

## Village Community Empowerment through Sparko Exercise: Integrating Physical Fitness, Social Solidarity, and Good Governance

Eka Wira Dharmawan<sup>1\*</sup>, Hardi Warsono<sup>2</sup>, Kismartini<sup>3</sup>, Amni Zarkasyi Rahman<sup>4</sup>

Ilmu Administrasi Publik, Fakultas Ilmu Sosial dan Politik, Universitas Diponegoro, Indonesia

Email : [ekawira81@gmail.com](mailto:ekawira81@gmail.com)<sup>1\*</sup>, [hardiwarsono@lecturer.undip.ac.id](mailto:hardiwarsono@lecturer.undip.ac.id)<sup>2</sup>, [kis\\_martini@yahoo.co.id](mailto:kis_martini@yahoo.co.id)<sup>3</sup>, [amni\\_rahman@live.undip.ac.id](mailto:amni_rahman@live.undip.ac.id)<sup>4</sup>

### ABSTRACT

This study aims to analyze the integration of the TNI Manunggal Membangun Desa (TMMD) program, physical fitness practices through Sparko exercise, and the utilization of e-government as a comprehensive strategy for empowering rural communities. The background of this research is based on the need to expand the focus of rural development beyond physical infrastructure toward strengthening social aspects, public health, and data-driven governance. This study employed a descriptive qualitative approach with a comparative case study design in Gianyar Regency, Bali. The study involved 15 informants consisting of village officials, Indonesian National Armed Forces (TNI) personnel, Sparko instructors, and community members participating in the program. Data were collected through in-depth interviews, participatory observation, and documentation review, and were analyzed using thematic analysis techniques. The findings indicate that the TMMD program, when combined with Sparko exercise, significantly increases community participation, strengthens social solidarity, and promotes healthy lifestyles in rural areas. Community-based fitness practices were proven not only to improve physical health but also to reinforce social cohesion as an essential form of social capital in rural development. Furthermore, the utilization of e-government plays a significant role in supporting transparency, communication effectiveness, and digital-based health data collection, thereby strengthening village governance. The integration of these three components forms a holistic, participatory, and sustainable model of community empowerment. This study contributes conceptually to the understanding of intersectoral approaches in rural development and offers an integrative model that can be replicated in other rural areas.

**KEYWORDS:** TMMD; rural community empowerment; Sparko exercise; physical fitness; e-government; community participation.

### INTRODUCTION

In general, rural areas are often associated with underdevelopment and poverty, which are largely influenced by geographical and topographical factors that limit access to urban growth centers (Risal, 2023). The limited availability of livelihood opportunities in rural communities further reinforces conditions of economic vulnerability, making it increasingly difficult to achieve higher levels of welfare (Permana, 2021). Based on data from the Ministry of Home Affairs as stated in Regulation of the Minister of Home Affairs (Permendagri) No. 39 of 2015 concerning Codes and Data of Government Administrative Regions, Indonesia has 74,754 villages, with rural populations accounting for approximately 45% of the national population. Extensive rural territories with large populations commonly face various challenges, including low levels of income, education, health status, and access to information. As a result, rural development achievements and community welfare tend to lag behind those of urban areas (Ningrum et al., 2024). Villages, as the most basic units of government with the authority to manage their own domestic affairs, are expected to develop their potential through mechanisms regulated under Law No. 6 of 2014 on Villages. In this context, community development becomes an essential element in improving welfare and promoting rural self-reliance (Manurung & Sitanggang, 2024).

Effective development should ideally begin at the lowest level, namely the village, as a social and administrative unit that is directly connected to the needs of local communities. Ridwan (2022) distinguishes between top-down and bottom-up development approaches. The top-down approach positions the central government or community elites as the primary actors in policy formulation, based on the assumption that they understand community needs without necessarily listening to or accommodating grassroots aspirations (Safitri & Syahara, 2021). In such a context, local communities tend to become merely objects of mobilization, either through incentives or the cultivation of fear. In contrast, the bottom-up approach provides space for communities to take initiative from the planning stage, based on the assumption that they possess the capacity to identify problems, needs, and development strategies that are most appropriate to local conditions (Muminah & Suprajogo, 2025).

