

Community Empowerment through Dasawisma and Household Quality of Life within the Enabling–Empowering–Protecting Framework

Jordy Smith Rabuka*, Selvi Diana Meilinda
Institut Pemerintahan Dalam Negeri, Sumedang, Indonesia

ABSTRACT

The family is the smallest level at which human development in Indonesia remains inadequate. When the responsibilities of each family member are well-fulfilled, and a sound management system supports the household's quality of life, family welfare can be considered good. For human development to succeed, men, especially heads of households, must actively participate in providing for the family's basic needs. Due to Indonesia's patrilineal cultural framework, women are underrepresented in human development initiatives. Consequently, Dasawisma (village-based community development programs) serves as a means of empowering women to improve household living standards. The purpose of this study was to determine whether the quality of life of urban households through Dasawisma can improve overall human development in Wenang District, Manado City. Data were collected directly from respondents using standardized instruments as part of a quantitative approach utilizing explanatory research. The results of statistical findings show in the t-Test that the Protecting variable (X3) is greater than the Enabling (X1) and Empowering (X2) variables so that it is the most dominant among the three and significant for household quality, this is also in line with the positive regression coefficient which shows that the higher the role of Protecting (X3) felt by the household, the higher the quality of life achieved.

ARTICLE INFORMATION

Keywords:

household quality of life; dasawisma; Enabling–Empowering–Protecting (E-E-P); human development

*Correspondent Author:

Jordy Smith Rabuka

Email:

jordyrabuka5@gmail.com

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INTRODUCTION

Behind the large-scale national development dynamics carried out by the Government lies the smallest unit, family life, which is actually the primary determinant of community well-being. In the program launched by Prabowo-Gibran, there are eight Asta Cita that outline the programs to be developed. These Asta Cita are factors in the success of Indonesia's progress, one of which is Dasawisma. This study aligns with the national policy direction outlined in Prabowo-Gibran's Asta Cita, particularly Asta Cita No. 4 on Strengthening Human Resources (HR) and the Role of Women and Asta Cita No. 6 on Economic Equity and Poverty Eradication. Through these Asta Cita, the role of Dasawisma, as a family- and women-centered group, actively contributes to efforts to improve the quality of life for households in Wenang Subdistrict. This reflects the tangible implementation of the principles of Enabling, Empowering, and Protecting within the national development framework.

The family serves as the foundation of RT (*Rukun Tetangga* or Neighborhood Association), which is the focus of the PKK (*Pemberdayaan dan Kesejahteraan Keluarga* or Family Welfare and Empowerment) Movement. In today's era, the PKK Movement has become a key manifestation of women's empowerment, where women's empowerment serves as an indicator of family well-being.

The PKK Movement is further categorized into smaller groups commonly referred to as Dasawisma (Kusumawati et al., 2022). Dasawisma serves as a crucial benchmark for the programs implemented by the group, acting as the vanguard for the execution of the 10 core PKK programs, which also influence PKK activities from the village level up to the district or city level (Efendi et al., 2023). The role of Dasawisma also has a significant impact on the quality of family life, as it also contributes as a synergistic partner in delivering various programs tailored to community needs. Human development is a concept that emphasizes improving the quality of life of the community through various aspects, including the Enabling, Empowering, and Protecting frameworks. This development serves as the primary indicator for measuring a nation's success in achieving the well-being of its people (Hawawi, 2025).

Quality of life is an interrelated concept that encompasses individuals' and families' perceptions of their living conditions. The World Health Organization (2014) defines quality of life as an individual's perspective on their life, influenced by their goals, standard of living, and concerns. Household quality of life reflects whether a family can meet basic needs and manage daily life according to each family's capabilities. Household quality of life in urban areas encompasses several aspects, namely economic, health, environmental, and social factors, which are considered key indicators in assessing the success of overall human development. This is because household quality of life reflects the overall well-being of society. From an economic standpoint, urban households face pressures such as high living costs, income inequality, and limited access to decent employment, necessitating strong economic capabilities to meet family needs. From a health standpoint, this is reflected in the fact that high population density in a given area limits available space, thereby affecting residents' quality of life (Aini et al., 2024), unhealthy lifestyles among urban residents, and greater vulnerability to various diseases caused by environmental hazards, both infectious and non-infectious. The environmental standpoint plays a role in quality of life as it is a key factor in family comfort and health. Meanwhile, from a social standpoint, urban life is distinguished by individualism, rapid mobility, and social heterogeneity, all of which weaken social cohesion and the active role of social control within families and communities. These conditions make urban households more vulnerable to various social difficulties, including family conflict, gender inequality, and reduced community participation in common activities.

