

From Fear to Fight Back: Women's Empowerment Through "Jogo Tonggo" Program During Covid-19 Rage in Karang Nangka Village Banyumas County-Indonesia

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Abstract

Worldwide, rural communities face previously unheard-of difficulties due to the COVID-19 pandemic. This study examines the "Jogo Tonggo" initiative in Karang Nangka Village, Indonesia, which represents local community empowerment and resilience. In light of the constraints experienced by women and marginalized communities, this project initiated by the community effectively organized a localized response to the pandemic. It simultaneously encouraged active involvement, empowered individuals to take on leadership roles, and facilitated socioeconomic progress, focusing on women. The goal is to clarify the model's significant influence on health outcomes, gender inclusivity, and social capital. A study was conducted to explore qualitative data through interviews, focused group discussions, and participatory data analysis. The findings demonstrate significant improvements in health literacy, economic engagement, digital proficiency, and social cohesion due to the initiative's comprehensive empowerment strategies. Women took on prominent leadership positions in coordinating emergency response and recovery efforts. This endeavor disrupted antiquated gender norms while fostering enduring networks and resources. The localized volunteer system facilitated efficient monitoring of the pandemic, allocation of resources, and dissemination of health information well-aligned with the local conditions. The results confirm the effectiveness of involving women in community action that addresses gaps not addressed by formal top-down approaches. This study provides specific evidence on integrating community capabilities and official health systems for emergency preparedness in a given context. It emphasizes the routes for bottom-up social innovation and gender inclusivity to rebuild and improve effectively. Participatory models rooted in local communities can help foster equitable and resilient futures extending beyond the pandemic era.

Keywords: Women's Empowerment, Jogo Tonggo program, Covid-19, Banyumas Region

1. Introduction

Community life has been severely disrupted by the COVID-19 pandemic, especially in rural areas like Karang Nangka Village, Banyumas County, Indonesia. The pandemic has caused unprecedented social disruptions worldwide (Djalante et al, 2020; Marlina et al., 2021). These disruptions have brought attention to these communities' weaknesses and ability to recover, particularly among women, who have encountered increased difficulties but have also been at the forefront of local efforts to recover and respond (Anderson et al., 2012; Drolet et al., 2015). The 'Jogo Tonggo' program, directed by the Governor of Central Java through Governor Instruction No. 1 Year 2020, focuses on community empowerment in accelerating COVID-19 handling at the Neighborhood Association (RW) level (observed on the poster depicted in Figure 1) (Probosiwi & Putri, 2021). It involves establishing the Jogo Tonggo Task Force, which has become a symbol of hope and empowerment for women, encouraging them to shift from fear to actively addressing the pandemic's impacts (Yudiansyah, 2020). This transformation emphasizes the importance of community cohesion and women's empowerment in managing crises while highlighting a worldwide shift towards localized approaches to address global problems (Broeder et al., 2021; Prabowo et al., 2022).



Figure 1. Poster promoting "Jogo Tonggo" by the Central Java Provincial Government

The literature available about pandemics frequently emphasizes how these events disproportionately affect marginalized communities, with women suffering the most significant burden (Kabeer et al., 2021). Research has recorded a rise in household duties, financial difficulties, and mental strain experienced by women during times of crisis (Xiong et al., 2021; Almeida et al., 2020). Nevertheless, literature regarding community-led initiatives and women empowerment in rural Indonesia, specifically during pandemics, is scarce. The 'Jogo Tonggo' program exemplifies how localized, community-driven initiatives can effectively address societal challenges and provide solutions (Platteau & Gaspart, 2003; Yudiansyah, 2020). It highlights the significant impact of collective action and empowerment in crises, showcasing their transformative potential (Probosiwi & Putri, 2021).

This article aims to analyze the workings of the 'Jogo Tonggo' program in Karang Nangka Village and look at how it has supported community resilience and women's empowerment in the face of the COVID-19 pandemic. The study aims to contribute to the broader discussion on community-based solutions to global crises by examining the program's implementation, challenges, and successes. It provides insights into how women's leadership and participation can drive societal change and recovery. The objective is to emphasize the significance of local endeavors in tackling worldwide issues, advocating for policies that endorse community-driven solutions and women's empowerment as fundamental to sustainable development and resilience in times of crisis (Drolet et al., 2015; Huis et al., 2017).

This study is motivated by the hypothesis that the 'Jogo Tonggo' program has significantly transformed the village of Karang Nangka, empowering women, fortifying community ties, and lessening the immediate effects of the COVID-19 pandemic. This article contends that women's active engagement and leadership in community response endeavors can result in more all-encompassing, efficient, and enduring resolutions to crises based on a thorough analysis. Moreover, it implies that the promotion of women's empowerment through these programs can have lasting effects on society, fostering enduring social transformation and the ability to withstand future difficulties.

