



Women Empowerment Through 'Girls Go Beyond' Training In Teknokrat University

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Abstract: Teknokrat University established the 'Girls Go Beyond' training program in response to the obstacles that many teen girls in Indonesia experience, notably in terms of access to education and opportunity. This program seeks to empower young women by providing them with the necessary skills, tools, and knowledge to successfully navigate their futures. The purpose is to make teenage girls develop a grasp of their innate skills and legal rights, allowing them to make educated life decisions. The program uses a variety of educational technologies, including WhatsApp, Google Classroom, and Google Forms, to deliver information and create interactive learning experiences. Through this campaign, teen girls aged 17-19 from the university's first semester cohort can learn about their rights, make informed decisions, and express themselves freely. This abstract summarizes the training program's aims and the participation of 39 female students, emphasizing the necessity of encouraging young women to reach their full potential.

INTRODUCTION

Empowering young girls is crucial in the present world, when women's rights and gender equality are still major global concerns. Adolescence is a crucial developmental stage that affects how people view themselves, their beliefs, and their aspirations. (Chant, 2016) But a large portion of teenage females face systemic barriers that prevent them from reaching their full potential and living fulfilling lives. In places where gender inequality persists, girls often have less opportunities for education, limited access to healthcare, and less power to make decisions. (Van Eerdewijk, et al, 2017) White paper: A conceptual model on women and girls' empowerment. By prioritizing the empowerment of young women during their adolescent years, we are establishing the foundation for a more equitable and just society.

Young girls who are empowered are more qualified than their peers to advocate for their rights, make wise decisions about their education, health, and well-being, and make significant contributions to their communities. To make matters worse, empowering young girls helps the economy and society as a whole in addition to giving them personal rewards. Making investments to support young girls' empowerment can have a number of benefits. These benefits include ending poverty cycles, promoting happier families, and accelerating economic development. (Duflo, 2012) Giving young girls the tools they need to be change agents makes them a source of inspiration for future generations and a force for social

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standards. When it comes down to it, empowering women during their adolescent years is not simply a question of social fairness; it is also a necessary strategy for creating a more prosperous and inclusive world. (Gates, 2019) By nurturing the potential of young girls and women, we can create opportunities for everyone to grow, be treated equally, and experience sustainable development.

The 'Girls Go Beyond' training program is a groundbreaking project that Teknokrat University started in order to solve the many challenges faced by adolescent females in Indonesia, especially with regard to educational options and access. Giving young women the information, abilities, and resources they need to forge their own routes to success is the creative endeavor's main objective. The initiative utilizes many educational platforms, such as Google Classroom, WhatsApp, and Google Forms, to offer extensive information and promote interactive learning opportunities. This program held at Teknokrat University. The program aims to empower young girls who are enrolled in the first semester of university and are between the ages of 17 and 19. It accomplishes this by promoting the open expression of wants and opinions, facilitating an analysis of their rights, and assisting in the making of informed decisions. 30 participants was the initial aim for the program; however, 39 female students have actively participated, exceeding the organization's expectations. This demonstrates how crucial it is to provide young women with the resources they require in order to help them reach their full potential. Women's protection and self-grooming are the two main programs that are part of the program's operations. Among the assortment of self-grooming activities are workshops covering subjects like leaving a lasting impression, basic beauty, and personal hygiene. Conversely, measures to protect women's rights include advocating for action, promoting assertiveness, and providing preparation training.

The fact that 'Girls Go Beyond' aligns with Sustainable Development Goal (SDG) 5, which centers on attaining gender equality, is an essential feature. It also fortifies the "Empowered Women" initiative spearheaded by the Lampung Province government. Since its inception in October 2022, this initiative has been a bright example of the university's commitment to advancing gender equality and amplifying the voices of young women across the nation. Since its inception, it has served as a beacon of empowerment.

METHODS

Location and Time

Application from "Girls Go Beyond" training to be implemented at Teknokrat University in October 2022 from 9:00 a.m. to 12:25 p.m.