Thus, the quality of life of rural communities is a key factor in achieving equitable and inclusive development. Rural development cannot be limited solely to physical aspects such as infrastructure provision, but must also comprehensively address social, economic, health, and community participation dimensions. One fundamental aspect within this empowerment framework is health. Community empowerment in the health sector refers to efforts to foster the independence of individuals, families, and communities through learning processes that encourage their willingness and capacity to participate and to achieve optimal and sustainable health conditions (Lalla, 2024; Suprpto & Arda, 2021).

This perspective aligns with the national development vision as stated in Law No. 17 of 2007 on the National Long-Term Development Plan (RPJPN) 2005–2025, which aims to realize an “Independent, Advanced, Just, and Prosperous Indonesia.” The Ministry of Health of the Republic of Indonesia emphasizes that public health status is one of the essential components of human resource development. Furthermore, Law No. 36 of 2009 on Health highlights that health development aims to improve each individual’s awareness, willingness, and ability to live a healthy life, so that communities can attain the highest possible level of health through active participation and empowerment in various health initiatives. One program that has made a significant contribution to rural development is TNI Manunggal Membangun Desa (TMMD). This program represents a strategic synergy between local governments, the Indonesian National Armed Forces (TNI), and local communities to accelerate development in rural areas. TMMD has been widely recognized for its achievements in village infrastructure development, such as the construction of roads, bridges, educational facilities, and other public infrastructure. Nabilah and Rahaju (2022) explain that TMMD is part of the TNI’s civic action operations as mandated by Law No. 34 of 2004 on the Indonesian National Armed Forces, which regulates the role of the TNI in military operations other than war, including supporting local government duties in rehabilitation and infrastructure development. Therefore, the TMMD program serves as an instrument linking national defense functions with efforts to improve community welfare.

However, sustainable rural development cannot rely solely on infrastructure development. One of the major challenges faced is the low level of public awareness regarding the importance of health and physical fitness. In fact, health constitutes a fundamental asset for achieving welfare and productivity. Healthy individuals are more capable of actively participating in development activities and sustaining village programs. For this reason, physical fitness and health should be positioned as essential elements within the framework of rural community empowerment. In the context of this study, one innovative approach implemented is through Sparko exercise. Sparko is a community-based fitness program originally derived from the Spartan Commando military training practiced within the Kopassus unit, which was later adapted into a more inclusive civilian fitness movement. The exercises are simple, easy to follow, can be conducted in open spaces, and are capable of accommodating large numbers of participants. In addition to improving physical fitness, Sparko also encourages social interaction, togetherness, and collective motivation within the community. Furthermore, Sparko is not merely understood as a physical exercise activity, but also as a community empowerment mechanism that brings together participants across generations within an equal and participatory space.

To ensure the sustainability of this program, effective village governance support is required. The utilization of e-government concepts becomes an important instrument in implementing Sparko activities, for example through the provision of training schedule information systems, monitoring residents’ health conditions, and digital forums for community participation. With e-government support, fitness-based empowerment initiatives can be managed in a more structured, measurable, and transparent manner, thereby strengthening the integration between public health, social participation, and village governance.

Based on this background, the present study identifies several key issues that require deeper examination. These issues include how the TMMD program contributes to rural community empowerment, how a community-based fitness approach through Sparko exercise can enhance public health and citizen participation, and how e-government integration can support program management, community health monitoring, and the sustainability of fitness-based initiatives at the village level. In addition, this study seeks to explore how the integration of TMMD, Sparko exercise, and e-government can form a more comprehensive, inclusive, and sustainable model of rural community empowerment.

In line with these research problems, the objectives of this study are to analyze the contribution of TMMD in strengthening the capacity and self-reliance of rural communities, to identify the role and impact of Sparko exercise as a community fitness approach, and to examine the function of e-government in supporting more effective, transparent, and participatory village governance. This study also aims to formulate an integrated model combining physical and social development through TMMD, improvements in community health through Sparko exercise, and digital governance through e-government as a holistic and sustainable strategy for rural community empowerment.