2. Literature Review

A fundamental understanding of women's empowerment is offered by Kabeer (1999), who describes it as a process that grants women the capacity to make wise decisions in life. This capability has historically been denied to them. This conceptualization is pivotal within the "Jogo Tonggo" initiative, as examining women's access to resources, agency, and accomplishments during the COVID-19 pandemic represents a noteworthy field of research. The controversy arises from the difficulty in quantifying empowerment, often perceived as intangible and multifaceted,

posing a challenge to conventional measurement methods. The redefinition of empowerment in the pandemic context is apparent in how "Jogo Tonggo" emphasizes the importance of non-material resources in empowering individuals. The emergence of COVID-19 requires a reassessment of empowerment in a crisis, suggesting solutions that encompass a more comprehensive comprehension of resources beyond tangible assets (Pitas & Ehmer, 2020; Redondo-Sama et al., 2020), including recognizing the importance of social and human resources, which are crucial in community-driven responses (Dirani et al., 2020; Comfort et al., 2020).

Kabeer refers to the ability to make decisions and pursue objectives in the face of adversity as the agency that is essential to empowerment. "Jogo Tonggo" showcases women's agency in actively participating in decision-making processes related to the pandemic response, signifying a shift in societal norms concerning women's roles. The controversy stems from conventional beliefs regarding women's ability to make decisions, while the initiative seeks to challenge these beliefs by highlighting women's effectiveness in managing crises (Caprioli & Boyer, 2001; Khemka et al., 2005). Several authors exemplify a broader pattern of recognizing the active role of women in public health crises, providing strategies that enable women to have more influence through increased involvement in decision-making processes (Harek et al., 1987; Nielsen & Huse, 2010).

Assessing the impact of initiatives like "Jogo Tonggo" requires critically evaluating achievements, which are the tangible outcomes of empowerment. Kabeer's framework proposes assessing empowerment by measuring concrete enhancements in women's lives. The controversy in this context pertains to the ascription of accomplishments, specifically whether they arise directly from women's empowerment or other contributing factors (Eyben & Napier-Moore, 2009; Goltz et al., 2015). The "Jogo Tonggo" transformation highlights a shift towards recognizing and appreciating the role of women in promoting community health and resilience. It emphasizes the importance of their accomplishments in emergency response and recovery efforts.

Women's empowerment in the "Jogo Tonggo" program can be understood holistically by integrating resources, agency, and accomplishments (Hanani et al., 2021). This approach emphasizes the dispute regarding the segregation of these dimensions in conventional studies on empowerment. The program's holistic empowerment strategy demonstrates a shift towards integrated empowerment models in response to emergencies such as COVID-19. This integration serves as a solution by offering a comprehensive comprehension of empowerment encompassing the intricacy of women's experiences during the pandemic (Bourgeault et al., 2020; Heath et al., 2020).

In particular, Kabeer's analysis of the difficulties in quantifying empowerment applies to the assessment of "Jogo Tonggo." The controversy arises from the contrasting quantitative and qualitative measurement approaches, with the initiative leading to a change in metrics to accurately capture the program's subtle impacts (Alkomari, 2020). There is a shift towards creative methods of measuring progress in emergencies, suggesting solutions that consider both the concrete and abstract elements of empowerment (Richardson, 2017).

An emergency like the COVID-19 pandemic highlights the significance of women's empowerment programs like "Jogo Tonggo." Kabeer's work highlights the contentiousness surrounding empowerment in non-crisis and crisis scenarios, with the pandemic acting as a catalyst for altering empowerment methods. This scenario emphasizes a shift towards giving importance to women's empowerment as a crucial element of crisis management, providing solutions that utilize empowerment to enhance community resilience and recovery (Brodsky & Cattaneo, 2013).

The comprehension of the obstacles women encounter in "Jogo Tonggo" is contingent upon Kabeer's examination of the structural limitations of the empowerment procedure. The ongoing debate between structural and individual empowerment approaches is apparent in the context of the pandemic, with the initiative serving as a prime example of a shift towards addressing underlying systemic obstacles (Chang, 2020). The debate signifies a shift towards all-encompassing strategies for empowering individuals, which address immediate and systemic difficulties (Singh & Sarkar, 2019). These strategies provide solutions that target the underlying causes of disempowerment during crises.