The Enabling-Empowering-Protecting (E-E-P) framework is a useful method for community empowerment initiatives, especially in Dasawisma. The strategy positions the community as the main focus of development, rather than just recipients of aid, thereby strengthening their capability and protecting them from various forms of social vulnerability. This approach is inextricably linked to the creation of conditions that trigger the emergence of community potential (Enabling), the strengthening of the community's existing potential through concrete stages that will empower the community to develop and become self-sufficient (Empowering), and the provision of social protection for the community's interests to ensure that empowerment does not create vulnerability. This framework is not only theoretically important but also practical in meeting the needs of urban populations, particularly by boosting household quality of life (Ferdiansyah et al., 2021).

Wenang Subdistrict serves as an administrative, economic, and commercial hub in the middle of Manado City. Its highly populated and diverse demographics bring distinct urban difficulties and opportunities, making it an ideal setting for family-based community empowerment projects like Dasawisma. Wenang Subdistrict has societal difficulties such as high urban migration rates, economic disparity, and inhabitants' vulnerability to unhealthy lifestyles. However, the PKK and Dasawisma play a strategic role in bridging the Government and the community because, in an urban context like Wenang, Dasawisma functions as a small neighborhood group that fosters a sense of community amidst a heterogeneous and highly mobile urban environment. Because of its diversified economic

conditions, population heterogeneity, and high levels of urbanization, Wenang Subdistrict is an ideal location for implementing the Community Empowerment model through Dasawisma under the E-E-P framework.

Although Dasawisma has evolved and long been recognized as an indicator of community empowerment through PKK activities, specialized research that thoroughly examines the role of Dasawisma within the E-E-P framework, particularly in Wenang Subdistrict, remains limited. Most previous studies have only highlighted the functions of Dasawisma in administrative, data collection, and routine PKK activity aspects, thus failing to provide a relevant picture of Dasawisma's contribution to household quality. Furthermore, the relationship between household quality of life and the role of Dasawisma, such as in economic, health, environmental, and social dimensions, has not been extensively tested quantitatively; thus, there is no strong evidence that the E-E-P dimensions have an impact on improving family well-being, particularly in Wenang Subdistrict, which has a heterogeneous population, high levels of urbanization, and diverse economic conditions. Therefore, there is a knowledge gap regarding the role of Dasawisma in E-E-P dimensions in urban areas, its influence on household quality of life, and the dimensions that have a significant impact on family well-being. Thus, the questions that can address this gap are: 1) To what extent does the Dasawisma play a role in the Enabling-Empowering-Protecting (E-E-P) dimensions and household quality of life in Wenang Subdistrict?; 2) Is there a significant relationship between the Enabling-Empowering-Protecting (E-E-P) role of Dasawisma and household quality of life?; 3) Which factor within the Enabling-Empowering-Protecting (E-E-P) framework has the greatest influence on household quality of life?

In analyzing the influence of the E-E-P dimensions, the objective was to determine whether these three dimensions of community empowerment could influence household quality of life. The E-E-P framework was chosen because it is considered capable of providing a more comprehensive explanation of the community empowerment process. Dasawisma can be a useful instrument for promoting community-based family development because they are viewed as micro-social units with direct links to households. To measure household quality of life, a quantitative survey using a questionnaire assessed each aspect of the indicators within these dimensions. Each indicator of these dependent and independent variables is measured using a Likert scale (1–5).

This study provides a theoretical contribution to the study of community empowerment and household quality of life by incorporating the E-E-P framework into the analysis of Dasawisma's role, as Dasawisma has traditionally been viewed primarily as an administrative unit for implementing PKK activities. Through the E-E-P framework, Dasawisma can also be positioned as an empowerment actor that performs the functions of Enabling, Empowering, and Protecting in a synchronized manner. Furthermore, this study contributes to the existing literature on household quality of life within an urban context, where urban areas, known for their dynamic urban dynamics, can be addressed through the Dasawisma program, which aims to improve family well-being.

In addition, this study offers practical contributions to the local Government of Manado City; specifically, it can serve as a basis for formulating family-based community empowerment policies, whereby the local Government can utilize the E-E-P framework as a foundation for evaluating and strengthening the PKK and Dasawisma programs, and positioning Dasawisma as a collaborative partner in urban areas. Furthermore, the contribution of the TP-PKK of Manado City is to provide a clearer operational definition for designing and evaluating Dasawisma work programs. Additionally, for Dasawisma administrators and cadres, it offers a clearer interpretation of their roles in improving household quality of life; this is done to encourage Dasawisma cadres to carry out their roles in a more focused manner toward household well-being.

