



MOTHER'S PERCEPTIONS ABOUT THE FAMILY PLANNING (KB) PROGRAM WITH THE USE OF CONTRACEPTION

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ABSTRACT	KEYWORDS
<p>The rapid pace of population expansion is certainly a significant issue for Indonesia. The problem is addressed through ongoing family planning program (KB) treatment aimed at lowering the rate of population increase (BKKBN, 2018). The emergence of negative attitudes toward contraception is one of the contraceptive concerns in society. People are sometimes afraid to use contraception methods due to a variety of rumors in the neighborhood. Objective of the research: To demonstrate that the community is reluctant to adopt contraceptive methods in family planning. To prove the mother's perception of program planning (FP) in the Tanjungsari Subdistrict of the Boyolangu village with the use of contraception.</p> <p>The study used a proportionate random sample technique and a time cross-sectional approach, both of which are observational analytical study methods. The study, which was carried out between March 11 and April 17, 2024, yielded a sample size of 89 respondents. Statistical test chisquare test was used in the study, and it was discovered that there is a relationship between maternal perception of program planning (FP) and contraceptive usage ($p: 0.01$).</p> <p>The choice of which contraceptive selection tool to employ depends on the respondent's knowledge of how the respondent's usage of contraception will be affected by the response and behavior. Respondents may think that using contraception is quick, convenient, and cost-effective, which may lead them to make that decision.</p>	maternal perception, use of contraception

INTRODUCTION

Indonesia is currently facing a significant issue with its high population growth rate. To address this, efforts are ongoing through the Family Planning (KB) program aimed at decreasing the population growth rate (BKKBN, 2018).

Many problems are faced as a result of uncontrolled population growth. Humans are aware of the dangers of uncontrolled population growth so the idea of implementing family planning has been thought of. (Manuaba, 1998) To accomplish this, various techniques or options have been developed to hinder or postpone pregnancy. Within this program, a key objective is to lower the incidence of pregnancy by utilizing contraceptive methods, such as contraception or pregnancy prevention and family planning. (BKKBN, 2018).

The family planning initiative aims to boost awareness and community involvement by raising the marriage age (PUP), promoting birth control, enhancing family resilience, and improving the well-being of small, joyful, and thriving families. This effort also strives to establish economic, spiritual, and socio-cultural prosperity for the Indonesian population, ensuring a harmonious balance with the nation's production capacity (Handayani, Sri. 2010)

The family planning program identifies two categories of targets: direct targets and indirect targets, based on the objectives to be accomplished. The direct target consists of couples of childbearing age (PUS) who seek to lower birth rates through consistent use of contraception. In contrast, the indirect target focuses on the execution and administration of family planning, aiming to decrease birth rates through a comprehensive population policy approach to ensure quality and prosperous families (Handayani, Sri. 2010).

As stated by Handayani in 2010, the philosophical goals of the family planning program include: 1) Enhancing the well-being of mothers and children and fostering joyful and prosperous small families by means of birth control and managing the population growth in Indonesia, Creating a quality population, quality human resources and improving family welfare. The various types of contraception according to are: 1) Simple Methods of Contraception, 2) Modern Methods of Contraception consisting of pills, injections, IUDs, Implants, 3) Steady Methods of Contraception (MOW and MOP).

Based on data from the National Basic Health Research report, Hartanto, (Risksedas. 2018) it was discovered that just 53.9% of women aged 15-49 who were previously married utilized family planning methods. Nationally, there are still 19% of ever-married women of reproductive age who do not use birth control methods to prevent/delay pregnancy, and 27.1% who have used family planning but currently do not use it. Based on data from the Tulungagung Regency BKKBN, it is known that there are 248 family planning acceptors (0.3%) of all contraceptive methods, namely 76,470 acceptors in Tanjungsari Village, Boyolangu District, Tulungagung Regency.

