

ARTICLE INFORMATION

Received: January, 10, 2024

Revised: March, 12, 2024

Available online: March, 18, 2024

at : <https://ejurnal.malahayati.ac.id/index.php/minh>

Implementation of the family planning program to improve the quality of life of community residents at Cibereum, Sukabumi city-Indonesia

Regita Utami*, Rizki Hegia Sampurna, Muhammad Rijal Amirulloh

Departemen Administrasi Publik, Universitas Muhammadiyah Sukabumi

Corresponding author: *E-mail: utamiregita21@gmail.com

Abstract

Background: The number of poor families in Cibereum Sub-district is high compared to other sub-districts. Quoting data from Sukabumi City in Figures made by the Sukabumi City Central Bureau of Statistics, there are 3.798 poor families, 17.670 welfare I families and 73.543 welfare II families.

Purpose: To determine the implementation of the family planning village program on the quality of life of the community in Cibereum Subdistrict, Sukabumi City.

Method: The research method used in this study is associative research using a quantitative approach. The population in this study were active family planning participants from the total Fertile Age Pairs with a sample size of 94 respondents. In this study, researchers used data collection techniques of observation, questionnaires / surveys, and literature studies. In this study using Likertscale measurements. The data analysis used was validity test, reliability test, correlation coefficient, coefficient of determination, regression analysis, and t test.

Results: The results of this study showed that there was a positive and significant effect of the implementation of the family planning village program policy on the quality of life of the community in Cibereum District, Sukabumi City. The more the implementation of the family planning village program policy increases, the quality of life of the community in Cibereum District, Sukabumi City will also increase.

Conclusion: From the results of the questionnaire distributed to the community as a whole is in the high category. The highest score is found in the statement regarding the effectiveness of the reporting and evaluation system for the Family Planning Village program implemented by related parties and the lowest total score is in the statement item regarding the ease of receiving information related to the Family Planning Village program from related parties.

Keywords: Community Quality of Life; Family Planning Village Program; Implementation.

INTRODUCTION

Rapid population growth is a serious problem in many countries, including Indonesia (Hidayatulloh, & Kurniasih, 2023). High birth rates can result in pressure on natural resources, the environment, and infrastructure, and can affect people's quality of life (Setyaningrum, & Erdkhadifa, 2023). The Indonesian government has responded to this problem by implementing the Family Planning Village Program. This program aims to increase community awareness

and participation in family planning through counseling, distribution of contraceptives, and reproductive health services (Ramadhan, & Susanto, 2023).

The Family Planning Program in Sukabumi City is regulated in Regional Regulation No. 9/2017 on the Implementation of Population Development and Family Development. "Family Planning (FAMILY PLANNING) policy is implemented to assist

prospective or married couples in making decisions and realizing reproductive rights responsibly about the ideal age of marriage, the ideal age for childbirth, the ideal number of children, the ideal spacing of children's births and reproductive healthcounseling".

One of the factors affecting population density is the birth factor, the solution to reducing population density is the birth control program or the Family Planning Village Program, but unfortunately there is still a lack of public awareness of the Family Planning Village Program (Nuraeni, Amirulloh, & Meigawati, 2021). This argument is certainly reinforced by the results of preliminary observations with the Head of the Family Planning Division of Sukabumi City, which stated that one of the factors for the increase in population is the number of births, which is increasing due to lack of public awareness of the importance of the Family Planning Program (Asi, Kurniawan, Sutriningsih, Irawati, Setiawati, Estiyani, & Mahmudah, 2023).

Worldwide, in 2015, 64% of women of reproductive age who were married or in a union used some form of contraception. Family planning allows women to reduce unwanted pregnancies and also reduces the need for unsafe abortions. Likewise, it is an important component of reproductive health because it helps people to have the desired number of children, which directly improves maternal health. Women have played an important role, not only in improving family welfare but also in developing the economic, political, social and ecological environment (Dadi, Bogale, Minda, & Megersa, 2020).

Family planning (FP) refers to a conscious effort by couples to limit or space the number of children through the use of contraceptive methods. FP safeguards individual health and rights, preserve natural resources, and improves the economic outlook for families and communities. Low FP usage is considered as a major issue for many developing countries where poor maternal and child health care services are practiced. More than 222 million women's pregnancies in developing countries are unplanned. In sub-Saharan Africa, only 17% of married women are using contraceptives as compared to 50% in North Africa and the Middle East, 39% in South Asia, 76% in East Asia and the Pacific and 68% in Latin America and the Caribbean (Alemayehu, Kassa, Teku, Zeleke, Abajobir, & Alemu, 2020).