This study also offers methodological benefits through the development of the quantitative E-E-P instrument at the household level. First, this study translates the standard and conceptual concepts of Enabling, Empowering, and Protecting into measurable indicators used in household surveys. Each dimension of E-E-P was developed into a set of questions that describe families' direct experiences. Second, this study enables the quantitative measurement of empowerment at the household level, not just at the community level. This adds a methodological approach to community empowerment studies because the family, as the primary unit of analysis, can be systematically measured. Third, through validity and reliability testing and the use of proportionate stratified random sampling, the instrument developed in this study can serve as a reliable measurement tool that can be replicated in other regional contexts, both urban and non-urban. Fourth, integrating the instrument with household quality-of-life measurements provides a comprehensive methodological framework for analyzing the relationship between empowerment processes and family well-being outcomes. This strategy will provide a stronger analytical foundation, such as multiple linear regression or structural models, ensuring that the research findings are not only descriptive but also logically valid and testable.

METHOD

This study used a quantitative approach called explanatory research because it seeks to objectively investigate the interactions and influences between variables through numerical measurements and statistical analysis. By using a quantitative methodology, researchers can gather empirical data that can be inferentially examined to provide a methodical and quantifiable explanation for social phenomena (Creswell & Creswell, 2017). This study used the survey approach since data was collected directly from respondents using a structured instrument. This study is cross-sectional in terms of time, which means that data collection occurred just once. Wenang Subdistrict in Manado City is where the research is being conducted. This location was chosen because Wenang Subdistrict has urban characteristics and active Dasawisma groups involved in family empowerment activities.

The study population consists of all homes enrolled in Dasawisma groupings in Wenang Subdistrict. The total number of Dasawisma group members in Wenang Subdistrict registered in the Manado City TP-PKK app is 100. The sample size was calculated using a statistical method, specifically the Slovin formula, to obtain an accurate number of respondents relative to the population, with a margin of error (e) of 10% or 0,1. This formula indicates that a minimum sample size of 50 respondents is necessary. The sampling technique used probability sampling based on neighborhoods or Dasawisma groups to ensure that each area had a proportional chance of representation. This sampling strategy can also be used with a clustered population.

To convert the conceptual framework of Enabling, Empowering, and Protecting (E-E-P) into quantifiable indicators that could be methodically examined using a quantitative methodology, the variables in this study were operationalized. Each variable was developed using pertinent theories of household quality of life and community empowerment, then adapted to fit the Dasawisma activities in Wenang Subdistrict. The elements of the E-E-P framework implemented through Dasawisma activities are represented by the independent variables (X) in this study: X1: Enabling by Dasawisma, X2: Empowering by Dasawisma, and X3: Protecting by Dasawisma. Household Quality of Life (Y), on the other hand, is the dependent variable and represents the degree of family well-being in the social, environmental, health, and economic spheres. This study employed a Likert scale, with 1 denoting strongly disagree and 5 denoting strongly agree, to gauge respondents' opinions of each indicator. The operationalization of E-E-P variables is summarized in Table 1.

Table 1. The Operationalization of E-E-P variables

Variable	Dimension	Indicator	Measurement Scale
Enabling (X1)	Information Facilitator	Data collection, communication, and facilitation	Likert scale (1-5)
Empowering (X2)	Building Capacity	Skills training, participation, and economic independence	Likert scale (1-5)
Protecting (X3)	Social Protection	Protection for vulnerable groups, conflict prevention. And social support	Likert scale (1-5)
Household Quality of Life (Y)	Economic	Total household income, ability to meet basic needs, and asset ownership	Likert scale (1-5)
	Health	The health status of family members, access to health facilities, and the practice of healthy living behaviors (PHBS)	Likert scale (1-5)
	Environment	Sanitation and environmental hygiene, access to clean water, and the condition of household facilities	Likert scale (1-5)
	Social	Satisfaction with family relationships, participation in community activities, and social support from family and the surrounding community	Likert scale (1-5)

The research data comprises both primary and secondary data. Primary data was collected by distributing questionnaires to heads of households or household members who represented the respondents. Secondary data was sourced from the Wenang Subdistrict TP-PKK website. Data collection was carried out using standardized questionnaires given by Dasawisma cadres or enumerators to ensure completeness. The study instruments were validated using two methods: validity testing and reliability testing. Validity assessment used Pearson's Product-Moment correlation or item-total correlation to confirm that each questionnaire item accurately represented the construct being measured. Cronbach's Alpha was used for reliability assessment. A coefficient value of ≥ 0.60 indicates adequate reliability.

