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## Strengthening Mothers' Spirituality in Building a Generation of Superior Women Facing Disruption and Moral Decadence of Teenagers in Semarang

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*The rapid development of digital technology and social transformation in the disruption era has significantly influenced adolescent moral development. Families, particularly mothers, play a crucial role in strengthening spiritual values as a moral foundation for children. This community service activity aimed to enhance mothers' spiritual awareness and parenting capacity in facing moral degradation challenges among adolescents. The program was conducted on January 27, 2026, in RT 3 RW 6 Gondoriyo Village, Ngaliyan District, Semarang, involving ten mothers through interactive lectures and participatory discussions. The results indicate an increased understanding of spirituality not only as religious ritual practice but also as a meaning-making system that guides daily moral behavior. Participants developed critical awareness of digital disruption challenges and recognized their strategic role as moral role models in the family. The activity also generated practical community-based strategies such as strengthening family communication, regulating digital media use, and establishing regular spiritual reflection sessions. This community service demonstrates that empowering mothers through spiritual reinforcement can serve as a preventive approach to adolescent moral degradation and contribute to building resilient and morally grounded future generations.*

### 1. INTRODUCTION

The development of digital technology and the currents of globalization have created significant social changes in family and community life. The era of disruption is characterized by the acceleration of information, transformation of communication patterns, and changes in social values that influence the character formation of the younger generation. Adolescents, as a transitional age group, are highly vulnerable to environmental influences, particularly through social media and digital platforms, which often present content inconsistent with local moral and cultural values.

The phenomenon of adolescent moral decadence, such as declining manners, increasing consumer behavior, gadget addiction, and weak self-control, has attracted widespread attention. Studies show that exposure to digital media without parental guidance can impact

adolescents' moral development and social behavior (Valkenburg & Peter, 2011) . Furthermore, weak parental supervision and involvement in children's spiritual lives contribute to low levels of internalization of moral values (Adib, 2025) .

In the context of Indonesian families, mothers play a central role as the first and primary educators. Mothers are not only household managers but also role models in shaping children's values, attitudes, and character. Literature shows that parental spiritual involvement is positively associated with adolescent religiosity and moral development (Kim & Esquivel, 2011) . Strong spirituality within the family can be a protective factor against risky behavior and help adolescents develop a positive sense of meaning in life (Park, 2017) .

RT 3 RW 6, Gondoriyo Village, Ngaliyan District, Semarang City, is a community with quite diverse social dynamics. Based on initial communications with community leaders and residents, several key issues were identified:

1. Parents' concerns about the influence of social media on children.
2. Lack of discussion forums on spiritual value-based parenting.
3. Mothers' limited understanding of strategies for educating teenagers in the digital era.

Based on these conditions, a community service activity is needed that aims to strengthen the spiritual capacity of mothers as the moral bulwark of the family. This activity carries the theme: "Building a Generation of Superior Women to Face Disruption and Moral Decadence among Youth."

The objectives of this community service activity are:

1. Increasing mothers' understanding of the importance of spirituality in parenting.
2. Provides practical strategies for facing the moral challenges of adolescents in the digital era.
3. Encouraging the formation of collective awareness about the role of mothers in building a generation of superior women.

## **2. METHOD**

### **2.1 Form of Activity**

This activity is a community service program based on education and empowerment, which is implemented in the form of:

- a. Interactive lecture

- b. Group discussion
- c. Joint reflection
- d. Participatory Q&A

The interactive lecture method was chosen because it is effective in transferring knowledge while opening up space for dialogue between the resource person and participants (Knowles et al., 2014) .

## 2.2 Time and Place of Implementation

The activities were carried out on:

Day/Date: Tuesday, January 27, 2026

Location: RT 3 RW 6, Gondoriyo Subdistrict, Ngaliyan, Semarang

Participants: 10 local mothers

## 2.3 Implementation Stages

The activity is carried out in several stages:

### 1. Preparation Stage

- a. Coordination with RT/RW Head
- b. Identify community needs
- c. Preparation of spiritual strengthening materials

### 2. Implementation Stage

The material presented includes:

- a. The concept of disruption and moral challenges for adolescents
- b. The importance of spirituality in the family
- c. The role of mothers as moral role models
- d. Spiritual value-based parenting strategies

The delivery is carried out in a communicative and contextual manner with the realities of the participants' lives.

### 3. Evaluation Stage

Evaluation is carried out qualitatively through:

- a. Participant's oral reflection
- b. Feedback discussion
- c. Observation of changes in participants' understanding during the activity

### 3. RESULT

The community service activity in RT 3 RW 6, Gondoriyo Village, Ngaliyan, Semarang, took place in a participatory and dialogical atmosphere. The activity, attended by ten mothers, demonstrated that the issue of strengthening spirituality in facing the moral challenges of adolescents is a real need at the community level. In general, the results of the activity can be categorized into four main aspects: increased conceptual understanding of spirituality, awareness of the role of mothers as moral agents of the family, identification of real challenges in parenting in the era of disruption, and formulation of practical strategies based on spiritual values.

#### 3.1 Transformation of Understanding of Spirituality

At the beginning of the activity, participants' understanding of spirituality tended to be limited to religious rituals such as formal worship and religious study. Spirituality was understood as an individual and vertical activity (human relationship with God). However, after the interactive lecture and reflective discussion, a significant shift in understanding occurred.

