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**Increasing Community Capacity to Reduce Disaster Risk
through the Disaster Resilient Family Program**

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Abstract

Tabing Rimbah Village in South Kalimantan is highly prone to floods and land fires, as evidenced by the 2021 floods that affected nearly its entire population. To mitigate future casualties and losses, the Disaster Resilient Family (KATANA) program was implemented to strengthen community preparedness and resilience against these recurring threats. This activity employed a Participatory Action Research (PAR) Approach, emphasizing community involvement across three stages: problem identification of existing knowledge, implementation and targeted empowerment materials, and evaluation by comparing pre- and post-test results to measure the program effectiveness. The problem identification stage was carried out in order to find out in depth how the existing conditions of the community in Tabing Rimbah village related to their understanding of the KATANA Program. This service shows significant improvement results, which are based on the paired sample T-test Pre and Post Test results. It can be concluded that there has been a substantial increase in the level of community knowledge after participating in the delivery of material compared to before in both tests conducted. Building on this statistical success, the program has generated a multi-dimensional impact: by developing 27 change agents who reached 632 households, it created a multiplier effect in disaster resilience for a community with limited educational and economic resources. Ultimately, this initiative not only establishes a foundation for the transformation into a "Disaster Resilient Village" (KATANA) but also serves as a replicable national model and an empirical contribution to sustainable, community-based disaster risk reduction strategies in Indonesia.

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INTRODUCTION

Indonesia is a country rich in natural resources, known to the world as the "Emerald of the Equator "Zamrud Khatulistiwa"(Priyono & Lestari, 2017). Based on its geographical location, Indonesia is traversed by the Eurasian, Indo-Australian, and Pacific tectonic plates (Bencana, 2011; Nucifera & Asharudin, 2019; Oktari, 2019; Priyono & Lestari, 2017; Putri et al., 2021) and located in the ITCZ zone (Inter Tropical Convergence Zone),

so it has abundant rainfall throughout the year. In addition, Indonesia also has the longest coastline in the world. These conditions make Indonesia a disaster supermarket ([Haryadi, 2012](#)), including South Kalimantan ([Guha-Sapir et al., 2011](#)). Disasters are events that threaten and disrupt the lives and livelihoods of communities when they occur. Indonesia is very familiar with natural disasters such as volcanic eruptions, earthquakes, tsunamis, floods, and landslides ([Rahma, 2018](#)). South Kalimantan has a high potential for flooding and land fires, including in Tabing Rimbah Village, Mandastana District, Barito Kuala Regency (Desa Tabing Rimbah, 2021) To prevent this potential from becoming a disaster, environmental protection is very important ([Sa'ban et al., 2021](#)).

Tabing Rimbah Village is a village located in Mandastana Subdistrict, Barito Kuala Regency, South Kalimantan Province ([Muin et al., 2023](#); [Sitanggang et al., 2024](#)). Geographically, Tabing Rimbah Village is one of the villages in Mandastana Subdistrict with an area of 1,900 hectares and a population of 2,035 people divided into 3 neighborhood associations (RW), 11 community associations (RT), and 632 households. Tabing Rimbah Village is one of 14 villages in Mandastana Subdistrict, Barito Kuala Regency. Tabing Rimbah Village is bordered by Sungai Pantai Village to the north, Pantai Hambawang and Cahaya Baru Villages to the east, Bangkit Baru Village to the south, and Puntik Dalam and Puntik Tengah Villages to the west ([Priyono & Lestari, 2017](#)) (See Fig. 1).