In terms of data analysis techniques, this study used descriptive analysis to describe the characteristics of the respondents as well as the distribution of the research variables by calculating the mean, standard deviation, and categorical distribution of scores for each variable: Enabling, Empowering, Protecting, and Household Quality of Life. If multiple linear regression analysis is utilized, standard assumption tests are performed, including the Normality test to ensure the data distribution approximates a normal distribution, the Multicollinearity test to examine relationships among independent variables, and the Heteroscedasticity test to examine the homogeneity of residual variances. This study's inferential analysis aims to evaluate the linkages and influences between the research variables. In the analysis stages, Pearson's correlation test is used to determine the degree and direction of the association between the Enabling, Empowering, Protecting, and Household

Quality of Life variables. Multiple linear regression analysis ($X_1, X_2, X_3 \rightarrow Y$) is used to assess the impact of each dimension, Enabling, Empowering, and Protecting, on the Household Quality of Life variable. This technique identifies which factors have the greatest influence in the study model. If the variable structure becomes more complex or includes latent constructs, the analysis can be expanded using Structural Equation Modeling (SEM) or Partial Least Squares (PLS), which are alternative methods for testing simultaneous relationships among variables. To test hypotheses, a t-test is used to determine the partial influence of each independent variable on the dependent variable, and an F-test is used to analyze the simultaneous effect of all independent variables in the model. The coefficient of determination (R^2) measures how well the regression model explains variations in household quality of life. By implementing these analytical processes, the research methodology provides not only a descriptive overview, but also a solid inferential foundation for explaining the statistical cause-and-effect correlations between variables.

RESULTS AND DISCUSSION

In this day and age, family empowerment in the context of urban community development can no longer be interpreted as routine administrative social activities; rather, it has evolved into a strategic approach in community-based development aimed at long-term improvement of household quality of life. Changes in social structure, high population movement, and the diversity of economic and cultural backgrounds in cities necessitate social systems capable of sustaining cohesion, developing family capability, and protecting against various social hazards. Within this paradigm, the Dasawisma plays an important role as the smallest social unit acting directly at the household level and in the nearby communal area. Dasawisma serves not just as a family data gathering group or an extension of the PKK organization in implementing government programs, but it has also evolved into a space for social interaction, a medium for collective learning, and a community-based social protection tool. Dasawisma creates a micro-social network by collecting family data, disseminating health information, monitoring environmental conditions, and coordinating social events regularly. This function becomes especially essential in an urban context such as Wenang Subdistrict, Manado City, due to the community's dynamic nature and predisposition toward higher levels of individualism as compared to rural areas. This study empirically examined how Dasawisma's function helps to enhance home quality of life using the *Enabling-Empowering-Protecting* (E-E-P) framework as a conceptual approach to community empowerment.

Based on an explanatory quantitative approach using survey methods and inferential statistical analysis, the findings show that Dasawisma's existence and actions significantly contribute to improvements in social situations, health, and family resilience. This is reflected in the outcomes of measurements across three primary dimensions: enabling, empowering, and protecting, all of which have an impact on household quality of life. Preliminary findings indicate that these three dimensions are tangibly present in Dasawisma activities and make distinct yet complementary contributions to the realization of family well-being. During the initial phase of the study, which addressed the first research question about the extent of Dasawisma's function, it was found that the Enabling dimension serves as the primary foundation of the empowering process. Enabling occurs when residents have access to information on family health, social aid, environmental programs, and communication with village leaders. This access establishes conditions that allow families to get previously inaccessible resources and services. From a social development standpoint, Enabling serves as an entry point that creates opportunities for family participation in various empowerment programs.

Furthermore, the Empowering dimension has a greater impact on home conditions, notably in terms of health awareness, environmental management, and community social participation. Empowering not only improves individual capacities, but it also promotes self-confidence and

communal awareness, allowing people to participate actively in community events like Dasawisma. According to research findings, families who participate more actively in Dasawisma events have a higher perception of their quality of life, particularly in the social and health dimensions. This shows that developing family capacity is critical for creating self-reliance and flexibility to changes in the social environment. The Protecting dimension, on the other hand, acts as a social safety net mechanism, ensuring that the empowering process is sustained throughout time. Dasawisma's social protection programs, which include assistance for vulnerable families, prenatal care for expectant mothers, monitoring the well-being of senior citizens, and referrals to health services, build a sense of security and social solidarity at the local level. In urban neighborhoods prone to social disintegration, the presence of community-based protective mechanisms is critical in reducing marginalization and inequities in service access. The Protecting dimension is proactive rather than reactive, preventing problems through education and constant monitoring.

