

Superior Community Empowerment and Family Management Technology in Overcoming FOMO in Cigalontang Tasikmalaya Village Residents

Ujang Eri Jaenudin^{1,b)}, Dheri Febiyani Iestari^{1,a)}, Isyana Rahayu¹⁾, Raisa Hillia Aini Syifa¹⁾, Adi Muhammad Nur Ihsan¹⁾, Sri Sudiarti¹⁾, Herdiyanti¹⁾, Heidi Siddiqa¹⁾, Taupik Akbar²⁾

¹⁾Management Program, Faculty of Economics and Business, Cipasung University, Tasikmalaya, Indonesia

²⁾Entrepreneurship Program, Faculty of Economics and Business, Cipasung University, Tasikmalaya, Indonesia

^{a)}Corresponding author: dherifebianilestari@uncip.ac.id

^{b)}ujangeri@uncip.ac.id

ABSTRACT

Within the scope of the village, FOMO (Fear of Missing Out) can appear as concerns about being left behind in social and economic development, such as not being able to keep up with new trends or not benefiting from government programs introduced in other areas. This community service aims to provide training regarding superior community empowerment in optimizing family management technology to overcome FOMO and integrate family education for the residents of Kampung Ngenol, Cigalontang Village, Tasikmalaya. The research method used is to provide counseling or training. The results of the service have succeeded in increasing community empowerment through optimizing family management technology which can help overcome FOMO and integrate family education in village communities. This is demonstrated by increasing public understanding and awareness of the importance of family management, the use of appropriate technology, and the integration of family education in everyday life.

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INTRODUCTION

Kampung Ngenol Village, Cigalontang Village, Tasikmalaya is one of the villages in West Java that has less than optimal human resource potential. Problems faced by village communities include low understanding of family management, high tendencies for FOMO (*Fear of Missing Out*) due to inappropriate use of technology, as well as a lack of integration of family education in everyday life. Therefore, community empowerment efforts are needed through optimizing family management technology to overcome these problems (Endang Hermawan, 2019).

This research aims to analyze superior community empowerment in optimizing family management technology to overcome FOMO (*Fear of Missing Out*) and integrate family education among the residents of Ngenol Village, Cigalontang Village, Tasikmalaya. It is hoped that the research results will provide new insights into strategy for developing the village economy through the use of digital technology, as well as becoming a reference for the government and related organizations in designing similar programs in other villages in Indonesia.

Theoretical Studies

Community Empowerment

Community empowerment is the process of providing power or strength to the community to increase their ability and independence in managing the resources they have (Sulaiman et al., 2022). Community empowerment can be done through various efforts, such as increasing community knowledge, skills, and attitudes (Putu Saroyini Piartrini, 2018). Empowering village communities through family management technology can improve the quality of life by utilizing digital tools for more effective resource management, financial planning, and communication. With the right technology, village communities can more easily access information, plan their economic activities, and manage their family needs more effectively, thereby increasing their competitiveness and welfare.

Family Management Technology

Family management technology is the use of technology to help families manage resources, solve problems, and achieve family goals (Rajindra et al., 2020). Family management technology can be in the form of applications, software, or other tools that can make it easier for families to carry out family functions. Family management technology in rural areas involves the use of applications and digital tools to increase efficiency in everyday life. Financial planning apps help families budget and save, and the *platform* digital health facilitates access to a wide range of public services. Agricultural information systems provide agricultural guidance and market monitoring, and social media and communication applications facilitate interaction between families. Besides that, *platform* education *online* and *e-commerce* supports certification and sales of local products, thereby improving welfare and adapting to current developments (Rajindra et al., 2020).

FOMO (Fear of Missing Out)

FOMO (*Fear of Missing Out*) is the anxiety experienced by someone because they feel left behind from the activities or experiences of other people, especially those related to the use of social media (Marina Milyavskaya et al., 2018). FOMO can have a negative impact on mental health and individual welfare. FOMO can manifest through a feeling of society's inability to keep up with technological developments in other sectors or government programs. This can raise fears about losing the benefits and progress that urban communities enjoy, thereby encouraging them to look for ways to stay connected and benefit from the various innovations and opportunities that exist.

Family Education

Family education is the process of fostering and developing children's potential in a family environment, which aims to shape the child's character, personality, and abilities (Mansyur Suma et al., 2023). Family education has an important role in character formation and child development. Family education helps overcome FOMO by providing skills for better managing emotions, planning better, and setting priorities that align with family values and needs (Lee, 2021). Through this training, families learn to face fears, use technology wisely, and make decisions that allow them to focus on what really matters, rather than being pressured by external trends and standards.