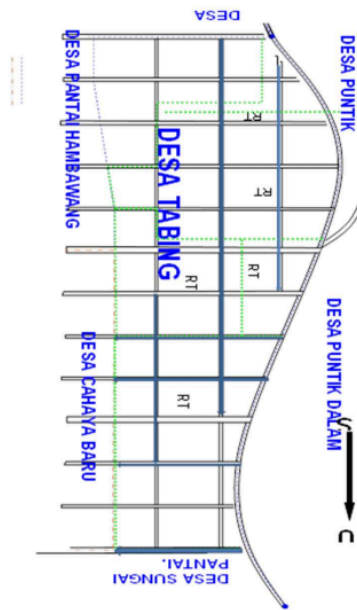


Figure 1 Tabing Rimbah Village, Mandastana Subdistrict, Barito Kuala Regency

Figure 1 presents the administrative map of Tabing Rimbah Village and its surrounding villages within Mandastana Sub-district, Barito Kuala Regency, South Kalimantan, Indonesia. Tabing Rimbah Village is centrally located and bordered by Puntik Dalam, Puntik, Pantai Hambawang, Sungai Pantai, and Cahaya Baru Villages, highlighting its

administrative context and spatial connectivity. The map provides a clear representation of village boundaries and internal administrative units, supporting the description of the study area for community service and disaster preparedness activities. The livelihoods of the people of Tabing Rimbah Village are mostly laborers (265 people) and farmers (540 people). The level of education is still low, with most people having no schooling or not completing school (580 people) or having an elementary school level (589 people). There are 40 poor people, with 35 underprivileged families and 124 prosperous families. The partner village is a village that has a high potential for flooding and land fires. In 2021, floods affected 2,000 people out of 2,035 in Tabing Rimbah Village (Desa Tabing Rimbah, 2021). Figure 2 is a photo that explains the flood conditions that hit Tabing Rimbah village in 2021. Due to the low level of education, the presence of poor residents, a large number of underprivileged families, and the potential for disasters, the partner village still needs to improve the capacity of its community, especially in dealing with disasters. Community participation is certainly important in dealing with disasters, one way of which is by increasing the community's understanding of disaster risk reduction efforts ([Pribadi et al., 2008](#)). Increased knowledge and understanding among the community can have a positive impact on decision-making to prepare families and communities to face future disasters ([Erlia et al., 2017](#)). One effort to increase preparedness knowledge in facing flood disasters is by conducting outreach through health education about flood disasters ([Pahleviannur, 2019](#)). Community capacity building can be achieved through community empowerment, which is expected to provide a deeper understanding of the KATANA Program as an effort in disaster mitigation activities. Disaster mitigation is an action aimed at reducing and/or even eliminating losses and casualties affected by disasters in a region ([Dimaputri & Mujahidin, 2023](#)).



Figure 2 The condition of Tabing Rimbah Village during the 2021 flood disaster

Families are the element of society that will be directly affected by the devastating impact of a disaster ([Dhohirrobbi et al., 2024](#)). When a disaster strikes, many families are displaced because their homes are destroyed, submerged, or severely damaged ([Farida et al., 2023](#); [Suprijati et al., 2022](#); [Widjaja et al., 2019](#)). Many families face obstacles in rebuilding their homes due to limited resources and support ([Haksama et al., 2022a](#)). One of the programs launched by the government to reduce disaster risk is the Disaster Resilient Families (KATANA) program ([Prasetyo et al., 2022](#)). The KATANA program is based on Law No. 24 of 2007 on Disaster Management and BNPB Regulation No. 1 of 2012 on general guidelines for Disaster Resilient Families ([Putri et al., 2021](#)). The program is in line with the priority strategies outlined in the 2010-2014 National Disaster Management Plan (Renas PB). KATANA is a family that has the independent ability to adapt to potential

disaster threats and minimize casualties in the event of a disaster ([Sari & Yuniningsih, 2019](#)). The community is provided with training on what to do when a disaster strikes before rescue teams arrive ([Handayani et al., 2024](#); [Pramajati et al., 2020](#); [Zuhri et al., 2025](#)). In addition, the community is also given knowledge about disasters so that they can recognize the characteristics of an impending disaster and save themselves ([Pramesti et al., 2023](#); [Utariningsih et al., 2022](#)), enabling them to recover quickly from the effects of the disaster.

