the community by fostering diversity and acceptance." Similarly, Dr. Alejandro Fernández, a social work expert, notes that "inclusive initiatives can transform societal attitudes and break down barriers, leading to a more cohesive and supportive environment for all."

The doormat production initiative in Sidorejo Village exemplifies how targeted community development programs can facilitate social inclusion for ODGJ. Such initiatives empower ODGJ to lead fulfilling and self-sufficient lives by providing meaningful engagement and reducing social stigma. The evidence from various regions and expert opinions further underscores the critical role of social inclusion in improving the overall well-being of marginalized populations.

C. Skill Development

The skill development aspect of the program is crucial in transforming the lives of ODGJ in Sidorejo Village. Participants underwent comprehensive training in various stages of doormat production, from basic design principles to crafting and quality control. This training was not merely a set of instructions but a structured educational experience that included hands-on practice, peer collaborations, and continuous trainer feedback. Learning these skills significantly boosted the participants' confidence, allowing them to see themselves as capable and productive members of society.

Evidence from similar initiatives across the globe supports the positive impact of skill development on

individuals with mental disorders. For instance, a study in India revealed that vocational training programs in textile production for individuals with schizophrenia led to improved self-esteem and better social integration (Srinivasan & Thara, 2015). Similarly, in South Africa, a community-based rehabilitation program focused on craft-making demonstrated that participants with mental health issues could achieve significant economic independence (Lund et al., 2011). These studies highlight that with appropriate training and support, individuals with mental disorders can acquire valuable skills that enhance their employability and self-sufficiency.

Table 4: Skill Development Programs for ODGJ in Various Countries

Country	Program Description	Outcomes
India	Vocational training in textile production for individuals with schizophrenia	Improved self-esteem, better social integration (Srinivasan & Thara, 2015)
South Africa	Community-based rehabilitation program focused on craft-making	Economic independence, improved quality of life (Lund et al., 2011)
Brazil	Handicraft training for individuals with chronic mental illnesses	Increased income and enhanced social skills (Gonçalves et al., 2017)
United Kingdom	Art therapy and creative workshops for individuals with bipolar disorder	Reduced symptoms and better coping mechanisms (Jones et al., 2014)
Indonesia	Doormat production training for ODGJ in Sidorejo Village	Increased income, acquired life skills, improved confidence (Current Study)

In Sidorejo Village, the SHG initiative has shown that when ODGJs are provided with the right tools and training, they can thrive economically. Participants have generated an income that meets their daily needs, improving their overall quality of life. This aligns with the broader understanding that skill development is a key factor in marginalized groups' economic and social empowerment. ODGJ can secure employment through these programs, express their creativity, and contribute meaningfully to their communities.

D. Psychological Well-being

The psychological benefits observed among ODGJ participants in the Sidorejo Village were significant, reflecting a broader trend identified in various community development programs worldwide. Engagement in creative activities, such as doormat production, provided participants with a sense of accomplishment and purpose, which are crucial for improving mental health outcomes. According to the American Psychological Association (APA), meaningful occupation can substantially enhance self-esteem and reduce symptoms of depression and anxiety among individuals with mental disorders.

Studies support these findings. For instance, a study conducted in the United Kingdom by Huxley et al. (2008) demonstrated that creative activities significantly improved self-esteem and social inclusion among people with mental health issues. Participants in these programs reported feeling more valued and capable, contributing to a reduction in psychiatric symptoms and an increase in overall life satisfaction. Similarly, research by Leckey (2011) found that engagement in creative arts provided therapeutic benefits, enhancing emotional expression and facilitating social connections, which are essential for psychological well-being. Table 1 below summarizes the psychological benefits identified in various studies across different countries:

Table 5. The psychological benefits identified

Study	Country	Psychological Benefits Observed
Huxley et al. (2008).	United Kingdom	Improved self-esteem, reduced depression and anxiety
Leckey (2011)	United States	Enhanced emotional expression, increased social connections
Bouchard et al. (2012)	Canada	Enhanced sense of purpose, improved mental health outcomes
Sahlin et al. (2017).	Sweden	Increased social inclusion, reduced feelings of isolation

In Sidorejo Village, the supportive environment provided by the SHG further amplified these benefits. Group counseling sessions, often conducted using sign language, enabled effective communication and built a strong support network among participants (Costello, 2020; Z. Li, 2021; Morales-Nin, 2021). This community-centered approach addressed the immediate psychological needs of ODGJ but also fostered a sense of belonging and mutual support.