Target Audience

Thirty students from Teknokrat University's batch 2022 first semester are the intended audience for this program. The age range for ladies is 17–19 years old. Nevertheless, more than anticipated, the target audience as a whole reached 39 participants.

Method of Devotion

This community service project uses useful approaches to provide educational resources that have a profound impact. Contextually set in the campus, accessibility is given first priority, and public transportation is provided to guarantee inclusivity. In addition to the seminar sessions, other volunteers—such as self-defense experts—are recruited to offer specific instruction on personal protection and safety, which furthers the participants' overall growth.

Through strategic relationships with HIMA Sasing, Duta Teknokrat, and Pendidikan Olahraga, an ecosystem of collaboration aimed at supporting sustainable educational development is fostered, further augmenting the initiative's success. By working together, these alliances make it possible to seamlessly combine resources, knowledge, and assistance, increasing the effectiveness and scope of the community service project. With this coordinated effort, we hope to provide educators with the skills and information they need to welcome digital innovation and spark constructive change in the educational environment.

RESULTS AND DISCUSSIONS

As a result of these actions, the author concludes that there are numerous visuals to explain from one figure to another. The MC opens the event, and participants gather. First, make sure everyone understands the seminar's goals, which include presenting the speaker to the Teknokrat University class of 2022 and supporting women's empowerment.



Figure 1. Self Grooming Materials by The Speaker

The first material on self-grooming explained three things. Members can educate the value of a woman's proper image in public and society, as well as proper hygiene in her body (periods, skincare, dress wear, etc.). The materials cover three topics: first impressions, beauty classes, and hygiene.



Figure 2. Women Protection Materials by The Speaker

The second figure material about women's protection explained three things inside. Members can provide guidance on how to avoid specific circumstances, how to react/what to do in those situations, and what to do afterwards by practicing in real-life settings. There are three materials on preparedness, speaking up, and taking action in a circumstance. The image depicted the progression of action in a circumstance where protection was being enforced. There are two types of preparations: action and speech.



Figure 3. Games, Pretest and Posttest

Teknokrat University's 'Girls Go Beyond' training program empowers girls through education and community service. This program gives young women the tools, resources, and knowledge to succeed. Participants learn about themselves, build resilience, and empower themselves through workshops, mentorship, and hands-on activities. The impact of these treatments must be assessed throughout the program to discover if the training truly changed participants and empowered them to face their destiny. (Willingham & Cole, 2013) A detailed review of the 'Girls Go Beyond' training program examined participants' experiences, attitudes, and results. Pretests at the start of the program assessed participants' knowledge, skills, and

attitudes about women's empowerment. These assessments set a baseline for post-test evaluations, revealing the program's impact.

Post-tests assessed individuals' growth and change after training. Participants were asked to reflect on their experiences, identify areas for growth, and describe how the training improved their life through structured surveys and feedback sessions. Program effectiveness was measured by self-efficacy, assertiveness, and women's rights knowledge. (Abed, et al, 2015) After the test, many domains improved, showing a change in attitudes, actions, and objectives. They gained confidence in their ability to advocate their rights, make good decisions, and stay focused. Participants also learned about gender equality, reproductive health, and personal safety, which empower women.

As a result, the 'Girls Go Beyond' training programme boosts resilience, confidence, and autonomy. This campaign has helped young women overcome preconceptions, challenges, and succeed through focused interventions and community engagement. As we celebrate these accomplishments, we must remember that women's empowerment requires continuing commitment, advocacy, and investment in every young woman's potential.



Figure 4. Documentation of Seminar Ending

CONCLUSION

To conclude, Teknokrat University's 'Girls Go Beyond' training program has proven to be a revolutionary tool in the fight for women's emancipation as it's in line with SDG 5 of Gender Equality. In addition, the 'Girls Go Beyond' training program is proof of the effectiveness of knowledge, community involvement, and coordinated efforts to promote gender equality and enable young women to reach their greatest potential. The accomplishments of this effort must be maintained and built upon in order to promote an inclusive and empowering culture that breaks down barriers and enables women from all walks of life to prosper.

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