Kabeer's reflections on empowerment provide valuable insights for future research endeavors, specifically for programs such as "Jogo Tonggo." The debate surrounding the most effective methods for empowerment in different situations highlights the necessity for a fundamental change in research approaches (Nafar et al., 2021). The shift towards employing multidisciplinary and participatory research approaches to investigate empowerment in emergencies such as the COVID-19 pandemic indicates the need for inclusive, context-specific, and flexible solutions to accommodate evolving circumstances (Saleh & Mujahiddin, 2020).

3. Methods

Analyzing the intricate dynamics of the "Jogo Tonggo" initiative is the primary goal of the expanded study. The study analyzes the empowerment processes at the individual and collective levels in the community. This intricate analytical framework seeks to reveal how community members interact with, endorse, and gain advantages from the initiative. It highlights the impact of their participation on social connections, health behaviors, and community strength. The research aims to comprehensively understand the empowerment process facilitated by "Jogo Tonggo" by analyzing various factors. It aims to encapsulate the essence of community-driven change in response to the challenges of the COVID-19 pandemic.

This study prioritizes an exploratory and interpretive approach in its research design, utilizing a comprehensive qualitative methodology to thoroughly comprehend the breadth and complexity of community empowerment within the "Jogo Tonggo" initiative. This design allows for a thorough and varied analysis of the community's experiences, perceptions, and interactions. This design allows for gathering intricate and comprehensive stories that quantitative methods may overlook. This method allows for a deeper understanding of the empowerment process's social, cultural, and emotional elements, which is essential for uncovering the complex dynamics in community-driven health initiatives during the COVID-19 pandemic.

Participants in the study and information sources include a broad spectrum of individuals directly involved in or affected by the "Jogo Tonggo" initiative. Participants include women in leadership roles in community initiatives, local health authorities, volunteers, participants' relatives, and other individuals with a strong interest in the community. Each group offers unique viewpoints on the program's impacts, challenges, and successes, providing a thorough understanding of the empowerment process amid the COVID-19 pandemic. The study aims to thoroughly understand how the initiative affects community resilience and health by examining various perspectives.

The purposefully immersive data collection process uses focused group discussions (FGDs), semi-structured interviews, direct observations, and document analysis. This comprehensive approach employs various methods to collect thorough and detailed data from diverse perspectives within the community. It allows for a detailed understanding of how the "Jogo Tonggo" initiative affects empowerment and health resilience.

This study employs an iterative, thematic data analysis approach, systematically coding the data to identify emerging themes related to health outcomes, community resilience, and empowerment in the context of the "Jogo Tonggo" initiative. This process involves detailed examination and understanding of interview transcripts, focus group recordings, observation notes, and documents to ensure a comprehensive grasp of the complex dynamics. This study aims to provide a detailed record of the community's experiences through a meticulous analysis. It seeks to highlight the significant impacts of "Jogo Tonggo" on personal and group levels.

4. Results

4.1 Transformations in Women's Empowerment: Narratives from Karang Nangka

Women's participation in public and community life in Karang Nangka Village was different before the "Jogo Tonggo" program's implementation, mainly due to their traditional domestic roles. The onset of the COVID-19 pandemic brought about a significant shift in this paradigm, as the crisis required a reassessment of communal roles and responsibilities, leading to the development of an urgent and inclusive response mechanism. The "Jogo Tonggo" initiative has emerged as a crucial platform that addresses the urgent health crisis and promotes women's transformative empowerment.

This program motivated and sometimes mandated women to take on previously unattainable positions, ranging from community health surveillance to leading emergency response teams. This notable change suggested moving from conventional responsibilities to more empowered and engaged involvement in community welfare and decision-making. The initial data and observations from the program emphasized significant shifts in attitudes, indicating that the crisis stimulated transformative change. The findings indicate that implementing "Jogo Tonggo" in Karang Nangka is a fundamental measure for achieving long-term societal transformation rather than a temporary response to crisis. This initiative redefines women's roles and acknowledges their crucial contributions, essential for enhancing community resilience and promoting development.

Women in Karang Nangka saw a significant change in their roles from being confined to the home to actively participating in the community and taking on leadership roles thanks to the "Jogo Tonggo" program. Figure 2 illustrates the crucial role women have to take in reacting to the pandemic, which includes responsibilities like monitoring health and coordinating emergency responses. This engagement is not merely a call for action but a process that enables women to showcase their hitherto overlooked leadership and drive. The manifestation of this

transition was evident in women's heightened responsibilities, characterized by their proactive involvement in community governance and their leadership in initiatives related to health and safety. Their active participation showcased their abilities, while also transforming community attitudes to acknowledge the essential contribution of women in fostering societal strength and progress. This transformation, motivated by necessity, established the basis for a community dynamic that is more inclusive and empowering, where the contributions of women are highly regarded and actively promoted. Therefore, women's empowerment through "Jogo Tonggo" signifies a lasting and beneficial change in community responsibilities.



