

Empowering the Purworejo Regional Leadership of 'Aisyiyah (PDA) as Paralegals and Mental Health Counselors

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Abstract

Women in Purworejo Regency continue to face increasing violence, exploitation, and abuse due to various factors such as gender inequality, poverty, low education, and lack of awareness of their rights and position in society. Legal protection remains limited due to weak law enforcement and an ineffective judicial system. In response to these challenges, the Regional Leadership of 'Aisyiyah (PDA) Purworejo, as a women's autonomous organization under Muhammadiyah, aims to play a more active role in empowering and protecting women. This community service activity was designed to provide education and capacity-building to strengthen the role of 'Aisyiyah leaders. The objectives were achieved through strategies such as training, mentoring, and community development. The main solution involved conducting paralegal and mental health counselor training for representatives of Branch Leadership of 'Aisyiyah (PCA) throughout Purworejo Regency, equipping them with legal and psychological knowledge to assist women in need.

Keywords

Srikandi, Paralegal, Counselor

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Abstrak

Perempuan sering menghadapi kekerasan, eksploitasi, dan bentuk-bentuk penyalahgunaan lainnya akibat ketidaksetaraan gender, kemiskinan, tingkat pendidikan yang rendah, serta kurangnya kesadaran akan hak-hak dan posisi mereka dalam masyarakat. Di Kabupaten Purworejo, kasus kekerasan terhadap perempuan terus meningkat setiap tahun. Namun, perlindungan hukum masih terbatas akibat implementasi hukum yang tidak efektif dan sistem peradilan yang lemah. Sebagai tanggapan, Kepemimpinan Daerah 'Aisyiyah (PDA) Purworejo, sebagai organisasi perempuan otonom di bawah Muhammadiyah, memainkan peran penting dalam memberdayakan dan melindungi perempuan. Untuk memperkuat peran ini, PDA Purworejo perlu dilengkapi dengan pengetahuan tentang perlindungan hukum, penyelesaian masalah, dan bantuan psikologis bagi perempuan. Tujuan kegiatan pelayanan masyarakat ini adalah memberikan pendidikan tentang pemberdayaan perempuan dan perlindungan hukum. Strategi yang digunakan meliputi pelatihan, pembinaan, dan pengembangan masyarakat. Kegiatan ini menghasilkan pelaksanaan pelatihan paralegal dan konselor kesehatan mental, yang diikuti oleh perwakilan dari Pimpinan Cabang 'Aisyiyah (PCA) di seluruh Kabupaten Purworejo. Pelatihan ini bertujuan untuk membekali peserta dengan pengetahuan hukum dan psikologis. Salah satu hasil utama program ini adalah pembentukan komunitas Srikandi Iustitia, yang terdiri dari perwakilan PCA yang telah dilatih dan diharapkan dapat bertindak sebagai konsultan hukum dan kesehatan mental di wilayah masing-masing.

Kata Kunci

Srikandi, Paralegal, Konselor

Introduction

Discrimination and violence against women in Purworejo Regency are a concern due to differences in the roles, functions, and responsibilities of men and women in the social context. This leads to gender discrimination, resulting in the neglect of women's basic

rights.¹ Women often experience violence, exploitation, and other forms of abuse caused by various factors², such as gender inequality, poverty, low education levels, and a lack of awareness of women's rights and status in society.³ Additionally, from a legal protection perspective, there appear to be obstacles due to the ineffective enforcement of laws and a weak judicial system.⁴ This results in many cases of violence against women not receiving the justice they deserve. Victims of violence against women often experience depression or deep trauma, leading to poor mental health.⁵ This, in turn, has adverse effects on their daily lives. The following are statistics on cases of violence against women in Purworejo District according to the Department of Community Empowerment and Village Development, as shown in Table 1.

Table 1. Cases of Violence Against Women

Type/Category of Violence	Number of Cases
Domestic violence	13
Rape	2
Neglect	12
Sexual harassment	14
Physical violence	14
Psychological violence	27

From the large amount of data on cases of violence against women in Purworejo Regency, the Purworejo Regional Leadership of 'Aisyiyah (PDA) Purworejo, as one of

¹ Rahmi Bin Musaad, "Diskriminasi Gender Terhadap Perempuan Dalam Novel Perempuan Berkalung Sorban Karya Abidha El Khaliqy (Tinjauan Religi)," *Journal of Education and Language Research* 1, no. 1 (2022): 1–23.

