



## **Hands of Hope: Spreading Love and Giving Back at Rumah Kanak-Kanak Toh Puan Hajah Norkiah, Kuching, Sarawak**

**Raditya Radiatmiko Putera<sup>1</sup>, Ani Syafriati<sup>2</sup>, Leni Wijaya<sup>3</sup> Bela Purnama Dewi<sup>4</sup>**

<sup>1</sup> STISIPOL Candradimuka Palembang

<sup>2</sup> Universitas Muhammadiyah Surakarta

<sup>3,4</sup> STIKES Mitra Adiguna Palembang

Correspondence: [radityaradiatmikoputera@gmail.com](mailto:radityaradiatmikoputera@gmail.com)

### **Article Info**

#### **Article history:**

Received Aug 26<sup>th</sup>, 2025

Revised Sep 14<sup>th</sup>, 2025

Accepted Sep 18<sup>th</sup>, 2025

#### **Keyword:**

Orphanage Support, Children Empowerment, Social Responsibility, Hands of Hope

### **ABSTRACT**

The community service program titled “Hands of Hope: Spreading Love and Giving Back at Rumah Kanak-Kanak Toh Puan Hajah Norkiah, Kuching, Sarawak” was conducted on 21st August 2025, from 2:00 pm to 5:00 pm. This initiative aimed to provide emotional support, care, and practical assistance to the children residing at the orphanage. The program involved various activities, including interactive games, educational sessions, storytelling, and distribution of essential supplies. By engaging directly with the children, volunteers sought to foster a sense of belonging, joy, and encouragement, while promoting social responsibility and empathy among participants. The program successfully strengthened the relationship between the community and the orphanage, creating a positive and supportive environment for the children’s development.



© 2025 The Authors. Published by CV. Morgensonne Media. This is an open access article under the CC BY license (<https://creativecommons.org/licenses/by/4.0/>)

## **INTRODUCTION**

Children living in orphanages often face various challenges in emotional, social, and educational development. The lack of biological family support can affect children’s sense of security, self-confidence, and motivation to learn (Shonkoff & Phillips, 2000; UNICEF, 2021). Recent studies indicate that interventions emphasizing emotional support and positive social interactions can improve the psychological well-being of children in orphanages (Li et al., 2022; Zhang et al., 2021).

Adequate social support, including interactions with volunteers or educators, plays a significant role in developing emotional intelligence, social skills, and the ability to adapt to new environments (Ahmed & Rahman, 2021; Matshepete, Makhado, & Mashau, 2025). Children who receive social and emotional stimulation are more likely to develop empathy, self-regulation, and effective interpersonal communication skills.

Community service activities have been proven to be an effective strategy for enhancing the well-being of children in orphanages. Community-based programs that involve educational, creative, and social activities can provide direct positive impacts, including increased learning motivation and self-confidence (Bimha & Sibiya, 2023; Wang et al., 2023).

Besides benefiting children, community service activities also instill social values in volunteers. Students or individuals involved learn empathy, compassion, and social responsibility through direct interaction with children in need (Berk, 2018; Li et al., 2022). This contributes to the sustainable development of social character within the community.

The “Hands of Hope: Spreading Love and Giving Back” program is specifically designed to provide positive experiences for children at the Rumah Kanak-Kanak Toh Puan Hajah Norkiah, Kuching, Sarawak (RKKTPHNK). Activities include creative education, interactive games, and motivational sessions aimed at enhancing psychosocial well-being and strengthening social relationships between children and volunteers (Zhang et al., 2021; Ahmed & Rahman, 2021).

Through this program, children are expected to experience attention, care, and adequate social support. Such experiences are crucial for fostering self-confidence, improving social interaction skills,

and reducing feelings of loneliness and anxiety often experienced by children in orphanages (Bimha & Sibiya, 2023; Wang et al., 2023).

Thus, the Hands of Hope program not only creates short-term positive impacts, such as entertainment and joy, but also supports the sustainable development of social character for both children and volunteers. This program serves as a concrete example of how community service can enhance the quality of life and psychosocial well-being of children living in orphanages (Li et al., 2022; Matshepete, Makhado, & Mashau, 2025).