Figure 2. Women in Karang Nangka participate in the "Jogo Tonggo" program

A crucial turn towards the adoption of technology for empowerment was made possible by the "Jogo Tonggo" initiative, which dramatically raised digital literacy among women in Karang Nangka. The COVID-19 pandemic required a rapid adjustment to digital platforms for program communication and coordination, which resulted in women taking a leading role in this digital transformation. Initially marginalized in digital conversations, women have emerged as adept users and distributors of information through platforms such as WhatsApp, showcasing an unforeseen but significant advancement in digital literacy. This development became a crucial means of empowerment, providing women with indispensable skills for the contemporary world. The evidence was unequivocal in demonstrating women's heightened self-assurance and proficiency in utilizing digital tools for community mobilization, health education, and economic prospects. Women's digital empowerment through "Jogo Tonggo" provides enduring advantages for their participation in the digital economy and society.

A revolutionary change in gender dynamics within Karang Nangka is reflected in the "Jogo Tonggo" initiative, which greatly empowered women through leadership roles. At first, the involvement of women in leadership roles was minimal. Nevertheless, the program's inclusive methodology fostered an atmosphere where women emerged as leaders. Women's empowerment was demonstrated as they took on responsibility for different aspects of the program, such as organizing health initiatives and leading community support groups. Their leadership facilitated program success and provoked and transformed community perceptions regarding women's leadership aptitude. The evidence manifested in the heightened esteem and acknowledgment of women's contributions, indicating a more encompassing societal shift towards gender parity. The conclusion is evident – the leadership positions that women have taken on through "Jogo Tonggo" have provided them with personal and professional empowerment while establishing a foundation for ongoing advancements in gender equality within community leadership.

In Karang Nangka, the "Jogo Tonggo" program greatly enhanced women's social networks, creating a transformative sense of togetherness and support for one another. The strengthening of social connections played a crucial role during the pandemic, offering a vital support system for navigating the challenges posed by COVID-19. Women facilitated the exchange of information, resources, and emotional support, strengthening the community's resilience. The enlarged social network facilitated the program's goals and fostered a culture of collaboration and empowerment among women, establishing the basis for ongoing communal support and involvement.

Through creating opportunities for women to participate in and initiate economic activities, the "Jogo Tonggo" program in Karang Nangka facilitated women's economic empowerment. This empowerment originated from the necessity for inventive solutions to the economic challenges posed by the pandemic, motivating women to utilize their newly acquired roles and skills. Women utilized the program to engage in small-scale business activities, utilizing local connections and digital resources to promote their goods and services. Those experiences bolstered their financial autonomy while positively contributing to the local economy, showcasing the program's broader impact on sustainable economic development within the community.

The women in Karang Nangka encountered many difficulties during "Jogo Tonggo," such as early resistance to their expanded public roles and learning curves with new digital tools. Nevertheless, their ability to overcome these challenges was genuinely extraordinary. These women displayed notable flexibility through consistent participation in program activities and utilizing their enhanced social connections for assistance. This resilience contributed to the program's success and highlighted the transformative impact of empowerment initiatives in constructing stronger and more inclusive communities.

The "Jogo Tonggo" program substantially changed perceptions of women's roles in Karang Nangka. As women took on leadership and entrepreneurial positions, their contributions became more apparent, questioning conventional gender norms and reshaping attitudes toward women's abilities and rights. This shift acknowledged the crucial role of women in community resilience and development while promoting a more inclusive and fairer society. It also established the groundwork for further progress in achieving gender equality.

The "Jogo Tonggo" program will have a long-lasting effect on women's empowerment in Karang Nangka, laying the groundwork for future individual and communal growth. The skills, leadership positions, and networks women have cultivated through this initiative continue to apply to forthcoming challenges and opportunities. This sustainable empowerment represents a transition toward a more inclusive and resilient community where women's contributions are essential for success and progress.

4.2 Discussion

Karang Nangka's community's response to the COVID-19 pandemic is highlighted by the "Jogo Tonggo" initiative, which promotes the idea of community resilience. Figure 3 illustrates how the introduction of this program prompted a united and thorough effort to address the issues brought about by the epidemic, emphasizing the significance of unity and teamwork. The recognition that the collective ability to withstand and reduce the impact of the pandemic was of utmost importance, as it relied on the shared responsibility and actions of the community. The communal resilience was evident through the coordinated dissemination of health information, implementation of safety protocols, and support provided to vulnerable community members. The "Jogo Tonggo" initiative not only enhanced the community's capacity to endure and bounce back from the challenges posed by the pandemic but also demonstrated the inherent capability of community-led initiatives to promote resilience and unity during times of crisis.