² Anwar Hidayat, "Kekerasan Terhadap Anak Dan Perempuan," *Schoulid: Indonesian Journal of School Counseling* 5, no. 2 (2020): 57–67, <https://doi.org/10.23916/08702011>.

³ Septi Indrawati, Ajeng Risnawati Sasmita, and Retno Hidayatun Ningsih, "Advokasi Hak Politik Bagi Perempuan Dalam Upaya Perwujudan Demokrasi," *Bagelen Community Service* 2, no. 3 (2024): 170–76.

⁴ Rosma Alimi and Nunung Nurwati, "Faktor Penyebab Terjadinya Kekerasan Dalam Rumah Tangga Terhadap Perempuan," *Jurnal Penelitian Dan Pengabdian Kepada Masyarakat (JPPM)* 2, no. 1 (2021): 211, <https://doi.org/10.24198/jppm.v2i2.34543>.

⁵ Noveri Aisyaroh, Isna Hudaya, and Ratna Supradewi, "Trend Penelitian Kesehatan Mental Remaja Di Indonesia Dan Faktor Yang Mempengaruhi: Literature Review," *Scientific Proceedings of Islamic and Complementary Medicine* 1, no. 1 (2022): 41–51, <https://doi.org/10.55116/spicm.v1i1.6>.

Muhammadiyah's autonomous women's organizations, has a role to play in empowering and providing legal protection for women in Purworejo Regency. Within PDA Purworejo, there is a council directly related to legal protection, namely the Legal and Human Rights Council (MHH). The MHH of PDA Purworejo consists of 11 members, of whom only 2 have a legal education background and 1 has a psychology education background. The remaining members lack expertise in law and psychology. The MHH is expected to play a role in eliminating discrimination and violence against women and advocating for women's rights.

Therefore, in order to optimize its role as an organization for women's empowerment and legal protection, PDA MHH needs to be equipped with knowledge related to legal protection and problem solving as well as psychological assistance for women.⁶ In relation to this, as part of the Community Service Program within the Association, we offer a solution in the form of paralegal training and mental health counselor training aimed at PDA Purworejo cadres.

Paralegal training is training to provide legal skills to the community by a lawyer or other professional in the relevant field.⁷ This paralegal training is in accordance with the provisions of Article 10 of Law Number 16 of 2011 concerning Legal Aid, which reads "*Legal aid providers are required to organize and provide legal aid training to paralegals*". PDA Purworejo cadres who have received paralegal training will be able to provide legal counseling to the community, investigate cases, receive legal consultations, mediate cases, and assist the community outside of court. Paralegals are expected to optimize their role in empowering and protecting women's rights.⁸ Meanwhile, mental health counselor training is training for the community related to psychological consultation and counseling services for mental

⁶ Wahyu Rasyid et al., "Pelatihan Dan Pendampingan Paralegal Restorative Justice ' Menciptakan Pengacara Rakyat,'" *Aurelia: Jurnal Penelitian Dan Pengabdian Masyarakat Indonesia* 1, no. 1 (2022): 136–39.

⁷ Heniyatun, Puji Sulistyaningsih, and Yulia Kurniaty, "Pelatihan Paralegal Bagi Nasyyatul Aisyiah Kabupaten Magelang," In *Proceeding of the 12th University Research Colloquium 2020: Pengabdian Kepada Masyarakat* (Surakarta: Universitas Aisyiah Surakarta, 2020), 1–11.

⁸ Sri Warjiyati, "Pemberdayaan Paralegal Aisyiah Ranting Sukodono Dalam Pendampingan Korban Kekerasan Perempuan Dan Anak," *Dimas: Jurnal Pemikiran Agama Untuk Pemberdayaan* 17, no. 2 (2017): 175–92, <https://doi.org/10.21580/dms.2017.172.2425>.

health.⁹ This service is important to help the community, especially victims of violence against women, to recover from depression or trauma they have experienced.

Method

The stages of implementation can be seen in the following figure 1.