The development of KATANA is one of the community-based disaster risk reduction efforts by increasing preparedness capacity ([Fadila et al., 2025](#); [Haksama et al., 2022b](#); [Siagian et al., 2025](#); [Thalib et al., 2023](#)), which is planned and implemented by the community as the main actors. Communities in disaster-resilient villages are actively involved in assessing, analyzing, managing, monitoring, evaluating, and reducing disaster risks in their areas by utilizing local resources. Community involvement in disaster risk reduction is absolutely necessary because communities are both the subjects and objects of disaster risk management ([Susilowati & MM, 2016](#)).

METHODS

The process of this community service activity was carried out from August to October 2024. The target of this activity is the Tabing Rimbah village community from two community groups, namely the village officials, the Tunas Muda youth organization of Tabing Rimbah village, and the PKK women's group of Tabing Rimbah village. The method used in the implementation of this community service is the community empowerment method, which is part of the par approach. Community empowerment is the core of the participatory action research (PAR) methodology, as it shifts the community from passive objects to active subjects. Within the par framework, empowerment occurs through a cycle of collective problem-solving and action that builds local capacity and long-term self-reliance ([bradbury, 2015](#); [kindon et al., 2007](#)). The stages in the description of the method of implementing the community service activity are as follows.

1. Data Collection and Problem Identification

This stage was carried out through a meeting with the head of Tabing Rimbah village, Mr. Bahtiar Ripani, to discuss the existing understanding of the community regarding the Disaster Resilient Family Program (KATANA) and the condition of Tabing Rimbah village in facing disasters. This was done so that the community service team could prepare and formulate solutions related to partner issues. The identification of potential problems is an overview or inventory of issues to be resolved through community service activities. The identified problems are those faced by the community, the village government, and the local government, namely: (1) most families, which are the smallest community structure, still have very limited knowledge and education about disasters, including the Disaster Resilient Family Program (KATANA); (2) Most of the community, including the lower-middle economic class, has a low level of education and lives in areas prone to flooding and land fires.

2. Implementation of Activities through Community Empowerment

The resolution of the problems outlined above requires the implementation of community service activities through a program developed by the Implementation Team, which necessitates stages that form the basis for the implementation of activities. The implementation of community service uses a community empowerment approach. Community service activities use the village community empowerment method. Community assistance is one effective strategy and method in the process of assisting and

increasing community capacity ([Harini et al., 2023](#)). Through this assistance, the village community can be empowered to develop their potential to contribute and actively participate in developing their village ([Harini et al., 2023](#); [Suyatno & Suryani, 2022](#)), which will ultimately improve the quality of life for the community in the village ([Rahayu & Febrina, 2021](#)).

Community empowerment activities are divided into two stages, namely:

- 1) A pre-test stage to measure the initial understanding of the 27 participants. The program was conducted in July-September 2024 for a total duration of four hours every meeting using interactive lectures and simulation methods. Both pre-test and post-test instruments consisted of a structured questionnaire with five questions focusing on family disaster preparedness indicators.; and
- 2) An Implementation stage (July-September 2024) featured a community empowerment design centered on interactive training and intensive mentoring for 27 participants. This design utilized a "train-the-trainer" approach, where the service team provided technical materials on disaster mitigation and conducted hands-on simulations to build practical skills. This participatory engagement ensured that participants transitioned from passive recipients to active disaster response agents, capable of disseminating their knowledge to 632 households in the village.

3. Evaluation of community service activities through post-tests

Evaluation in community service activities is carried out in order to determine and measure the extent of improvement in community understanding after training has been conducted. This evaluation is carried out by distributing post-test questions to all participants. The evaluation of community service activities is carried out in order to achieve predetermined targets, namely an increase in the community's capacity to reduce disaster risk and the extent to which they are prepared to form and adopt the Disaster Resilient Family (KATANA) program in Tabing Rimbah Village. The evaluation phase (July–September 2024) assessed the program's effectiveness in enhancing community knowledge and disaster risk reduction capacity. This was conducted by administering a post-test to all 27 participants, consisting of structured questionnaires that mirrored the pre-test indicators. To ensure statistical rigor, the evaluation utilized a paired sample T-test to measure the significance of knowledge improvement. This quantitative analysis, combined with qualitative observation during simulations, verified the participants' readiness to adopt the Disaster Resilient Family (KATANA) program and their ability to serve as active agents for the 632 households in Tabing Rimbah Village.