**RESEARCH METHOD**

This study employed a descriptive qualitative approach with a comparative case study design to gain an in-depth understanding of how the TMMD program and Sparko exercise can be integrated as a model of rural community empowerment (Maulana, 2024). The research site was located in Gianyar Regency, Bali, which served as the implementation area of the TMMD program as well as the location for community-based fitness activities through Sparko exercise. This location was selected based on the characteristics of villages that are actively engaged in development programs and demonstrate potential for implementing a community-based fitness approach.

The research informants were selected using purposive sampling, based on their relevance and knowledge regarding the research topic. A total of 15 informants participated in this study, consisting of village officials (4 individuals), TNI personnel involved in the TMMD program (4 individuals), Sparko instructors (2 individuals), and village residents participating in Sparko activities (5 individuals). This number of informants was considered sufficient to obtain an in-depth understanding of the implementation of TMMD, Sparko fitness practices, and the potential integration of e-government in rural community empowerment.

Data collection was conducted through three main techniques: (1) in-depth interviews with all informants to explore their perceptions, experiences, and the impacts of the TMMD program and Sparko fitness activities; (2) participatory observation of TMMD implementation and Sparko exercise sessions to examine interaction patterns, community participation, and emerging social dynamics; and (3) documentation review of official TMMD reports, government publications related to e-government, academic journal articles, and Sparko activity archives.

The collected data were analyzed using thematic analysis, which involved data collection, data reduction, coding, theme categorization, interpretation, and the formulation of research findings. The analysis was conducted continuously throughout the research process, from data collection to the writing of results, to ensure the validity of the findings and to strengthen the linkage between TMMD, Sparko exercise, and e-government within the framework of rural community empowerment.

**RESULTS AND DISCUSSION**

**Overview of TMMD Sparko Fitness Implementation in Gianyar Regency**

The implementation of the TMMD program in Gianyar Regency represents a form of synergy between the Indonesian National Armed Forces (TNI), local government, and the community in accelerating rural development. This program involves active community participation and collaboration with the Indonesian Army, Navy, and Air Force, as well as various local government agencies. In the previous implementation of the 125th TMMD program, Gianyar Regency achieved several significant outcomes, including the widening and leveling of a Jalan Usaha Tani (JUT) or agricultural access road measuring 1,241.42 meters in length, with a width ranging from 0.6 to 1.2 meters and a thickness of 10 cm, accompanied by the construction of four drainage channels. In addition, TMMD also facilitated the construction of a reservoir tower, the installation of clean water pipeline networks, and the rehabilitation of 17 uninhabitable housing units in several areas.

These achievements demonstrate the success of TMMD in supporting physical village development. Therefore, through the integration of TMMD with a physical fitness approach such as Sparko Fitness, the program is expected to generate impacts not only in physical development but also in social development and improvements in community quality of life. This approach provides an opportunity for TMMD to expand its contribution to non-physical development, particularly in enhancing public health, physical fitness, and social cohesion within rural communities. The program was implemented with the following primary objectives:

1. Enhancing health-based community empowerment through TMMD (community exercise using the Sparko Fitness approach)
2. Developing physical fitness through Sparko Fitness activities
3. Promoting healthy lifestyles, social solidarity, and mutual cooperation (gotong royong) among rural communities
4. Encouraging a sustainable culture of healthy living

The following section presents the main activities conducted during the implementation of the village community empowerment program:

Time	Activities	Remarks
Week 1	Socialization & Education	<ul style="list-style-type: none"> <li>• Counseling on the benefits of regular exercise and a healthy lifestyle</li> <li>• Introducing the concept of sparko fitness to the community</li> <li>• Inviting community leaders and health workers</li> </ul>
Week 2	Location Preparation	Prepare a gymnastics location, such as a village field or hall
Week 3	Basic Training	<ul style="list-style-type: none"> <li>• Basic movement workshops such as light interval running, planks, squats, and burpees</li> <li>• Education on respiration, heating, and cooling techniques</li> <li>• Adjust the exercise according to age groups ranging from teenagers, adults, and the elderly</li> </ul>
Weeks 4 – 6	Exercise Routine	<ul style="list-style-type: none"> <li>• Practice together 2 times a week, with a duration of 30 – 45 minutes per session</li> <li>• A training model that combines HIIT, street workout, and light cardio</li> <li>• Doing small competitions, music sessions, and pairing exercises</li> </ul>
Week 7	Monitoring	<ul style="list-style-type: none"> <li>• Measuring the beginning and end of training sessions</li> <li>• Monitor basic health such as pressure, BMI every 2 weeks</li> <li>• Mentoring by Sparko instructors</li> </ul>
Week 8	Fitness Festival	<ul style="list-style-type: none"> <li>• The highlight of the event was in the form of Sparko mass gymnastics in the village field</li> <li>• Light endurance race</li> <li>• Healthy MSME Exhibition</li> <li>• Group/individual awards</li> </ul>
Weeks 9 – 11	Sustainability Evaluation	<ul style="list-style-type: none"> <li>• Program evaluation (number of participants, fitness changes, and satisfaction survey)</li> <li>• Survey of people's intentions for sustainability</li> <li>• Establish a "Village Sparko Day" each week so that the program can continue</li> </ul>

Based on field observations conducted during the program implementation, community participation in Sparko exercise activities showed a consistent increase from week to week. At the beginning of the program, the average number of participants ranged from 30 to 35 individuals; however, by the fourth week, participation increased to more than 55 participants per session. Village officials reported that community enthusiasm continued to grow because the activities were conducted in an enjoyable atmosphere and involved participants from multiple generations. As stated by one village official, “Residents feel that Sparko exercise is more varied and not monotonous. They come not only to exercise, but also to meet and interact with their neighbors” (Interview, Village Head of XXX, June 12, 2024).

Observations also indicated that Sparko activities not only increased physical activity levels but also strengthened social solidarity within the community. Interaction patterns among residents became more dynamic, particularly during paired exercises and simple fitness games that required cooperation. One member of the TMMD task force stated, “Since this activity started, the community has become more united. They motivate each other, especially elderly participants who still try to keep up with the exercises” (Interview, TMMD Member, June 14, 2024). These findings suggest that a fitness-based approach can serve as a new social space for rural residents.

In addition, basic health monitoring conducted every two weeks revealed positive changes in participants’ physical conditions. Blood pressure and BMI records indicated that approximately 70% of participants experienced an average reduction in systolic blood pressure of 5–10 mmHg after six weeks of training. Meanwhile, participants’ average BMI decreased by 0.3–0.7 points. A Sparko instructor explained that “basic movements such as planks, squats, and light cardio quickly improve residents’ stamina, even among elderly participants” (Interview, Sparko Instructor, June 18, 2024). These data confirm that the integration of TMMD activities with a community-based fitness approach produces tangible outcomes not only in social aspects but also in public health improvement.

#### **Physical Fitness Practices and Their Relevance to Village Governance Structures**

The findings indicate that physical fitness practices through Sparko exercise not only contribute to improving residents’ physical conditions, but also have strategic relevance in strengthening village governance. Observations during program implementation show that community participation remained relatively stable and tended to increase in each session, particularly after the third week when residents began to experience direct benefits from routine training. Group-based physical activities, such as a combination of HIIT workouts, basic street workout movements, and light cardio exercises, created an active space for social interaction. This contributed to the formation of strong social cohesion, which represents an important form of social capital in participatory village governance.

Several informants reported that this community-based fitness environment fostered a new culture of “productive gathering habits” that had not previously existed. One Sparko participant stated, “Usually, gatherings only happen during village meetings or religious events, but now we gather to exercise. It feels like we are getting closer to each other” (Interview, Sparko Participant, June 22, 2024). The involvement of residents ranging from adolescents and adults to the elderly also demonstrates that Sparko serves as an inclusive social space that encourages intergenerational dialogue. This condition strengthens community participation dynamics, which are highly needed in the formulation and implementation of village development programs.