According to the research findings, the relationship between the three dimensions of *Enabling-Empowering-Protecting* (E-E-P) and household quality of life is not a one-way street, but rather a fully integrated empowerment ecosystem. Enabling increases access, Empowering builds capacity, and Protecting ensures sustainability and family social stability. This integration illustrates that advances in household quality of life are driven not only by economic causes, but also by the development of social networks capable of offering knowledge, support, and protection all at the same time. In the succeeding analysis phase, this study discovered that the interaction of social, health, and economic elements within the family influences variances in household quality of life. As a result, Dasawisma can be considered a micro-social infrastructure that links macro-government programs to the realities of local family life. Dasawisma makes it possible to implement family development programs that are more contextual, flexible, and responsive to the needs of the local community.

This study is not only a conceptual exposition of the *Empowering-Enabling-Protecting* (E-E-P) framework but also aims to obtain measurable and statistically valid empirical evidence, in line with the understanding that Dasawisma functions as a micro-social infrastructure that plays a role in opening access, strengthening capacity, and providing social protection to households. To achieve strong scientific validity, every finding about the role of Dasawisma and household quality of life must go through a methodical methodological stage. As a first stage, the researcher tested the research instrument on 50 home respondents who are Dasawisma members in Wenang Subdistrict. This set of respondents was chosen based on statistical adequacy for both the first instrument testing and to represent the variation in urban household characteristics. This pilot test aimed to assess the suitability of the questionnaire items before they were used in the main data collection.

Validity testing in this study was conducted to ensure that each item in the questionnaire was truly capable of measuring the intended constructs: Empowering, Enabling, Protecting, and Household Quality of Life. Instrument validity is a crucial initial stage because the accuracy of the measurement tools used largely determines the quality of the data produced. The method used in the validity test was the Pearson Product-Moment correlation via the item-total correlation approach, which involves correlating the score of each questionnaire item with the total score of the variable. The testing criteria involved comparing $r_{\text{calculated}}$ with r_{table} at a 5% significance level ($\alpha=0.05$). In this study, with 50 respondents and Degrees of Freedom (df) = $n-2$, where n is the number of respondents, df was calculated as 48. Consequently, r_{table} was determined to be 0.279. An item is considered valid if $r_{\text{calculated}} > r_{\text{table}}$ and is positive. Based on the result of the validity test, all items in each research variable meet the validity criteria, as the calculated r -value for each item is greater than the specified table r -value. Furthermore, none of the items were eliminated or deemed invalid. These results imply that the research instrument has high measurement accuracy and can accurately represent the theoretical construct being measured.

Cronbach's Alpha was used for reliability testing; a variable is considered dependable if the Cronbach's Alpha value surpasses the minimum criterion. In this study, the dependability threshold was 0.60, which is consistent with common requirements in social research. The Cronbach's Alpha value for the Empowering variable (X1) was 0.944, which is significantly higher than the dependability criterion, indicating that the Empowering variable's items have a very high level of internal consistency. This also indicates that each indicator in the household capacity empowerment dimension is highly connected and capable of assessing the same construct consistently. Furthermore, the Enabling variable (X2) achieved a Cronbach's Alpha value of 0.959, indicating that the Enabling instrument exhibits consistent response patterns across its items, thereby effectively capturing aspects of information access, environmental support, and social facilities in a measurable and repeatable manner. On the other hand, the items of the Protecting variable (X3) also showed the same result, indicating that each question item within the social protection dimension possesses excellent stability and consistency in measuring a sense of social security and attention toward vulnerable groups within the household. Furthermore, the Household Quality of Life (Y) variable items also fall into the category of variables indicating that all quality-of-life indicators, whether from economic, health, social, or environmental aspects, exhibit very high internal consistency in comprehensively representing the quality-of-life construct. The following Table 2 presents the results of descriptive statistical tests.

Table 2. Descriptive Statistical Test

	N	Minimum	Maximum	Mean	Standard Deviation
Enabling (X1)	50	18.00	39.00	33.6400	5.97874
Empowering (X2)	50	16.00	40.00	34.2600	6.46122
Protecting (X3)	50	16.00	40.00	34.2400	6.29726
Quality Of Family Life (Y)	50	38.00	95.00	83.3200	13.36831
Valid N (Listwise)	50				

Based on the results of descriptive statistical analysis of 50 respondents in Table 2, all research variables showed a tendency toward high- -average values. The *Enabling-Empowering-Protecting* (E-E-P) variable, as a dimension of Dasawisma's role, reveals relatively positive and consistent perceptions among respondents, reflected in high mean values and moderate standard deviations. This indicates that most households perceive the functionality of Dasawisma in terms of information access, capacity building, and social protection within their communities. Meanwhile, the household quality of life variable also shows a high mean value, but with a greater degree of variation compared to the independent variables. This indicates that although respondents' quality of life is generally good, welfare levels differ among households and are influenced by both internal and external factors. In general, these descriptive statistical findings suggest that the research data has a stable and representative distribution, indicating that it is acceptable for further inferential analysis. Classical assumption tests were used to analyze data normality, multicollinearity, and heteroscedasticity. Figure 1 displays the normality test result.