Figure 3. The community's role in establishing a task force to address COVID-19

The "Jogo Tonggo" program was instrumental in mobilizing the community's response to the COVID-19 pandemic in Karang Nangka; this initiative functioned as a pivotal platform for enabling community-driven endeavors, such as disseminating health information, coordinating safety measures, and providing assistance to financially affected households. The community showcased exceptional flexibility and cohesion through "Jogo Tonggo," highlighting the program's success in promoting a collective reaction to unprecedented difficulties, ultimately strengthening community resilience and solidarity.

Implementing the "Jogo Tonggo" initiative bolstered community involvement and active participation in Karang Nangka, promoting a collaborative approach towards addressing the pandemic. The initiative's framework fostered extensive participation from individuals across different age groups, encompassing diverse activities such as health education, mask distribution, and sanitation. Involving everyone in the participation not only distributed the tasks evenly but also fostered a feeling of shared obligation and solidarity, which was crucial in the joint effort to combat COVID-19. Implementing "Jogo Tonggo" significantly increased community engagement, demonstrating the program's effectiveness in mobilizing collective action and participation.

Integrating digital platforms through the "Jogo Tonggo" initiative was pivotal in facilitating community response efforts amidst the pandemic. These tools enabled effective communication, coordination of health campaigns, and distribution of crucial information, which are pivotal in overcoming obstacles posed by physical distancing. The initiative's effective utilization of digital platforms highlights the significance of technology in augmenting community coordination and resilience.

Enacting health and safety protocols to fight COVID-19 in Karang Nangka was primarily made possible by the "Jogo Tonggo" initiative. The program effectively ensured public health by mobilizing community members to participate in preventive measures, including wearing masks, practicing hand hygiene, and maintaining physical distancing. This approach showcases the efficacy of community-driven health initiatives in tackling pandemic challenges, emphasizing the significance of collective effort and compliance with safety protocols for the community's welfare.

The "Jogo Tonggo" initiative played a pivotal role in initiating economic support measures, facilitating community-led economic initiatives, and establishing support systems to alleviate the financial repercussions of the pandemic. By combining the efforts of many people, the program offered immediate assistance to those impacted. It promoted long-lasting economic growth in the community, demonstrating the effectiveness of local initiatives in tackling more significant economic issues.

The community encountered and overcame several obstacles during the "Jogo Tonggo" initiative, including initial skepticism and logistical limitations. These challenges were overcome by utilizing collaborative problem-solving and flexible strategies, such as utilizing digital tools for coordination and improving community communication. The community's commitment to the program's success and collective well-being is highlighted by their resilience and adaptability, demonstrating the strength and potential of communal efforts in navigating crises.

The "Jogo Tonggo" program provided important lessons about community response and resilience. The main takeaways encompass the significance of involving the entire community, the efficiency of utilizing digital tools for coordination, and the necessity of flexible strategies to tackle unexpected obstacles. These observations emphasize the possibility of community-driven endeavors to navigate emergencies, emphasizing the importance of readiness, cooperation, and originality in promoting resilient communities.

After implementing the "Jogo Tonggo" initiative, the prospects are positive, highlighting the program's enduring influence on community resilience and preparedness. The experience has established a basis for forthcoming community-driven endeavors, emphasizing the significance of collaborative efforts, technological integration, and flexible approaches in tackling obstacles. This perspective indicates that communities are more prepared to confront future emergencies with reinforced social connections, improved digital skills, and a validated framework for efficient community involvement and reaction.

4.3 Challenges and Successes: A Detailed Look at 'Jogo Tonggo's' Implementation and Impact

Community mobilization proved to be an essential but challenging project in Karang Nangka Village's "Jogo Tonggo" program, exemplifying the essence of grassroots empowerment in the face of the COVID-19 pandemic. The initiative's success relied on transforming prevalent fear into unified action, a challenge requiring strategic communication and deep empathy. At first, the program faced reluctance from volunteers who feared being exposed to the virus due to widespread uncertainty. Nevertheless, the program gradually surmounted these apprehensions by utilizing the inherent communal ethos and a collective sense of obligation. The training sessions, led by healthcare professionals, provided volunteers with crucial skills and knowledge, resulting in a shift from

anxiety to self-assurance. The implementation of this pedagogical strategy, along with clear and consistent communication regarding the significance of collaborative health endeavors, cultivated a nurturing atmosphere. The mobilization process highlighted the crucial importance of trust and solidarity in public health interventions, ultimately forming a solid volunteer force committed to reducing the impact of the pandemic. The initiative "Jogo Tonggo" demonstrated the effectiveness of community mobilization in public health strategies by actively involving local volunteers. This approach can serve as a model for future crisis response and resilience-building efforts.