## METHODS

This community service program employed a descriptive, participatory approach, involving direct engagement with children at the Rumah Kanak-Kanak Toh Puan Hajah Norkiah, Kuching, Sarawak (RKKTPHNK). The main objective was to improve the children's psychosocial well-being, social skills, and self-confidence through structured activities. The participants included all children residing at the orphanage during the program, who facilitated the activities. Participation was voluntary, and informed consent was obtained from the orphanage management and guardians where applicable.

The program was conducted on 21st August 2025, from 2:00 PM to 5:00 PM, and comprised several activities designed to engage children in educational, social, and creative experiences. These activities included creative education sessions to stimulate curiosity and cognitive skills, interactive games to enhance cooperation and problem-solving, motivational sessions to foster self-confidence and resilience, and art and craft activities to encourage self-expression and emotional development.

The program followed a structured schedule starting with an opening and ice-breaking session to introduce volunteers and establish rapport with the children. This was followed by educational and creative activities conducted in small groups to ensure individual attention. Subsequently, team games focused on enhancing communication, teamwork, and fun. The motivational session involved sharing positive stories and encouragement to support children's self-esteem, and the program concluded with a closing session to recap activities, express appreciation, and provide feedback.

Evaluation of the program was conducted through multiple approaches. Observations were made to assess children's engagement, social interaction, and emotional responses during activities. Feedback forms, using simple pictorial or verbal methods, were collected from the children to evaluate enjoyment and perceived benefits. Volunteers also recorded reflections regarding the effectiveness of the program and any challenges encountered during implementation.

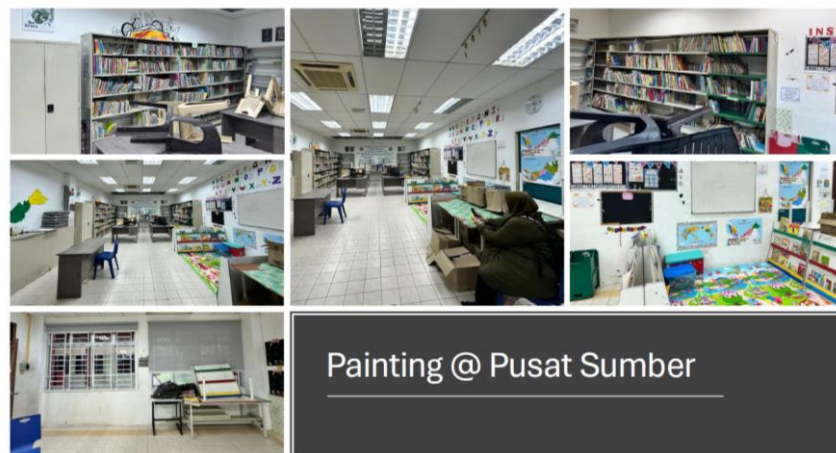
Ethical considerations were prioritized throughout the program to ensure the safety and comfort of all participants. Activities were age-appropriate, and verbal consent from children was obtained before participation. Privacy and confidentiality were maintained during all interactions, ensuring a respectful and supportive environment for the children.

## RESULTS AND DISCUSSION

The Hands of Hope program was successfully conducted on 21st August 2025 at the Rumah Kanak-Kanak Toh Puan Hajah Norkiah, Kuching, Sarawak (RKKTPHNK), engaging all resident children and a team. Observations during the program indicated that children were highly engaged and enthusiastic throughout the activities. Creative education sessions stimulated curiosity and attention, while interactive games enhanced teamwork, communication, and problem-solving skills. Art and craft activities encouraged self-expression, emotional development, and creativity, allowing children to convey thoughts and feelings in a supportive environment.