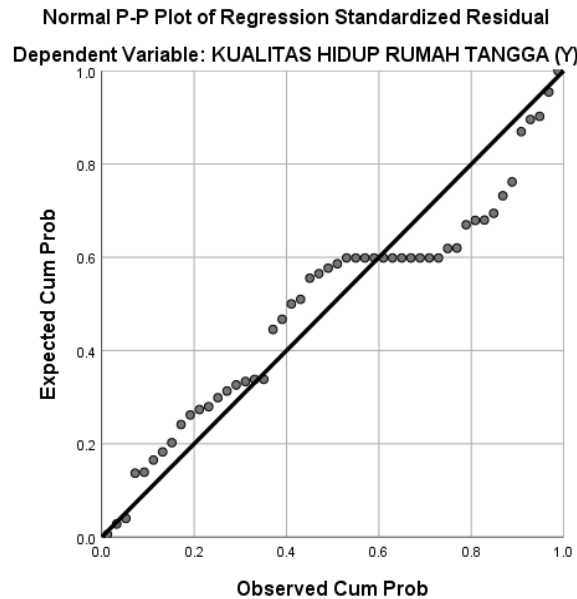


Figure 1. Results of the Normality Test

According to the Normal P-P Plot of Regression Standardized Residuals, the regression model's residual data tends to follow a normal distribution. This is demonstrated by the position of the residual points, the majority of which follow and cluster around the diagonal line reflecting the theoretical normal distribution. The observation points' proximity to this line suggests that the difference between the observed and expected cumulative probability is minimal, implying that the distribution deviations are not dramatic. While there is a little deviation in the center portion that extends toward the top of the graph, it is within acceptable limits and does not form a sharp curve or systematic pattern indicating a breach of normalcy. In summary, a consistent distribution of points along the diagonal line shows that the model residuals satisfy the normality condition.

The results of the multicollinearity test reveal that the tolerance values of all independent variables are over the minimum threshold of 0.10, while the Variance Inflation Factor (VIF) values remain below the general criterion of 10. The Enabling variable (X1) has a VIF value of 4.034, indicating a moderate correlation with other factors, but it has not yet reached a level that breaks the regression model's stability. The Protecting variable (X3) has a VIF value of 5.087, indicating a link between the independent factors, but it is still within the tolerance limits frequently used in social research. Furthermore, the Empowering variable (X2) has the highest VIF score of 7.257, showing a somewhat significant relationship with the other independent variables. Nevertheless, this value is less than the critical threshold of 10; hence, it cannot be classified as severe multicollinearity. In summary, the findings of this test show that, while there is a relationship between the Enabling-Empowering-Protecting (E-E-P) aspects, which theoretically overlap within the framework of community empowerment, the level of correlation is statistically acceptable. The heteroscedasticity test is presented in Table 3.

Table 3. Heteroscedasticity Test

		Coefficients ^a			
		Unstandardized	Coefficients	Standardized	
Model		B	Standard Error	Beta	t
1	(Constant)	26.869	7,632		3,521
	Enabling (X1)	.238	.433	.107	.551
	Empowering (X2)	-.084	.537	-.040	-.156
	Protecting (X3)	1,498	.461	.706	3,248

a. Dependent Variable: Household Quality of Life (Y)

The coefficient table used to test heteroscedasticity (usually through the Glejser test) indicates that the regression model does not exhibit significant symptoms of heteroscedasticity. This is obvious from the significance levels of each independent variable, which are all more than 0.05. The significance values for the Enabling (X1) variable at 0.585 and the Empowering variable at 0.877 show that neither variable has a significant association with the absolute residual values, indicating no pattern of non-constant error variance. Even if the Protecting variable (X3) has a significance value of 0.002, which is statistically significant in the main model regarding household quality of life, this does not automatically indicate a violation of assumptions in the context of heteroscedasticity testing, because the interpretation of heteroscedasticity focuses more on the distribution pattern of residuals relative to predictor variables, rather than merely the significance of their influence on the dependent. In general, there is no strong indication that the residual variance changes systematically as the values of the independent variables change. The following Table 4 presents the results of the multiple linear regression test.