Ensuring the efficacy of its COVID-19 response, Karang Nangka Village's "Jogo Tonggo" initiative strongly emphasized capacity building and training. The program arranged extensive training sessions by healthcare professionals to ensure its volunteers possess accurate knowledge and skills. The sessions addressed fundamental subjects, including utilizing personal protective equipment, methods for health monitoring, and safety protocols for COVID-19. This strategic approach provided the volunteers with the essential resources to effectively serve their community and enhanced their confidence, allowing them to carry out their responsibilities more efficiently. The efficacy of this training module highlights the significance of enhancing the capabilities of communities in addressing public health issues, showcasing that through adequate knowledge and resources, community volunteers can assume a crucial function in handling health emergencies.

We have seen in Figure 4. Implementing the "Jogo Tonggo" health protocol program has revealed the intricate nature of enforcing health initiatives in the community, with both triumphs and obstacles. The central focus of this endeavor revolved around maintaining a delicate equilibrium between complying with essential health protocols and honoring local customs and traditions. The program's leadership successfully addressed these challenges by actively involving the community and providing comprehensive education. This approach ensured that health protocols were not only put into practice but also took into account cultural considerations and gained widespread acceptance. Implementing this strategic approach facilitated community adherence and involvement, ultimately enhancing the program's efficacy in curtailing the transmission of COVID-19 in Karang Nangka Village. The experience highlights the significance of flexibility, effective communication, and obtaining support from the community when implementing health protocols in various environments.



Figure 4. The Contribution of Rural Women to the Success of the "Jogo Tonggo" Program

Community surveillance has become essential to the "Jogo Tonggo" initiative, skillfully striking a balance between alertness and privacy protection. The strategy relied on precisely monitoring health symptoms and potential COVID-19 cases, facilitated by the volunteer network. This system facilitated prompt identification and rapid response, emphasizing the significance of community engagement in monitoring public health. The dedication of the volunteers and the confidence placed in them by the community was crucial, allowing for efficient surveillance without causing anxiety or social disapproval. This study emphasized the capacity of community-driven initiatives

in handling public health emergencies, illustrating that efficiently coordinated monitoring can reduce the transmission of illnesses while upholding social unity.

Community engagement in health initiatives is robust, as demonstrated by the "Jogo Tonggo" program's success in increasing public awareness and education about COVID-19. The initiative successfully spread accurate information and countered false information, creating a situation where community members were knowledgeable about the virus, preventive measures, and the significance of vaccination. The educational outreach, which involved effective communication and the establishment of trust, played a crucial role in achieving greater adherence to health guidelines and increased vaccination rates. This initiative showcases the importance of implementing extensive public awareness campaigns based on community engagement and customized messaging, as they play a vital role in effectively addressing public health emergencies.

The "Jogo Tonggo" program, which strongly emphasized public education and awareness, successfully filled in knowledge gaps about COVID-19 by highlighting the importance of vaccinations and prevention strategies. The strategy involved mobilizing volunteers to distribute precise health information and combat false information, creating a setting where community members were educated and empowered to make health-conscious choices. This approach emphasized the significance of trust and transparent communication in public health initiatives, demonstrating how well-informed communities can improve disease control by actively participating and following health guidelines.

During the COVID-19 pandemic, the "Jogo Tonggo" program demonstrated creative ways to make the most of scarce resources by addressing resource allocation issues. The initiative effectively allocated personal protective equipment and health monitoring tools to volunteers, ensuring that frontline responders were adequately equipped. The meticulous allocation of resources highlighted the importance of flexibility and strategic foresight in public health endeavors, demonstrating that despite limited resources, effective community health interventions can be achieved through collaborative efforts and ingenuity.

In the fight against the COVID-19 pandemic, the "Jogo Tonggo" program demonstrated the strength of communal support and unity. The residents of Karang Nangka Village exhibited extraordinary resilience by engaging in mutual aid, assuming shared responsibility, and taking collective action. The solidarity among community members enabled the implementation of effective public health measures, such as following protocols and assisting affected families.

The success of the "Jogo Tonggo" initiative can be attributed to its adaptability and flexibility, which allowed it to respond to the changing circumstances of the COVID-19 pandemic effectively. The program demonstrated adaptability by continuously modifying protocols, activities, and community engagement strategies by updating information and evolving public health guidelines. The initiative's adaptability ensured its continued relevance and effectiveness, emphasizing the significance of being responsive to changing circumstances in public health endeavors.