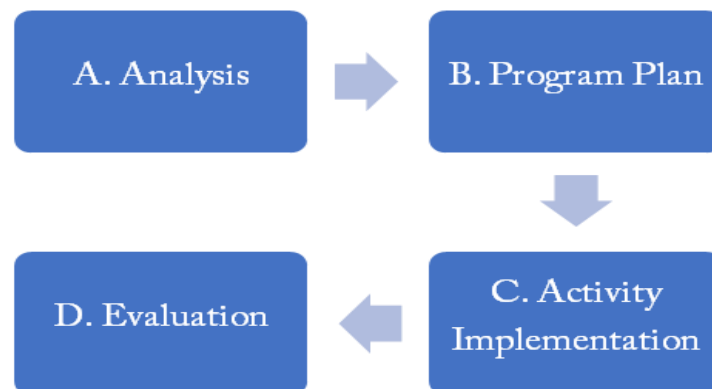


Figure 1. PKM activity implementation flow

Analysis

During the analysis stage, a series of activities are carried out to ensure that the Student Creativity Program (PKM) can run optimally. First, various needs required for the implementation of the program are identified, including resources, support, and facilities needed. Next, activities are planned and scheduled systematically so that the PKM can run smoothly and in an organized manner. Additionally, instruments are developed to collect supporting data, which serve as tools for decision-making based on valid data. At this stage, partners play a crucial role by providing data and information related to activities they have previously conducted, as well as offering constructive feedback on the planned activities, ensuring the program remains relevant and aligned with on-the-ground needs.

Program Planning

At the program planning stage, several key activities are undertaken to ensure the effectiveness of the initiative. These include planning the training scheme for paralegals and

⁹ Qurrota A'yuni Fitriana and Hamim Rosyidi, "Self-Efficacy Dan Kemampuan Mendengar Aktif Konselor Sebaya Terhadap Kesehatan Mental," *Jurnal Penelitian Psikologi* 12, no. 2 (2021): 74–80, <https://doi.org/10.29080/jpp.v12i2.631>.

mental health counselors specifically targeted at the leaders of PDA Purworejo. Additionally, the team plans the development of training modules to serve as comprehensive guides for participants during the paralegal and mental health counselor training sessions. The planning process also involves designing appropriate evaluation methods to assess the effectiveness and outcomes of the paralegal training. During this stage, the partner organization plays an important role by providing feedback and suggestions to enhance the quality and relevance of the program planning.

Activity Implementation

During the implementation stage, several concrete actions are carried out to realize the program objectives. First, training modules are developed as instructional guides for both paralegal and mental health counselor training. The program then proceeds with the organization of training sessions aimed at empowering selected cadres of PDA Purworejo to serve as paralegals and mental health counselors. Following the training, a dedicated group called Srikandi Paralegal dan Mental Health Counselor is established within PDA Purworejo to sustain and expand the initiative. The role of the partner organization in this stage includes actively participating in the training sessions and being involved in the formation of the Srikandi group, ensuring their commitment to both the process and long-term impact of the program.

Evaluation

In the evaluation stage, a joint assessment is conducted with PDA Purworejo to review the implementation of the paralegal and mental health counselor training activities. This process aims to identify strengths, challenges, and areas for improvement to enhance future programs. Additionally, the finalized training modules for paralegals and mental health counselors are formally handed over to the partner organization as a reference for continued use and development. The role of the partner in this stage is to provide feedback and evaluations regarding the activities that have been carried out, contributing valuable insights for the refinement and sustainability of the program.

Results and Discussion

Paralegal Training

Paralegal training provides basic legal knowledge and skills, as well as the ability to provide legal assistance to the community without becoming a lawyer.¹⁰ This training aims to improve legal understanding, provide basic skills in providing legal assistance, train the ability to provide non-litigation legal assistance, and increase public legal awareness.¹¹

The paralegal training was held on Tuesday, February 11, 2025, in the seminar room of Muhammadiyah University Purworejo. The event was attended by representatives of PCA cadres in Purworejo Regency. The training aimed to improve legal understanding, provide basic skills in providing legal assistance, train the ability to provide non-litigation legal assistance, and increase public legal awareness.

The paralegal training was held on Tuesday, February 11, 2025, at the seminar room of Muhammadiyah University of Purworejo. The event was attended by representatives of PCA cadres in Purworejo District. The materials presented in the training included topics related to basic legal skills, social conditions of the community, and the roles and responsibilities of paralegals. These materials were presented by Septi Indrawati, S.H., M.H., Head of the Law Program at Muhammadiyah University of Purworejo and Chair of the PKM team. Further materials related to criminal and civil cases, client consultation techniques, and mediation were presented by Ajeng Risnawati Sasmita, S.H., M.H., a lecturer at the Law Program of Muhammadiyah University of Purworejo and a member of the PKM team, as shown in Figure 2. Following the presentation of materials, the session continued with discussions and question-and-answer sessions with participants. The material was related to basic legal skills, social conditions in the community, and the duties and roles of paralegals. The material was presented by Septi Indrawati, S.H., M.H., as Head

¹⁰ Aprilia S Tengker, Arif Yogiawan, and Dominggus Cristian, *Modul Pelatihan Paralegal Dasar*, 1st ed. (Jakarta: The Indonesian Legal Resource Center, 2018).