Table 4. Multiple Linear Regression Test

		Coefficients ^a			
		Unstandardized	Coefficients	Standardized	
Model		B	Standard Error	Beta	t
1	(Constant)	26.869	7,632		3,521
	Enabling (X1)	.238	.433	.107	.551
	Empowering (X2)	-.084	.537	-.040	-.156
	Protecting (X3)	1,498	.461	.706	3,248

a. Dependent Variable: Household Quality of Life (Y)

Based on Table 4, the regression model shows varying degrees of influence of each independent variable on household quality of life. The constant value of 26.869 indicates that when all Enabling-Empowering-Protecting variables are assumed to be zero, the baseline level of household quality of life remains at that figure, representing other factors outside the model that also contribute. The Enabling variable (X1) has a positive regression coefficient of 0.238, which theoretically suggests that an improvement follows every increase in the Enabling role in household quality of life. However, statistically, this effect is not significant because the significance level is above 0.05, so its contribution to the model is not strong enough to serve as a primary predictor. A comparable problem exists with the Empowering variable (X2), which has a negative coefficient of -0.084. This negative direction implies an adverse association, but the very high significance value shows that the effect is not

statistically significant and does not contribute meaningfully to the variation in household quality of life within this research model.

Unlike the previous two factors, the Protecting variable (X3) has a reasonably large positive regression coefficient of 1.498, with a significance value of less than 0.05. This demonstrates that the Protecting factor has a strong and dominant impact on household quality of life. The highest standardized beta value also suggests that social safety, a sense of security, and the certainty of sustainability, all of which are aided by Dasawisma, are more important than the Enabling and Empowering dimensions combined. This implies that social security, stability, and vulnerability protection are more important to households in urban locations like Wenang Subdistrict than capacity-building procedures alone. Families are frequently exposed to a variety of social vulnerabilities, such as economic uncertainty, health risks, weakened social cohesion, and a lack of informal support networks, in urban areas marked by high population density, economic inequality, social heterogeneity, and rapid mobility. In these circumstances, Dasawisma plays a crucial role in offering social protection, aid, emotional support, and early detection of households at risk.

According to [Suharto \(2003\)](#), social protection theory emphasizes that vulnerable households need protective measures to sustain their well-being and resilience against social and economic stresses, which explains this finding. In this situation, Dasawisma serves as both a neighborhood-level social safety net and a community organization. Additionally, the theory of community resilience is related to the dominance of the Protecting dimension. According to community resilience theory, communities are better able to adjust to social and economic crises when their social networks are more robust and helpful ([Surjono et al., 2021](#)). Dasawisma lowers the hazards associated with urban vulnerability and increases household resilience through social assistance, community support, and routine monitoring. The Enabling and Empowering components, on the other hand, are important but typically result in long-term effects since they emphasize participation, capacity-building, and self-reliance processes that require longer adaptation times. In contrast, households directly sense the more immediate and practical benefits of the Protecting dimension, especially in metropolitan areas where social dangers are relatively significant.

The t-test results for the regression model shows that each independent variable has varying degrees of influence on household quality of life. The Enabling variable (X1) has a significance level of 0.585, which is higher than the 0.05 threshold; thus, it has no statistically significant effect on household quality of life. Although the regression coefficient is positive, it only reflects the direction of the association and does not imply a practical contribution to enhancing respondents' quality of life. The Empowering variable (X2) likewise has a significance value greater than 0.05, particularly 0.877, indicating that, in part, this variable has no meaningful effect on household quality of life. The negative regression coefficient indicates an opposite direction of the relationship; however, since it is not statistically significant, this effect cannot serve as the basis for substantive conclusions in the study. Conversely, the Protecting variable (X3) has a significance value of 0.002, which is below 0.05, indicating a significant partial effect on household quality of life. The positive regression coefficient indicates that the higher the perceived Protecting role by households, the higher the quality of life achieved. The relatively large t-value compared to other variables also indicates that the Protecting dimension is the most dominant factor in this research model. Thus, among the three dimensions of the Dasawisma role studied, only the Protecting dimension has a significant influence on household quality of life.

Based on the F-test results, the regression model has a significant ability to explain the simultaneous influence of the Enabling-Empowering-Protecting (E-E-P) variables on household quality of life. The calculated F-value of 20.581 with a significance level of 0.000 indicates that the probability of error is far below $\alpha = 0.05$, meaning the regression model collectively has a significant

effect on the dependent variable. The fact that the Sum of Squares Regression value is higher than the residual error indicates that the variation in household quality of life is better explained by the combination of the Enabling-Empowering-Protecting variables than by random factors outside the model. This signifies that the model possesses sufficient explanatory power in describing the phenomenon under study. Thus, the results of the F-test indicate that, simultaneously, the role of Dasawisma within the Enabling-Empowering-Protecting framework is worthy of consideration as a factor influencing household quality of life.