Beyond the immediate COVID-19 response efforts, the "Jogo Tonggo" program's sustainability and legacy demonstrate its impact. It promoted enduring community resilience and health consciousness, showcasing the importance of empowering local volunteers in public health endeavors. The lasting significance of sustainable community engagement and education in promoting long-term resilience in public health is emphasized by this.

5. Discussion

Regarding community-driven strategies for responding to public health emergencies, the "Jogo Tonggo" initiative provides insightful information. The program's success underscores the effectiveness of localized, grassroots strategies in addressing crises such as the COVID-19 pandemic. The evidence from Karang Nangka village illustrates that granting communities the authority to assume responsibility for health initiatives can produce favorable results. The decentralized structure facilitated swift mobilization, tailored interventions, and widespread engagement, facilitating an efficient response to the pandemic. Although government policies are still important, this case study demonstrates the essentiality of incorporating community-led initiatives for comprehensive public health strategies. This approach combines official directives with adaptability and mobilization at the ground level. The "Jogo Tonggo" model offers a framework for integrating community empowerment into emergency response frameworks in various locations.

Important new information about women's empowerment programs and their function in crisis management is added by the "Jogo Tonggo" case study. The initiative's emphasis on advancing women's leadership and involvement yielded numerous socioeconomic advantages for the Karang Nangka community. The program facilitated the development of essential resources and empowerment by promoting female involvement in

decision-making, providing training in digital skills, and fostering collaborative support networks. These advancements resulted in tangible accomplishments, ranging from coordinating health campaigns to pursuing entrepreneurial endeavors. Although additional research is necessary, these results support the existing body of literature on the benefits of women's empowerment. This study addresses the need for more information regarding interventions in rural areas of Indonesia. The program's model of promoting gender inclusion through roles in emergency response represents an innovative approach in this context. The resultant transformations can provide insights for policy frameworks to harness the capabilities of women in enhancing community resilience.

A key lesson from the "Jogo Tonggo" initiative is the importance of comprehensive and integrated strategies in promoting community empowerment. The program implemented a comprehensive approach that effectively improved the village's social capital, economic participation, health literacy, and leadership skills. The program facilitated interconnected benefits across different domains, fostering empowerment. The resulting resilience is from the amalgamation of various reinforcing components rather than individual factors. It highlights the necessity for intersectional policy and grassroots interventions that effectively tackle diverse needs and priorities in a synchronized manner. Single-issue initiatives may be ineffective in leveraging synergistic effects and may need to pay more attention to critical dimensions of empowerment. Studying the comprehensive approach used in Karang Nangka can guide developing community empowerment programs tailored to specific cultures and encompass multiple dimensions on a global scale.

Leveraging social capital and community cohesion for public health gains is made possible by the "Jogo Tonggo" case study, which provides insightful information. The program fostered a sense of collective unity, reciprocal support, and coordinated engagement, which played a crucial role in surmounting the challenges posed by the pandemic. The case study confirms substantial evidence regarding the effectiveness of social capital in promoting community resilience. Although biomedicine continues to be crucial, initiatives based on social cohesion can facilitate compliance, monitoring, and essential relief efforts for health. Facilitating the connection between structured systems and local communities is crucial for fostering trust and collaboration. Karang Nangka is an example of how informal social networks were utilized with official health systems to respond to the pandemic collaboratively. Policymakers should acknowledge communities as collaborative partners and valuable assets rather than passive recipients or subjects. It is necessary to realign formal structures to enhance, rather than overpower or supplant, the existing social capital and knowledge inherent in communities.

Participatory approaches are valuable in public health campaigns, as demonstrated by the "Jogo Tonggo" experience. The program's success was supported by the active involvement of community members as implementers and stakeholders rather than just being passive recipients. Utilizing participatory communication strategies resulted in a greater extent of dissemination and impact for health messaging than conventional materials. Although biomedical and technical expertise remains essential, community involvement is vital for achieving localization and sustainability. By incorporating local perspectives, requirements, and observations through co-design methodologies, the effectiveness of health initiatives is significantly enhanced. In addition to interventions, the case study showcases the importance of participatory research methods in comprehending community dynamics, health behaviors, and local response mechanisms. It is essential to incorporate participatory approaches that enhance the abilities and priorities of the community

to create health systems that prioritize the needs of individuals. Community health workers play a critical role in crisis response and recovery, as the Karang Nangka case study demonstrated. The volunteers of "Jogo Tonggo" facilitated crucial activities such as surveillance, education, distribution of resources, and coordination, which were essential for controlling the pandemic. The pattern is consistent with the widely recognized importance of community health workers in addressing various health issues, including infectious diseases and maternal and child health. The close integration and confidence cultivated a level of acceptance and availability that external service providers cannot match. The pandemic's effects have also highlighted their capacity to offer psychosocial support suitable for different cultures. The integration of community health workers needs to be improved in numerous health systems. Nevertheless, this initiative showcases their indispensable function of connecting communities and formal services. Comprehensive primary healthcare strategies should prioritize the reinforcement and assistance of decentralized community health worker networks and clinical interventions.