METHOD

This training uses a combined approach between interviews and counseling. Interviews were conducted to understand the socio-economic conditions of the Cigalontang village community and were conducted with village communities and village stakeholders, such as village officials and training participants, to gain information about the process, impacts and challenges of the training. Data collection was carried out through interviews, observation and documentation studies. Data analysis uses the Miles and Huberman model, which consists of data reduction, data presentation, and drawing conclusions.

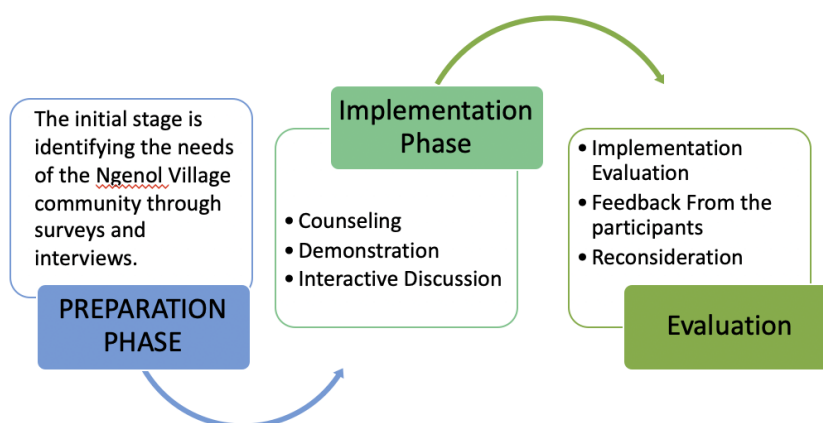


FIGURE 1. Activities Flow

RESULT AND DISCUSSION

The training was held on May 21, 2024, in Ngenol Village, Cigalontang Village, Tasikmalaya. This community service is carried out by 8 (eight) Cipasung University lecturers, each of whom has duties and obligations ranging from coordinating, accommodation, counseling, facilities, and infrastructure to making a final report.



FIGURE 2. Cipasung University Community Service Team

The training participants consisted of housewives. Housewives play an important role in overcoming FOMO by managing family emotions, planning and managing household finances, and setting priorities according to family needs and values. Housewives can also teach their family members how to use technology wisely to stay connected without being pressured by external trends and standards. This allows the family to focus on important things and reduces the fear of missing opportunities. The participants in this training consisted of 22 housewives in Kampung Ngenol, Cigalontang Village, Tasikmalaya.



FIGURE 3. Training Participants

Superior Community Empowerment in Optimizing Family Management Technology.

Empowerment of superior communities in Kampung Ngenol Village, Cigalontang Village, Tasikmalaya is carried out through training and assistance in optimizing family management technology. The community is given an understanding of the importance of family management, such as financial management, family planning, and division of roles within the family. Apart from that, the public is also introduced to various applications and software that can help carry out family functions more effectively and efficiently (Wahyuni, 2018).

The results of this community empowerment training show an increase in community understanding and awareness of the importance of family management. People are starting to apply family management technology in everyday life, such as using family financial applications, family planning applications, and applications for dividing tasks within the family. This has a positive impact on improving family welfare and using more appropriate technology (Suharto, 2014).

Overcome FOMO (Fear of Missing Out) through Family Management Technology Optimization

One of the problems faced by the people of Kampung Ngenol Village, Cigalontang Village, Tasikmalaya is the high tendency for FOMO due to inappropriate use of technology To use. People tend to use social media too much and ignore activities or interactions within the family.

Through community empowerment in optimizing family management technology, the community is given an understanding of the negative impacts of FOMO and how to overcome FOMO through the use of appropriate technology (Przybylski et al., 2013). People are trained to regulate their time using social media, limit smartphone use, and focus more on activities or interactions within the family.

The results of this effort are expected to reduce the level of FOMO in society. Society is becoming more aware of the importance of maintaining a balance between technology use and interactions within the family. This has a positive impact on increasing family welfare and harmony.

CONCLUSION

Superior Community Empowerment in Optimizing Family Management Technology in kampung. Ngenol, Cigalontang Village, Tasikmalaya has shown positive results. The community has increased understanding and awareness of the importance of family management, appropriate use of technology, and integration of family education in everyday life. This effort has also succeeded in overcoming the FOMO (Fear Of Missing Out) problem to society.

Suggestion for the further research are to develop a more comprehensive model of community empowerment, taking into account other aspects related to family management, such as children's education, family health, and family economic development.

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