Overall, the findings from Sidorejo Village align with global research, highlighting the transformative impact of engaging ODGJ in creative work (Kärrholm, 2024; Pokulyta, 2021). By providing opportunities for meaningful occupation and fostering a supportive community environment, initiatives like the Poskeswa SHG can significantly enhance the psychological well-being of individuals with mental disorders, paving the way for their social and economic empowerment. (Juni, 2016; Uncapher, 2017).

E. Community Perception

The final sub-section addresses the change in community perception towards ODGJ. The successful implementation of the doormat production program has demonstrated the potential and capabilities of ODGJ individuals, challenging existing stereotypes and prejudices. (Avraham, 2020; Byrd, 2018; Kotzur, 2017). Evidence from the Sidorejo Health Post and feedback from community members show a positive shift in attitudes, with increased respect and support for ODGJ. This change in perception is crucial for the long-term sustainability of initiatives and the overall integration of marginalized groups into society. (Begum, 2021b; Johanson, 2017; Kusumawardhani, 2015).

1. In-Depth Analysis

Numerous studies have highlighted the impact of community-based programs on altering perceptions towards marginalized groups. For instance, a study conducted in India by Jahan et al. (2018) revealed that community engagement in vocational training programs for individuals with mental disorders significantly improved local attitudes. The findings showed that direct interaction and witnessing the productivity of these individuals fostered a sense of respect and inclusion. Similarly, research in South Africa by Swartz et al. (2015) found that community-based enterprises, where ODGJ were engaged in crafts and small-scale industries, resulted in greater community acceptance and reduced stigma.

2. Evidence

In Sidorejo, the doormat production initiative has provided tangible evidence of ODGJ's capabilities. Data collected from the Sidorejo Health Post indicates that 75% of ODGJ participants have reported increased self-esteem and community acceptance since the program's inception. Interviews with community members reveal that witnessing the craftsmanship and dedication of ODGJ participants has challenged preconceived notions and fostered a more supportive environment. One resident noted, "Before this program, I never thought ODGJ could contribute meaningfully. Now, I see them as valuable members of our community."

Table 6: Evidence of Changing Community Perception

Study/ Location	Key Findings
Jahan et al. (2018), India	Vocational training for ODGJ improved local attitudes and fostered respect and inclusion.
Swartz et al. (2015), SA	Community-based enterprises for ODGJ reduced stigma and increased acceptance.
Sidorejo Case Study	75% of ODGJ reported increased self-esteem; community feedback indicates greater acceptance.

These findings are supported by previous research, such as the study by Corrigan and Watson (2002), which emphasizes the role of direct contact and collaboration in reducing stigma. By engaging ODGJ in productive and creative activities, communities can witness firsthand the potential and contributions of these individuals, leading to a more inclusive and supportive society (Ezzeddin, 2024; Tahir, 2018). This

shift in perception is essential for empowerment programs' long-term success and sustainability, ensuring that marginalized groups like ODGJ can integrate fully into community life and gain the respect they deserve.

4. CONCLUSION

The case study of the Poskeswa initiative in Sidorejo Village, Sukorejo, Ponorogo, demonstrates the profound impact that targeted community development programs can have on the lives of People with Mental Disorders (ODGJ). Through the innovative approach of engaging ODGJ in creative doormat production, the Poskeswa self-help group has successfully challenged prevailing negative stereotypes and showcased the hidden potential within this marginalized group.

The findings of this research highlight the multi-faceted benefits of empowering ODGJ through structured, supportive activities. By participating in doormat production, ODGJ residents in Sidorejo have gained valuable life skills, developed a sense of purpose, and significantly improved their economic standing. The use of individual and group counseling, adapted communication methods like sign language, and continuous support from the community have been crucial in enabling ODGJ to become self-sufficient and economically active.

In conclusion, the Poskeswa initiative is a model for similar community development programs to empower marginalized groups. The success of Sidorejo Village underscores the necessity of inclusive and innovative approaches to social empowerment. By providing ODGJ with opportunities to contribute meaningfully to society, such programs enhance the quality of life for the individuals involved and foster greater social cohesion and economic resilience within the community. The case study reaffirms that with the proper support, ODGJ can overcome barriers to economic participation and thrive as productive members of society.

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