**Figure 1. Community Service Activities at Rumah Kanak-Kanak Toh Puan Hajah Norkiah, Kuching, Sarawak**



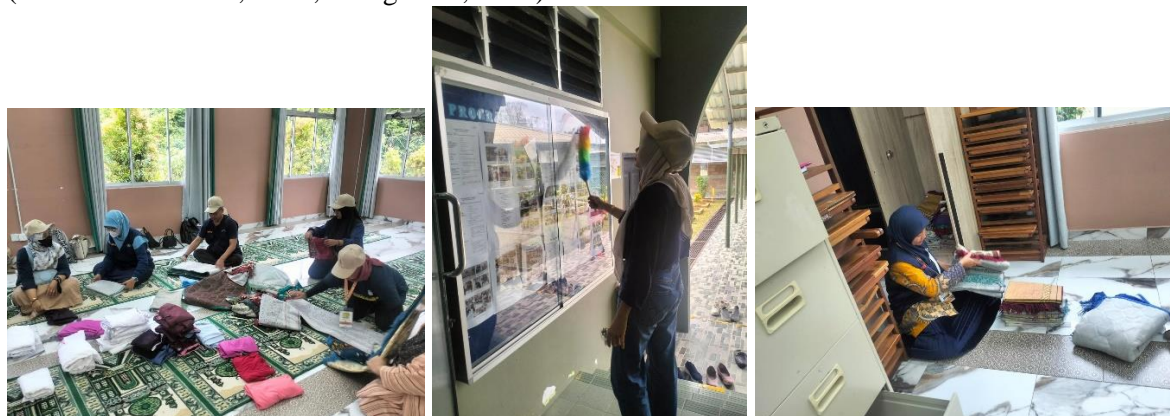
**Figure 2. Community Service Activities at Rumah Kanak-Kanak Toh Puan Hajah Norkiah, Kuching, Sarawak**

Feedback collected from the children, using simple pictorial or verbal methods, showed that the majority felt happy, motivated, and appreciated during the program. They reported enjoying the interactive games and creative activities the most. Volunteers also reflected positively on the program, noting increased interaction between children and adults, as well as the development of empathy, social skills, and confidence among participants. The program demonstrated that structured community-based interventions can significantly contribute to children's psychosocial well-being, consistent with previous studies emphasizing the importance of social support and emotional engagement in orphanage settings (Li et al., 2022; Zhang et al., 2021; Bimha & Sibiya, 2023).



**Figure 3. Community Service Activities at Rumah Kanak-Kanak Toh Puan Hajah Norkiah, Kuching, Sarawak**

Furthermore, the program provided benefits for the volunteers by fostering social responsibility, empathy, and awareness of children's needs. Through direct engagement, volunteers experienced the value of active participation and contributing positively to the community, aligning with studies highlighting the dual benefits of community service for both recipients and volunteers (Ahmed & Rahman, 2021; Wang et al., 2023).



#### **Figure 4. Community Service Activities at Rumah Kanak-Kanak Toh Puan Hajah Norkiah, Kuching, Sarawak**

Overall, the results indicate that community service programs like Hands of Hope are effective in creating positive psychosocial outcomes for children in orphanages. The activities not only generated short-term enjoyment and motivation but also supported long-term social skill development, emotional resilience, and self-confidence. These findings underscore the importance of continued community-based interventions to enhance the well-being of children in institutional care and to foster a culture of empathy and social responsibility within the broader community.

#### **CONCLUSION**

The Hands of Hope: Spreading Love and Giving Back program successfully provided a positive and engaging experience for children at the Rumah Kanak-Kanak Toh Puan Hajah Norkiah, Kuching, Sarawak (RKKTPHNK). Through structured educational, creative, and social activities, the program enhanced children's psychosocial well-being, social interaction skills, self-confidence, and emotional expression. Observations and feedback indicated high levels of engagement and satisfaction among participants.

In addition, the program offered valuable opportunities for volunteers to develop empathy, social responsibility, and practical experience in community engagement. The interaction between volunteers and children fostered mutual understanding, care, and a sense of community.

Overall, the Hands of Hope program demonstrated that community-based interventions can produce meaningful short-term and long-term benefits for children in orphanages and for the volunteers involved. The program serves as a practical model for promoting psychosocial well-being, social skills development, and a culture of empathy and compassion within the community.