United Nations Population Division states that by 2050, approximately 66% of the globe's population will live in urban areas. The urban poor have higher fertility, high unmet need for family planning services and poor maternal health outcomes. A range of factors that characterize urban poverty contribute to these poor reproductive health outcomes: unemployment, unsanitary and overcrowded living conditions, inadequate access to formal health services, gender-based violence and limited autonomous decision-making for women. The urban poor therefore face vulnerabilities that can put them at the disadvantage compared to their rural counterparts. Also, the unmet need for family planning has been reported to be the highest among women who are younger than 20 years of age, and lowest among women aged 35 and older; these differences being found to be widest in South Central Asia, including India. Similar findings have also been reported in the studies done in South East Asia, South Africa and other developing nations of the world (Yadav, Agarwal, Shukla, Singh, & Singh, 2020).

In 2015, 12% of married or cohabiting women were projected globally to have an unmet need for family planning, thus, they desired to stop or delay childbearing but were without any method of contraception. This level was much higher (22%) in the least developed countries with sub-Saharan Africa recording the highest (24%) unmet needs, double the world average in 2015 with total fertility rate of births/woman. In general, unmet need is high where contraceptive prevalence is low. Unmet need in 2015 was highest (above 20%) in the regions of Eastern, Central and Western Africa, Melanesia, Micronesia and Polynesia. If all women with unmet need for family planning were to use modern contraceptive methods, unwanted pregnancies and maternal mortality were projected to decline by 70% and 67% annually (Lasong, Zhang, Gebremedhin, Opoku, Abaidoo, Mkandawire, & Zhang, 2020).

Despite impressive progress in increasing contraceptive use in developing countries during recent decades, the uptake has lagged behind in Africa. One of the most critical factors in raising the use of contraception is women's employment status. The correlation of employment was strongest for women who had reached their desired fertility status, but became insignificant for poorer women who lived

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Departemen Administrasi Publik, Universitas Muhammadiyah Sukabumi
Corresponding author: *E-mail: utamiregita21@gmail.com

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in remote areas. However, likely due to the ineffectiveness of traditional methods, off-farm wage employment was not associated with greater spacing between births. Our findings implied that providing rural employment opportunities for women is insufficient to increase the uptake of modern contraceptives. To enhance the effectiveness of family planning programs, health-care officers should target off-farm wage-employed women to address their unmet contraceptive needs (Broeck, 2020).

Problems experienced by partner groups are the absence of official labels from the National Drug and Food Control Agency (BPOM) and halal certification labels in processed fish products as well as a barcode in the group's products, shredded fish making equipment has been damaged and requires repair and addition, there is not yet any innovation in making products, so that product diversity is limited, low ability of Human Resources (HR) related to management and marketing, low willingness and understanding in the use of information technology as a suggestion to market their products. The solutions that have been implemented in this program are mentoring for the management of certification labels from the National Drug and Food Control Agency (BPOM) and halal certification labels, improvement of shredded fish making equipment, training for innovation in processed fish products, increasing the ability of Human Resources (HR) in the field of management, training in the composition, use, and utilization of information technology as a marketing tool. The target of the program is to increase the target group's ability: Knowledge increases by 90%, Management by 75%, marketing through internet increases by 80% and sales turnover will increase by 60% (Pratama, Nurdiawan, & Rahaningsih, 2020).

Many individuals were aware that family planning measures postpone pregnancy. However, some young participants were not fully aware of the available family planning services. Some married couples who preferred 'birth spacing' received negative judgments from their family members for not

starting a family. The perceived barriers to the use of family planning included lack of knowledge about family planning use, fear of side effects of modern family planning methods, lack of access/affordability due to familial and religious beliefs/myths/misconceptions. On an individual level, some couples' timid nature also negatively influenced the uptake of family planning measures (Bhatt, Bhatt, Neupane, Karki, Bhatta, Thapa, & Budhathoki, 2021).

RESEARCH METHOD

The research method used in this research is associative research using a quantitative approach for community quality of life variables. The population in this study were active family planning participants from the total number of couples of childbearing age using random sampling, the number of samples in this study was 94 respondents. In this research, researchers used observation data collection techniques, questionnaires/surveys, and literature studies. In this research, a Likert scale measurement was used. The data analysis used is validity test, reliability test, correlation coefficient, coefficient of determination, regression analysis, and t test.

assessment using a Likert scale, the variables to be measured are first described into indicator variables. then these indicators are used as a starting point for compiling instrument items which can be in the form of questions or answers. Each item using a Likert scale has a gradation consisting of 5 answers, namely strongly agree with a score of 5, agree with a score of 4, unsure with a score of 3, disagree with a score of 2 and strongly disagree with a score of 1.