Participants began to understand that spirituality also encompasses a horizontal dimension, namely how divine values are translated into everyday behaviors such as patience, empathy, honesty, responsibility, and the ability to control emotions in raising children. Spirituality is understood as a source of meaning in life and a moral guideline for decision-making. This shift in understanding aligns with the view (Park, 2017) that spirituality functions as *a meaning-making system*, a system of meaning that helps individuals understand life experiences and shape constructive behavioral responses. In the family context, this meaning system serves as the foundation for the parenting process.

Similarly, (Kim & Esquivel, 2011) explain that spirituality contributes to adolescents' psychological resilience by providing a clear sense of value in the face of social pressures. Thus, increasing mothers' spiritual understanding not only impacts them personally but also has the potential to create a more emotionally and morally stable family environment.

### 3.2 Critical Awareness of the Challenges of Digital Disruption

Focus group discussions revealed that the majority of participants expressed concerns about the impact of social media and device use on their children. Several mothers shared experiences of their children exhibiting behavioral changes such as device addiction, lack of family communication, and a more individualistic attitude.

This phenomenon is inseparable from the characteristics of the digital disruption era, which allows unlimited access to information. According to (Valkenburg & Peter, 2011) , online communication has a significant impact on adolescents' social and emotional development, especially when unsupervised by parents. Exposure to content inconsistent with family values can gradually shift adolescents' moral standards.

In this activity, the mothers realized that supervision alone is not enough. A more fundamental approach is needed: building children's internal awareness through strong spiritual values. Spirituality serves as a "moral compass" that enables adolescents to sort through information and determine their own attitudes. This critical awareness demonstrates that community service activities not only enhance knowledge but also foster in-depth reflection on the social realities faced by families. The interactive dialogue process allows participants to connect the material to their concrete experiences, contextualizing the learning.

### 3.3 Strengthening the Role of Mothers as Moral Role Models

One of the key findings of this activity was the emergence of a collective awareness that mothers hold a strategic position as role models in the family. Participants recognized that children tend to imitate behavior rather than simply listen to advice. Therefore, a mother's moral integrity is a key factor in shaping a child's character. The literature supports these findings. (Adib, 2025) shows that emotional attachment and spiritual support from parents are positively correlated with adolescent religiosity. This means that the quality of relationships and parental role models are effective mediums for transmitting moral values.

During the discussion, several mothers acknowledged that the biggest challenge wasn't just raising their children, but also controlling themselves, especially in situations of conflict or family economic pressure. This suggests that strengthening parents'

spirituality also impacts their emotional regulation and psychological stability. (Pargament et al., 2013) explain that spiritual practices in daily life can improve coping skills against stress. Therefore, mothers with strong spirituality tend to be more patient, reflective, and wise in dealing with challenging adolescent behavior.

### 3.4 Spirituality as the Foundation of a Generation of Superior Women

The theme of this activity emphasized developing a generation of superior women. During the discussion, participants defined "superior women" not solely in academic or economic terms, but also in terms of moral qualities, independence, and strong values.

Participants recognized that girls, in particular, face complex social pressures, ranging from digital beauty standards and consumer culture to social media-influenced friendships. Without a strong spiritual foundation, adolescent girls are vulnerable to identity crises. Spirituality helps individuals build a stable self-identity by providing a sense of *purpose*. Thus, maternal spiritual empowerment indirectly supports the formation of a positive identity in the younger generation of women. (Park, 2017)

The concept of superior generation in this context includes three dimensions:

1. Moral excellence (integrity and ethics)
2. Emotional excellence (resilience and empathy)
3. Social excellence (the ability to adapt healthily in the digital age)

This activity shows that mothers are starting to integrate these three dimensions in their perspective on children's education.



Figure 1. Documentation of Implementation of Community Service

## 4. DISCUSSION

### 4.1 Formulating Community-Based Practical Strategies

As a result of the discussion, participants agreed on several concrete steps to be implemented in families and communities, including:

1. Create a regular forum for mothers to share parenting experiences.
2. Encourage regular family religious activities and reflection.
3. Set up an agreement on gadget use for children.
4. Building open communication without an authoritarian approach.

These steps demonstrate a shift from an individual approach to a collective, community-based approach. (Hill & Tyson, 2009) emphasize that family and community partnerships strengthen the effectiveness of children's character education.

This community service activity catalyzed the emergence of collective awareness. Although implemented for a limited time, its impact was evident in the participants' commitment to continuing the discussion independently.

### 4.2 Reflection on Social Impact and Sustainability

Socially, this activity provides a safe space for mothers to express their concerns and hopes for their children's future. Such forums are rare at the neighborhood level, making this community service activity both educational and supportive.

From a community empowerment perspective, this activity strengthens individual capacity while building social networks among residents. This spiritual strengthening impacts not only mother-child relationships but also social solidarity within families.

For sustainability, it is necessary:

- Regular mentoring from universities.
- Integration of spiritual care materials into residents' routine activities.
- Collaboration with religious leaders and village officials.

With a sustainable approach, the spiritual strengthening of mothers can develop into a broader community movement in building a morally and socially superior generation.

## 5. CONCLUSION

Community service activities in RT 3 RW 6, Gondoriyo Village, demonstrated the effectiveness of interactive lectures and participatory discussions in enhancing the spiritual understanding of mothers. Spirituality is no longer understood merely as a ritual, but as a foundation of values in educating children to face disruption and moral decadence.

The mother's role as a moral agent within the family is a key factor in developing a generation of superior women who are spiritually and socially resilient. Similar programs need to be implemented sustainably with the support of community leaders and educational institutions.

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