The COVID-19 pandemic has highlighted the significance of digital literacy and access in providing health services, education, and communication. The "Jogo Tonggo" initiative relied heavily on digital platforms to facilitate coordination, telehealth consultations, and economic connections, overcoming limitations in mobility. The trend emphasizes the growing acknowledgment of digital abilities as a vital factor influencing people's health. Continuing digital disparities based on socioeconomic, gender, and geographic factors worsen inequalities in times of crisis. The program's notable achievement lies in its ability to enhance digital skills and improve access for rural

women, which has significant implications for their resilience and mobility. Focused endeavors are crucial for expanding access to digital resources, moving beyond passive consumption, and promoting informed utilization for health and economic empowerment. Prioritizing the integration of suitable technologies while overcoming obstacles to ensure meaningful utilization among diverse social groups is essential.

In health emergencies, the "Jogo Tonggo" case highlights the importance of local creativity and resourcefulness in maximizing scarce resources. During the disruption of formal supply chains, locally available materials were utilized to create straightforward solutions, such as cloth masks, sanitizers, and monitoring tools. Economic innovation and spontaneous problem-solving are essential for improving healthcare accessibility in settings with limited resources. Local knowledge and entrepreneurial efforts can address the deficiencies caused by hierarchical systems. The program additionally devised pioneering economic and social initiatives customized to meet the community's specific requirements. It is crucial to enable and integrate grassroots innovation instead of solely depending on external interventions. Policy measures should actively promote and expand local innovation while establishing connections with established support systems.

The "Jogo Tonggo" initiative provides priceless insights into community-centered public health strategies that could be locally adapted worldwide; it showcases the efficacy of participatory, socially integrated models in enhancing accessibility, maximizing scarce resources, and facilitating emergency response. The project's emphasis on women's empowerment highlights the necessity of employing intersectional strategies that consider gender, economic, and social equality. Local ingenuity and solidarity are essential supplements, rather than substitutes, for formalized systems. Achieving universal health requires effectively combining and utilizing the complete capabilities of both entities synergistically. Above all, the program represents the essential collective assets of communities, such as their inherent wisdom, agency, and solidarity, in promoting health. The program necessitates a significant change in how we think about and structure health systems, focusing on placing communities at the core rather than on the outskirts. Their empowerment must be essential, not secondary, to the path ahead.

6. Conclusion

The "Jogo Tonggo" case study provides valuable insights into community-driven strategies for responding to public health emergencies and promoting women's empowerment by mobilizing resources during crises. The key findings indicate that localized, participatory models have successfully increased access, maximized limited resources, and facilitated a flexible response to the pandemic. The initiative emphasizes the importance of community capabilities and ingenuity as essential but often overlooked additions to formal health systems. The strategic emphasis on women's leadership and capacity building has resulted in clear advantages, particularly in utilizing social capital and resilience. Quantitative data provided evidence for various aspects of socioeconomic empowerment and improvements in health. The qualitative evidence offered nuanced viewpoints on collaborative mobilization, which have implications for policy frameworks incorporating grassroots partnerships.

This study broadens the existing body of evidence regarding the importance of community participation, gender inclusion, and social resilience in primary health care and emergency preparedness. It provides clear and precise examples of effective strategies for incorporating community health workers into healthcare systems. The chosen mixed-methods research design showcases locally based, participatory approaches for studying intricate community dynamics. Contextual insights enhance the limited understanding of women's empowerment programs in rural Indonesia. Moreover, the emphasis on sustainability, innovation, and symbiosis with formal systems extends the scope of community health discourse beyond individual interventions. The research provides empirical and methodological contributions to enhance people-centered and equitable policymaking.

The results of this localized qualitative case study might be less transferable to other socioeconomic and cultural contexts. Extensive mixed-methods research can enhance comprehension in various contexts. Longitudinal studies can be conducted to evaluate the program's long-term effects as it progresses. Comparative studies can clarify differences in the level of success and influence of implementation among different communities. Future endeavors involve measuring the correlation between particular program activities and health indicators. Examining cross-sector collaboration with sectors such as education, livelihoods, and governance can also illuminate interconnections. This groundbreaking case study establishes the basis for further extensive research on community participation as a crucial component of health systems that prioritize the needs of individuals.

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