Based on the Model Summary, the coefficient of determination (R-Square) value of 0.573 indicates that the Enabling-Empowering-Protecting (E-E-P) dimension accounts for 57.3% of the variation in household quality of life, according to this study's regression model. This suggests that Dasawisma plays a significant role in determining family well-being at the community level. These findings suggest that a community-based empowerment approach is not only conceptually relevant but can also practically explain social phenomena in urban settings. A recent study indicates that local social networks, access to community services, and community-based social protection significantly influence the quality of life in urban communities (Arianto, 2024). The use of the E-E-P framework integrated into the analysis of household quality of life in Dasawisma communities is the primary strength of this study compared to previous research. This study demonstrates that the protection or social protection element is the most critical in influencing household quality of life. In contrast, most previous research has focused more on the Enabling and Empowering elements or partial economic empowerment. The research findings indicate that, in the context of urban communities, a sense of social security, neighborly solidarity, and support for vulnerable groups have a greater influence than merely obtaining information or learning more (Apriliyani, 2022).

The E-E-P construct used has strong methodological relevance, as indicated by an adjusted R-Square value of 0.545, suggesting that the research model remains stable after accounting for the number of independent variables and sample size. Model stability is a crucial indicator in modern social science studies to ensure that relationships between variables are not merely statistically significant but also possess psychological and empirical consistency. The uniqueness of this study compared to Ema (2023) in her thesis lies in the fact that the Enabling and Empowering dimensions exhibit strong influence, whereas in this study, the Protecting dimension is the most dominant among the three. This aligns with Irwan et al. (2023), who found that community-based empowerment models perform better when they include elements of social protection, capacity building, and access. Therefore, this study offers a more comprehensive model concept for understanding household well-being in urban environments, in addition to demonstrating the relationships among variables. However, there is a strong correlation between all independent variables and household quality of life, as indicated by an R value of 0.757. This suggests that the greater the role of Dasawisma in terms of empowerment, encouragement, and protection, the higher the likelihood of improved household quality of life. Thus, this model can be considered sufficiently accurate in predicting variations in household quality of life, as the standard error of estimation of 9.01527 indicates that the model's prediction error remains within acceptable limits for quantitative social research. Consequently, the study's findings confirm that the Enabling-Empowering-Protecting (E-E-P) dimensions play a crucial role in enhancing household well-being. This holds despite other factors influenced by the research model, such as family economic conditions, educational level, employment, social environment, and access to public facilities. These results also support the idea that empowering Dasawisma communities can help sustain family and community quality of life as a social administration measure.

By applying the multidimensional E-E-P approach at the household level, this study reinforces theories of community-based empowerment and development. The study demonstrates that family quality of life is not explained solely by economic factors or social participation; community

interactions create local social protection structures. Furthermore, methodologically, this study contributes to the development of quantitative instruments based on the E-E-P framework. This instrument can be used to measure the effectiveness of community empowerment at the household level in a more organized and measurable manner. Furthermore, the findings of this study provide information to local governments and PKK organizations on how to strengthen family empowerment policies by prioritizing community social protection in the development of urban community welfare.

CONCLUSION

As a whole, in the context of Enabling-Empowering-Protecting (E-E-P), the role of Dasawisma as a micro-social unit has been shown to significantly contribute to improving household quality of life. This is particularly true for the protection dimension, which is the most important factor in empirical research. The results of the study indicate that improving individual capabilities and access to information are not the only factors determining the success of community empowerment. The study also found that social protection, environmental stability, a sense of family security, and community support in daily life are very important factors for the success of community empowerment. This study uses a quantitative approach supported by valid and reliable instruments. This study shows that the roles of Enabling-Empowering-Protecting (E-E-P) simultaneously have a significant correlation with household quality of life and can explain most of the family welfare variables found in the study area. The results show that Dasawisma not only serves as an administrative tool for the Family Welfare Movement (PKK), but also as local social infrastructure that improves family well-being and social cohesion in urban areas. The implementation of this research provides practical benefits for local governments, TP PKK, and Dasawisma administrators in formulating family-based community empowerment policies, whereby the local Government can utilize the Enabling-Empowering-Protecting (E-E-P) framework as a foundation for evaluating and strengthening the PKK and Dasawisma programs, and positioning Dasawisma as a collaborative partner in urban areas. Furthermore, this research provides a scientific contribution to developing a flexible, engaging, and sustainable household-based community empowerment model. Thus, the Dasawisma-based empowerment model holds strategic potential to be developed as an adaptive and sustainable family development approach in urban settings.

DECLARATION OF GENERATIVE AI

The authors declare that no generative AI or AI-assisted technologies were used in the writing process of this manuscript.

CONFLICTING INTEREST STATEMENT

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

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