RESULTS AND DISCUSSION

Indonesia is a country that is highly prone to disasters, given that it is located at the meeting point of three major tectonic plates, namely the Pacific, Eurasian, and Indo-Australian plates ([Hutagalung et al., 2022](#)). Given this geographical situation, Indonesia, which faces a greater threat of disasters than other countries, needs to prepare its communities to understand disaster mitigation, starting with the smallest element of society, namely the family, by becoming Disaster Resilient Families, which can then be transformed into Disaster Resilient Villages in the future. Community assistance and capacity-building activities through education related to the Disaster Resilient Family (KATANA) program in the village of Tabing Rimbah, Mandastana District, Barito Kuala Regency, South Kalimantan, were carried out through several stages of methods, namely (1) Data collection and problem identification; (2) Community empowerment; and (3) Evaluation.

Data Collection and Problem Identification

The initial stage of the Community Service Activity was carried out in order to identify the problems faced by the residents of Tabing Rimbah village through initial and in-depth interviews with the village head, as well as identification of the conditions around the community's place of residence. This activity was carried out by a community service team consisting of lecturers and students at the home of the village head of Tabing Rimbah. On this occasion, Mr. Bahtiar Ripani, the village head, said that his village had several potential disasters, such as fires during long dry seasons and floods during the rainy season, as Tabing Rimbah village often received floodwaters from surrounding sub-districts located at higher elevations. The activity then continued with a tour around the village to observe potential disaster risks that may occur or have previously occurred.

Community Empowerment

The implementation of community empowerment activities is carried out in two stages, namely:

- a. The pre-test stage to measure the initial understanding of all participants in the community service program was conducted on Saturday, September 14, 2024, at the village head's house (Figure 3).



Figure 3 Group photo with participants of community service activities at the village head's house

- b. The stage of presenting training materials and providing assistance to the community by the community service team. This activity was carried out on Tuesday, September 17, 2024, and included a presentation of materials from one of the community service teams (Figure 4), followed by the completion of questionnaires and the handover of disaster preparedness items.



Figure 4 Presentation of community service material in the village office courtyard

Figure 5a illustrates the handover of disaster preparedness supplies from the community service team to the Head of Tabing Rimbah Village as a tangible form of support for strengthening community preparedness in disaster-prone areas. The provision of these supplies is expected to support village-level mitigation efforts and enhance the community's initial response capacity during disaster events. Following the handover, the community service activity was formally concluded with a group photo involving the community service team and all participants. This documentation reflects collective participation, collaboration between the academic team and local government, and a shared commitment to sustaining disaster preparedness initiatives in Tabing Rimbah Village (Figure 5b).



Figure 5 (a) Handover of disaster preparedness supplies from the community service team to the Head of Tabing Rimbah Village and (b) Group photo with participants of community service activities at the Tabing Rimbah Village Multipurpose Building

Evaluation

The evaluation of community service activities was conducted to assess the increase in knowledge among the community in Tabing Rimbah village after participating in a series of community service activities in the form of presentations related to the theme of community service. The questions given in the evaluation activity were the same as those in the previous pre-test (Table 1), which can be used as a reference for the level of community understanding before and after being given information related to the community service material.

Table 1 List of statements in the Pre- and Post-test questionnaire

No.	Statement
1.	Types of disasters that frequently occur in Batola district
2.	What preparations should be made before a disaster occurs?
3.	The KATANA (Disaster Resilient Family) program and its legal basis
4.	Things to do when a disaster occurs
5.	Things to do with your family after a disaster occurs

The number of participants whose knowledge improvement was measured was 27 people (Figure 6).