¹¹ Afif Khalid and Dadin Eka Saputra, "Tinjauan Yuridis Tentang Paralegal Dalam Pemberian Bantuan Hukum," *Al-Adl: Jurnal Hukum* 11, no. 1 (2019): 103, <https://doi.org/10.31602/al-adl.v11i1.2022>.

of the Law Study Program at Muhammadiyah University Purworejo and Chair of the PKM team, as shown in Figure 3. The next material, which related to criminal and civil cases, consultation techniques with clients, and mediation, was presented by Ajeng Risnawati Sasmita, S.H., M.H., as a lecturer at the Law Program of Muhammadiyah University Purworejo and a member of the PKM team. After the presentation of the material, the session continued with a discussion and question-and-answer session with the participants. Participants enthusiastically asked many questions and discussed legal issues occurring in their areas. Participants also expressed hope that further training related to paralegal work could be conducted. This demonstrates the positive response of participants to the implementation of the paralegal training activity. Below is documentation of the paralegal training activity.



Figure 2. Presentation of the first material on basic legal skills



Figure 3. Presentation of the second material on case resolution techniques

Through paralegal training, participants are expected to play a role in minimizing cases of violence against women in Purworejo Regency. Training participants are expected to become cadres who can provide non-litigation legal assistance to the community and accompany people who are undergoing legal proceedings. In addition, paralegals can also collaborate with advocates or other law enforcement officials in resolving legal cases.

Mental Health Counselor Training

Mental health counselors are individuals who have the knowledge, skills, and experience to help people dealing with emotional, psychological, and behavioural issues. Their main job is to listen with empathy, understand their clients' problems, and provide appropriate support and guidance.

The mental health counselor training program aims to equip participants with listening skills, empathy, and basic counseling techniques to assist individuals facing emotional or psychological challenges. The training materials for mental health counselors include basic psychology theory, communication skills, counseling techniques, and an understanding of various mental health issues, presented by speaker Itsna Iftayani, S.PdI, MA, as shown in Figure 4. The training was held on Wednesday, February 12, 2025, in Room B of the Muhammadiyah University of Purworejo campus. The training was attended by representatives from PCA in Purworejo District. Below is documentation of the mental health counselor training.



Figure 4. Delivery of mental health counselor training material

Based on the background of the many cases affecting women in Purworejo Regency, knowledge about mental health is also important to understand. In general, women who experience legal problems also experience mental disorders and may even suffer from depression. Therefore, the community needs to be equipped with sufficient knowledge about the importance of maintaining mental health.

Formation of Srikandi Iustitia

Srikandi Iustitia is a women's community consisting of representatives of PCA cadres throughout Purworejo Regency who have undergone paralegal and mental health counselor training. Srikandi Iustitia was officially recognized through Aisyiyah Purworejo Regency Decision No. 029/PDA/A/SK/II/2025 regarding the Recognition of Paralegals and Mental Health Counselors of Srikandi Iustitia for the 2025-2026 period. Members of Srikandi Iustitia were also officially recognized by the Chairperson of the Purworejo District Aisyiyah Association in February 2025, coinciding with the commemoration of Aisyiyah Day.

The Srikandi Iustitia community is expected to provide education related to paralegal (legal education) and mental health counseling to the community in its area. In addition, Srikandi Iustitia also provides consultation services for people with legal or psychological problems. Srikandi Iustitia can even provide legal assistance outside of court, such as helping with document processing, assisting in the mediation process, and others.

Conclusion

The Purworejo Regional Leadership of 'Aisyiyah (PDA) as one of Muhammadiyah's autonomous women's organizations has a role in empowering women and providing them with legal protection. To carry out this role, the PDA needs to be equipped with legal and psychological knowledge. This knowledge is provided through paralegal and mental health counselor training. Furthermore, to strengthen this role, a legal and psychological awareness community was formed, known as the "Srikandi Iustitia" community. The Srikandi Iustitia community is expected to provide education related to paralegal services (legal education) and mental health counseling to the community in its area. Additionally, Srikandi Iustitia offers consultation services for individuals facing legal or psychological issues. Srikandi Iustitia can even provide legal assistance outside of court, such as helping with document processing, accompanying mediation processes, and other related matters.

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