Based on monitoring conducted by village officials in collaboration with Sparko instructors, it was found that consistent participation patterns made it easier for the village government to disseminate information about other programs, including health counseling, socialization of village activities, and deliberation agendas. The village government recorded that attendance in non-sport-related activities increased after the Sparko program was implemented. One village official stated, “We see that Sparko activities help expand the communication reach of the village government. When residents are already accustomed to gathering, other information becomes easier to deliver” (Interview, Village Official, June 25, 2024). These findings indicate that community-based fitness activities can function as a social platform that supports more effective village governance.

The relevance of Sparko exercise to village governance becomes even more evident when linked to the utilization of e-government for recording and monitoring purposes. The village government began integrating data on participant attendance, blood pressure changes, and BMI development through a simple information system based on village applications. This data was used as a basis for evaluating residents’ health conditions and as supporting documentation to establish collaboration with local health centers (puskesmas) or other health institutions. This integration demonstrates that physical fitness practices can serve as an entry point for villages to develop data-driven governance systems. Thus, Sparko functions not only as an exercise activity but also as an instrument that strengthens transparency, accountability, and the effectiveness of village health programs.

Overall, the findings reveal that physical fitness practices through Sparko exercise have direct impacts on three governance aspects: (1) increasing the level of community participation in village activities, (2) strengthening social cohesion and the culture of gotong royong (mutual cooperation), and (3) encouraging the use of e-government in managing community health data. These three aspects highlight Sparko’s strategic relevance in reinforcing a more participatory, adaptive, and empowerment-oriented village governance structure.

#### **Integration of E-Government in the TMMD and Sparko Exercise Programs**

The results show that the integration of e-government into the TMMD and Sparko exercise programs has begun to develop as part of the village government’s efforts to enhance governance effectiveness and facilitate program monitoring processes. The village government utilized the Village Information System (Sistem Informasi Desa / SID) to document TMMD activities, infrastructure development progress, and non-physical agendas such as community-based fitness programs. Field observations indicated that village officials have implemented digital recording of Sparko participant attendance through a simple online form-based application. The attendance data was used as a basis for evaluating community participation levels as well as an indicator of program sustainability.

The integration of e-government was also evident in the collection of basic health data from Sparko participants. The village government, in collaboration with healthcare personnel from the local health center (puskesmas), conducted biweekly monitoring of blood pressure, BMI, and other basic health records. The data was then uploaded into the village information system to facilitate reporting and analysis. One village official explained, “We try to input blood pressure data and residents’ attendance into an online system so that it can be monitored and reported periodically. This makes it easier for us to see changes in residents’ conditions” (Interview, Village Official, June 27, 2024). The use of this data not only supports the evaluation of fitness activities, but also serves as a reference in planning health-based village programs.

In addition, the village government utilized digital media channels such as WhatsApp groups, village websites, and social media accounts to disseminate information regarding Sparko exercise schedules, TMMD activities, and health education. Observations show that information dissemination through digital platforms enabled the community to respond more quickly to schedule changes or important announcements, particularly among younger generations who are more actively engaged with digital technology. One Sparko participant stated, “If there is a schedule change, we immediately receive the information in the WhatsApp group. It makes it easier to manage our time” (Interview, Sparko Participant, June 30, 2024). This indicates that e-government can improve information accessibility while strengthening two-way communication between the village government and the community.

The integration of e-government within TMMD also contributed to program transparency and accountability. Documentation of TMMD activities, including photographs, videos, and daily reports, was uploaded regularly to the village’s digital platform, enabling the community to

monitor development progress in real time. This practice increased public trust in the development process conducted by the TNI in collaboration with the village government. One TMMD task force member stated, “With digital publication, the community can see the results of the work every day. This helps maintain public trust in TMMD” (Interview, TMMD Member, June 28, 2024).