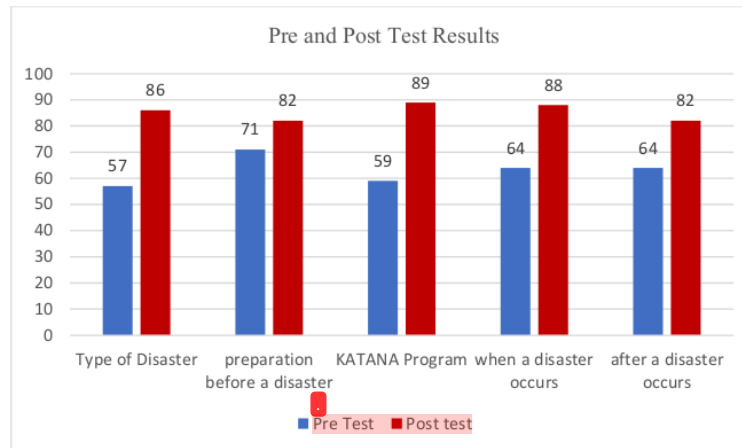


Figure 6 Pre test and post test result

Based on the results of the paired sample t-test pre and post test (Table 2), it was found that from the data, it was explained that from 27 respondents, the mean value of the Pre Test was 10.37 and the Post Test value was 16.26. This indicates an increase in the level of knowledge among the community after attending the presentation of the material compared to before, so it can be concluded that there was a significant increase in the knowledge and understanding of the participants. In other words, the information provided by the community service team had an impact. The Standard Deviation (SD) values of 1.214 (pre-test) and 1.289 (post-test) indicate the consistency of the data. Since both SD values are relatively low and similar, it proves that the participants' knowledge levels were concentrated around the mean, with minimal variance or "outliers." This consistency confirms that the delivery of the KATANA material was effective and uniformly understood across the entire group, regardless of their initial educational backgrounds

Table 2 Paired sample statistic pre- and post-test

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pre	10.37	27	1.214	.234
	Post	16.26	27	1.289	.248

The results of the paired sample test are shown in Table 3

		Paired Differences					t	df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference					
				Lower	Upper				
Pair 1	Pre test	-5.889	1.577	.304	-6.513	-5.265	-19.403	26	.000

Meanwhile, Table 3 shows that the significance value (2-tailed) of $0.00 < 0.005$ indicates a significant difference between the pre-test and post-test scores. This indicates that there is a strong effect on the difference in treatment given to the groups before and after the community service activity.

CONCLUSION

Community service activities were carried out by the author in Tabin Rimbah Village, Mandastana Subdistrict, Barito Kuala Regency, South Kalimantan, over a period of three months (July-September 2024), from the planning stage to the implementation stage and evaluation stage, which was conducted in September. The author carried out this community empowerment activity by holding four meetings with the village head and the community with the aim of identifying the conditions of disasters that often occur in Tabin Rimbah Village and focusing on explaining the Disaster Resilient Family (KATANA) program. It can be concluded that this empowerment activity ran smoothly and achieved its objectives, as evidenced by an increase in community capacity before and after the activity, as seen from the results of the pre-test and post-test. The effectiveness of this empowerment is statistically evidenced by the significant increase in mean knowledge scores from 10.37 to 16.26. The low standard deviation values (1.214 and 1.289) further indicate that the knowledge gain was consistent and uniform across all 27 participants, successfully bridging the gap in disaster literacy. Despite these positive outcomes, this study acknowledges certain limitations. The small sample size of 27 participants and the absence of a control group mean that while the results are significant for this specific community, broader generalizations should be made with caution. Furthermore, the lack of a control group makes it difficult to entirely isolate the intervention from external factors.

CONFLICTS OF INTEREST

The authors declare that there is no conflict of interest.

AUTHOR CONTRIBUTIONS STATEMENT

Conceptualization, AY and RK; methodology, MA; formal analysis, NTS; writing—preparation of the original draft, AY and FMP; and editing, MAR and MI. All authors discussed the results and contributed to the final manuscript.

AI DISCLOSURE STATEMENT

The authors used Paraphrase.io to improve wording, Grammarly to correct grammatical errors, and DeepL Translate to assist with the translation process. After using these tools/services, the author thoroughly reviewed and edited the work as needed and takes full responsibility for the content of the publication. The authors declare that this research was

prepared, researched, written, and edited without the aid of artificial intelligence (AI) techniques

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