The reliability test is carried out after the validity test and is tested, a question or statement that is valid, Cronbach's alpha is between 0.50-0.60. In this study, 0.60 was chosen as the reliability coefficient. The criteria for reliability testers are if the Cronbach's alpha a value is > 0.60 then the instrument has good reliability, in other words the instrument is reliable, and if the Cronbach's alpha a value < 0.60 then the instrument being tested is not reliable.

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Departemen Administrasi Publik, Universitas Muhammadiyah Sukabumi
Corresponding author: *E-mail: utamiregita21@gmail.com

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RESEARCH RESULTS

Table 1. Demographic Characteristic of Respondents (N=94)

Variables	Results
Age (Mean± SD) (Range)	(33.31± 7.837) (20-50)
20-30 years	38/40.43
31-40 years	37/39.36
41-50 years	19/20.21
Gender (n/%)	
Male	45/47.87
Female	49/52.13
Education Levels (n/%)	
Senior High School	43/45.74
Bachelor Degree	52/54.26
Alternative Answer (n/%)	
Strongly Disagree	-
Don't Agree	17/18.1
Unsure	26/27.6
Agree	39/41.5
Strongly Agree	12/12.8

Table 1 shows that the age of the participants is with a mean and standard deviation (33.31 ± 7.837) and a range between 20-50 years. based on gender, the majority of respondents were women, namely (52.13) while men were only (47.87). The majority of respondents' education levels are bachelor degree, namely (54.26), for senior high school (45.74). and for alternative answers, the highest respondents were agree (41.5), strongly disagree (0), don't agree (18.1), doubtful (27.7) and strongly agree (12.8).

Table 2. Calculation Results of Implementation Validity Testing

No item	Rxy	r-critical	Validity
1	0.906	0.30	Valid
2	0.813	0.30	Valid
3	0.820	0.30	Valid
4	0.874	0.30	Valid
5	0.880	0.30	Valid
6	0.882	0.30	Valid
7	0.844	0.30	Valid
8	0.900	0.30	Valid

Based on the validity test, all items of the implementation instrument are declared valid, because each instrument item is above 0.30 ($r_{critical}$). The item that has the highest validity is instrument number 1 with a

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correlation coefficient of 0.906, the item is regarding the statement "I can easily receive information related to the family planning village program from related parties". while the lowest item is instrument number 2 with a correlation coefficient of 0.813 regarding the statement "i am often involved in discussions related to the family planning village program with related parties or fellow communities in the surrounding environment".

Table 3. Results of The Community Quality of Life Construct Validity Testing Calculation

No item	Rxy	r-critical	Validity
1	0,903	0,30	Valid
2	0,884	0,30	Valid
3	0,834	0,30	Valid
4	0,872	0,30	Valid
5	0,915	0,30	Valid
6	0,894	0,30	Valid
7	0,841	0,30	Valid
8	0,898	0,30	Valid

Based on the validity test, all items of the Community Quality of Life instrument are declared valid, because each instrument item is above 0.30 (r-critical) the item that has the highest validity is no. 5 with a correlation coefficient of 0.915 contained in the statement item "There is community involvement in the family planning Village program in your neighborhood (for example, the number of people participating in activities or training organized)". While the lowest item is no. 3 with a correlation coefficient of 0.834, namely "There are changes in the level of anxiety and stress of the community before and after the implementation of the family planning Village program".

Table 4. Implementation Reliability Test Results (Variable X)

Reliability Statistics	
Cronbach's Alpha	N of Items
.952	8
.958	8

The results of the Implementation Reliability test are 0.952, the Cronbach's Alpha value is > 0.6 and the result is that the score is above Cronbach's Alpha, so it can be said to be reliable, which means that the research can be used for data analysis measurements.

The results of the Community Quality of Life Reliability test were 0.958, the Cronbach's Alpha value > 0.6 and the results of the score were above Cronbach's Alpha, so it can be said to be reliable, which means that the research can be used for data analysis measurements.