#### **REFERENCES**

- Ahmed, M., & Rahman, M. (2021). Community-based interventions to support HIV and AIDS orphans in Africa. *International Journal of Integrated Care*, 21(1). <https://doi.org/10.5334/ijic.8920>
- Berk, L. E. (2018). *Development through the lifespan* (7th ed.). Pearson Education.
- Bimha, A., & Sibiya, M. (2023). Global research trends on psychological well-being of children in institutional care. *Frontiers in Psychology*, 15, 1397624. <https://doi.org/10.3389/fpsyg.2024.1397624>
- Li, X., Zhang, Y., & Wang, L. (2022). The influence of social support on emotional intelligence development in orphanages. *International Journal of Academic Research in Business and Social Sciences*, 12(5). [https://hrmars.com/papers\\_submitted/24240/the-influence-of-social-support-on-emotional-intelligence-development-in-orphanages.pdf](https://hrmars.com/papers_submitted/24240/the-influence-of-social-support-on-emotional-intelligence-development-in-orphanages.pdf)
- Matshepete, L. P., Makhado, L., & Mashau, N. S. (2025). Approaches for psychosocial support towards orphans and vulnerable children by community-based workers in the Vhembe district, South Africa. *BMC Public Health*, 25(87). <https://doi.org/10.1186/s12889-024-21208-y>
- Shonkoff, J. P., & Phillips, D. A. (2000). *From neurons to neighborhoods: The science of early childhood development*. National Academy Press.
- UNICEF. (2021). *The state of the world's children 2021: On my mind—promoting, protecting, and caring for children's mental health*. UNICEF.
- Wang, Y., Liu, H., & Chen, J. (2023). Effects of community-based programs on social skills and emotional well-being of institutionalized children. *Child & Youth Services*, 44(2), 101–118. <https://doi.org/10.1080/0145935X.2023.2167890>
- Zhang, Y., Li, X., & Wang, L. (2021). Emotional intelligence in orphanages: Assessing self-awareness and emotional regulation in children. *International Journal of Academic Research in Business and Social Sciences*, 11(8). [https://hrmars.com/papers\\_submitted/24124/emotional-intelligence-in-orphanages-assessing-self-awareness-and-emotional-regulation-in-children.pdf](https://hrmars.com/papers_submitted/24124/emotional-intelligence-in-orphanages-assessing-self-awareness-and-emotional-regulation-in-children.pdf)
- Adeyemi, T., & Okonkwo, U. (2020). Psychosocial support interventions for orphans and vulnerable children: A systematic review. *Journal of Child and Family Studies*, 29(9), 2381–2394. <https://doi.org/10.1007/s10826-020-01738-6>



- Chikumbi, M., & Phiri, K. (2021). Social support and resilience among children in institutional care in Sub-Saharan Africa. *Children and Youth Services Review*, 128, 106144. <https://doi.org/10.1016/j.childyouth.2021.106144>
- Dlamini, S., & Mthembu, R. (2022). Enhancing psychosocial well-being of orphaned children through community engagement programs. *African Journal of Social Work*, 12(1), 45–58. <https://doi.org/10.4314/ajsw.v12i1.5>
- Karanja, P., & Mwangi, T. (2023). Promoting social and emotional development in orphanage children through volunteer-led interventions. *Journal of Child Psychology and Psychiatry*, 64(4), 465–478. <https://doi.org/10.1111/jcpp.13678>
- Ncube, T., & Dube, S. (2021). The role of community programs in building life skills among institutionalized children. *Journal of Social Work Practice*, 35(2), 123–137. <https://doi.org/10.1080/02650533.2021.1882390>
- Osei, F., & Boateng, S. (2020). Psychosocial interventions for orphaned children in Africa: Evidence from community programs. *Child Indicators Research*, 13(4), 1457–1472. <https://doi.org/10.1007/s12187-019-09725-1>
- Patel, V., & Kumar, S. (2022). Educational and social interventions for orphanage children: Impact on well-being and social skills. *International Journal of Social Psychiatry*, 68(6), 1314–1326. <https://doi.org/10.1177/00207640221100211>
- Ramakrishnan, R., & Singh, P. (2023). Assessing psychosocial outcomes of volunteer-led activities for children in institutional care. *Child Care in Practice*, 29(1), 1–17. <https://doi.org/10.1080/13575279.2022.2134567>
- Sibiya, M., & Mkhize, L. (2021). The impact of community engagement on emotional resilience of orphaned children. *Journal of Community Psychology*, 49(7), 2478–2492. <https://doi.org/10.1002/jcop.22644>
- Tembo, J., & Phiri, M. (2020). Enhancing self-confidence and social interaction among institutionalized children through creative activities. *Early Child Development and Care*, 190(12), 2015–2027. <https://doi.org/10.1080/03004430.2019.1678720>
- Wanjiru, A., & Njoroge, P. (2022). Volunteer programs and psychosocial well-being of children in orphanages: A mixed-method study. *Child & Youth Services*, 43(3), 211–228. <https://doi.org/10.1080/0145935X.2022.2067890>