Overall, the findings demonstrate that the integration of e-government within the TMMD and Sparko exercise programs has generated positive impacts on three main aspects: (1) increased effectiveness of data collection and activity monitoring, (2) strengthened communication and community participation, and (3) enhanced transparency and accountability of village governance. Although its implementation remains relatively simple and requires further improvement, these findings suggest that e-government holds strong potential as a supporting instrument for managing rural community empowerment programs in a more structured, measurable, and sustainable manner.

## DISCUSSION

The findings of this study indicate that the integration of the TMMD program, physical fitness practices through Sparko exercise, and the utilization of e-government forms a comprehensive model of rural community empowerment. These findings reinforce the perspective that rural development cannot focus solely on physical infrastructure, but must also address social dimensions, public health, and data-driven governance. This study confirms that community empowerment is a multidimensional process that combines the enhancement of physical capacity, the strengthening of social capital, and transparent governance management.

The first finding demonstrates that collaboration between TMMD and fitness activities significantly increases community participation. The TMMD program, which has traditionally emphasized physical development, has proven capable of being expanded into a platform for social and health development. The increase in participation from approximately 30 individuals to more than 55 exercise participants per session indicates that community-based approaches are effective in attracting broader public engagement. This aligns with participatory development theory, which emphasizes that development success strongly depends on the direct involvement of citizens throughout the development process (Febriana & Ivanaa, 2024; Ginting et al., 2024; Saputro & Ma’ruf, 2025). TMMD, which has long been associated with infrastructure development, in this study serves as a catalyst for strengthening social solidarity through non-physical activities such as Sparko exercise.

The second finding highlights that Sparko exercise is not merely a physical activity, but also a social space that reinforces community cohesion. The interactions created during training sessions, cooperation through paired exercises, and the enthusiasm of participants across different age groups indicate that fitness activities can revitalize the values of gotong royong (mutual cooperation), which represent a core cultural foundation of rural communities. This is supported by informant statements indicating that residents feel closer to one another and have developed a productive space for social gathering. Sparko exercise also generates significant health impacts, as evidenced by the reduction in participants’ blood pressure and BMI. This finding is consistent with previous studies suggesting that community-based physical activities can improve physical health as well as psychosocial well-being (Prasetyo et al., 2025; Rahman et al., 2025; Retnowati et al., 2025).

The third finding shows that the integration of e-government serves as a backbone for strengthening village governance. The village information system used to record participant attendance, residents’ health data, and TMMD activity documentation indicates that villages are beginning to transition toward data-driven governance. The use of online applications for disseminating program information also strengthens communication between the village government and the community, while improving public responsiveness. This aligns with previous research emphasizing that e-government can enhance transparency, service effectiveness, and accountability in governance administration (Andriyan et al., 2024; Hamim et al., 2024; Ihcsan et al., 2025). The integration of e-government with social and health activities in this study provides practical evidence that technology can strengthen citizen participation and improve the overall quality of rural development.

When the three components—TMMD, Sparko, and e-government—are connected in an integrated manner, it becomes evident that rural community empowerment programs no longer operate partially or independently, but rather complement and reinforce one another. TMMD strengthens physical infrastructure and social ties, Sparko enhances community health and cohesion, while e-government provides a foundation for data management and transparency. This integrative model has the potential to serve as a new approach to rural empowerment that emphasizes balance between physical, social, and digital development. Therefore, this study makes an important contribution by demonstrating how villages can build independence and sustainability through the combination of cross-sectoral programs that mutually strengthen each other.

## CONCLUSION

Based on the findings of this study, it can be concluded that rural community empowerment should not rely solely on physical development, but must also be supported by social, health, and governance dimensions. The TMMD program has made a major contribution to improving infrastructure development and strengthening the spirit of gotong royong (mutual cooperation) within rural communities. Through the implementation of a physical fitness approach using Sparko exercise, community health and physical fitness have improved, supported by the digital system provided through e-government.

E-government functions as an instrument of digital governance that ensures transparency, accountability, and program sustainability. The integration of these three components forms a holistic, healthy, and empowered rural community development model that can contribute to achieving sustainable village development.

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