Table 5. Guidelines for Interpreting the Correlation Coefficient

Coefficient Interval	Level of Relationship
0,00 – 0,199	Very Low
0,20 – 0,399	Low
0,40 – 0,599	Medium
0,60 – 0,799	Strong
0,80 – 1,000	Very Strong

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Respondents' responses regarding the effect of Implementation on Community Quality of Life in Family Planning Village Cibeureum District, Sukabumi City can be described on a continuum line as follows:



Figure 2. Continuum Line Level of Relationship between Implementation and Community Quality

DISCUSSION

The Government of the Republic of Indonesia began implementing the Family Planning Village Program in 2016. The Family Planning Village Program was formed as an effort to implement eight family functions including religious functions, socio-cultural functions, love functions, protection functions, reproductive functions, social and educational functions, economic functions, as well as environmental functions. The functions of the family are an illustration of the prosperity or well-being of the family. Strengthening the family in the economic sector is one of the efforts that can be made to advance the family's capacity in terms of welfare (Maleke, Pangkey, & Tampongangoy, 2022).

Population growth has an impact on various aspects of human life. Therefore, the Population and Family Planning Agency together with the Makassar city government are making efforts to control the rate of population growth by organizing a family planning village program to realize population-oriented development and create happy and prosperous small families (Rahman, Ahri, & Samsualam, 2022).

The results showed that women of childbearing age carried out the practice of family planning by using various forms of birth control. Some use birth control pills and spiral birth control (intrauterine contraception). In addition, the family planning program has provided education to increase knowledge about reproductive health, types of diseases so that women feel more valued and cared for by men with the existence of family planning program. Moreover, the existence of the Kampung FAMILY PLANNING program also has an impact on community social activities, such as educate

adolescents and children to have a clean and healthy lifestyle oriented toward family welfare (Idris, Frank, Hindom, & Nurung, 2021).

In order to realize equitable development, women's involvement is an absolute requirement. The role of women in development has been accommodated in various regulations regarding their involvement which is very necessary for the success of development, including through the family planning village program. The role of women in implementing the Family Planning Village program in Bumiayu Village can be seen from 4 aspects, namely communication, resources, disposition and bureaucratic structure. The role of women in conveying information and implementing programs to the community is carried out through social media as a means of conveying information where every activity carried out by the Family Planning Village working group is conveyed in the form of photos or videos (Bahrudin, & Wirasati, 2022).

The research results show that the implementation of the Family Planning Village program in Kuningan Regency is generally going well, this can be seen from the increase in family planning acceptors between before and after being designated as a Family Planning Village, namely from 5.244 acceptors to 5.519 acceptors. Then, most of the family planning program activities have been carried out, such as counseling, establishing a Youth Information and Counseling Center, Family Development and UPPKS. However, qualitative research found several obstacles that occurred, such as a lack of enthusiasm and understanding from the community and a lack of cooperation between the human resources running it (Nurjannah, & Susanti, 2018).

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Trust in institutions is a key driver of the demand for government services, and in turn, the way these services are delivered affects trust. We study a large-scale family planning campaign in which more than 300,000 Peruvian women were sterilized. Many of these are alleged to have been performed without appropriate or informed consent. Using a difference-in-difference strategy, we show that subsequent disclosures about the alleged sterilizations reduced usage of contraceptive methods, pre-natal and birth delivery services, and more generally the demand for medical services and that child health worsened as a result (León-Ciliotta, Zejcirovic, & Fernandez, 2022).

Community empowerment has begun to be realized by family planning village community in Padang City. However not yet effective because a program or policy can be said to be effective by using indicators, namely clarity of objectives to be achieved, appropriate program preparation, educational supervision and control system, effective and efficient implementation of tasks, availability of facilities and infrastructure (Novatna, & Adnan, 2020).

Family planning Village supports stunting intervention efforts from sensitive aspects. This research proves the effectiveness of the practice of a clean and healthy lifestyle and the role of fathers in raising children. The other two variables were not proven to be effective, but it should be noted that most of the components of married life planning and responsive parenting showed good results (Setyawati, & Ramadha, 2020).

CONCLUSION

In research in FAMILY PLANNING Village, Cibeureum District, Sukabumi City, based on the Implementation criteria it can be said to be good, based on the Community Quality of Life criteria it can be said to be good. From the results of the questionnaire distributed to the community as a whole is in the high category. The highest score is found in the statement regarding the effectiveness of the reporting and evaluation system for the Family Planning Village program implemented by related parties and the lowest total score is in the statement item regarding the ease of receiving information related to the Family Planning Village program from related parties.

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Implementation of the family planning program to improve the quality of life of community residents at Cibeureum, Sukabumi city-Indonesia

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