One issue surrounding contraception in society is the rise of unfavorable views regarding contraceptive options. Numerous rumors that spread within the community frequently lead individuals to feel apprehensive about using these methods. As a result, this perception creates a reluctance among people to engage with the contraceptive methods offered through family planning programs (Hartanto, Hanafi. 2014).

Based on the problems mentioned above, one of the efforts made is outreach from Family Planning Extension workers, health workers and collaborating with village agencies, as well as through the media. Counseling is aimed at the public, especially married couples, about the use of contraception, its benefits, effectiveness and side effects. In light of the aforementioned phenomenon, scholars are eager to undertake a study with the title "Analysis of mothers' perceptions about planning programs using contraception in Tanjungsari Village, Boyolangu District".

Research Aim: To demonstrate mothers' views on the implementation of family planning programs (KB) involving contraception in Tanjungsari Village, Boyolangu District.

METHOD

The research conducted is observational in nature, employing an analytical design with an observational framework and a cross-sectional temporal approach. The variables identified in this study include 1) the independent variable, which is the perception of the family planning (KB) program by mothers, and 2) the dependent variable, which refers to the use of contraception. The sample population for this study consisted of all mothers residing in Tanjungsari village, located in Boyolangu District, Tulungagung Regency, and was carried out from March 11 to April 17, 2024, involving a total of 786 respondents. The sampling method applied in this research was proportionate random sampling, a technique chosen based on specific criteria established by the researcher (Hidayat, A. Alimul Aziz. 2010) that considers established characteristics and features of the population, ensuring the respondents were selected proportionally, culminating in a total of 89 respondents. For data analysis, the chi-square test was utilized, facilitated by the SPSS software program.

RESULT

Table 1
Distribution of mothers' perceptions about family planning programs

No	Perception	Frequency	Percentage (%)
1	Not enough	20	22,5
2	Enough	37	41,6
3	Good	32	35,9
Amount		89	100

Source: 2024 perception questionnaire

According to table 1, nearly half of the respondents fell within the adequate perception criteria, with 37 individuals representing 41.6%. Perception refers to the ability to recognize or identify something through the use of the five senses. The impressions one forms are greatly influenced by personal experiences acquired through thinking and learning, as well as internal factors. Additionally, perception is a process that commences with visual input and leads to an individual's response, allowing them to become aware of their surroundings through sensory input (Susanti, 2003).

Based on the facts and theories above, it can be explained that respondents have not thought in terms of economics and whether it is more effective to use long-term contraception, which has an impact on respondents' adequate perceptions about family planning programs.

. Table 2
Frequency distribution of contraceptive use by mothers

No	Contraception	Frequency	Percentage (%)
1	Short-term	60	67,4
2	Long-term	22	24,7
3	Solid contraception	7	7,9
Amount		89	100

Source: Primary data for 2024

According to the findings presented in table 2, it was observed that most of the participants relied on short-term contraceptive methods, with 60 individuals (67.4%) falling into this category. As per Hartanto (2014)

Family planning serves as a strategy that supports individuals or married couples in achieving the following objectives: 1) Attain specific goals, 2) Prevent unplanned pregnancies, 3) Have the desired number of births, 4) Space pregnancies appropriately, 5) Manage the timing of births in relation to the parents' ages, and 6) Decide on the total number of children within the family.

Considering the aforementioned evidence and theoretical framework, it is evident that when we connect it to the information in data 1, there is a lack of awareness regarding family planning programs, which results in the predominance of respondents favoring short-term contraceptive options.

Table 3
Cross Table Distribution of the relationship between mothers' perceptions
about planning programs (KB)
and the use of contraceptives

Mother's Perception	Use of contraceptives			Total	
	Short-term	Long-term	Solid contraception	Frequency	Percentage (%)
Not enough	20	0	0	20	22,5
Enough	37	0	0	37	41,6
Good	3	22	7	32	35,9
Total	60	22	7	89	100

Source: Primary data for 2024

Based on the data in Table 3, nearly half of the 89 respondents believed that the criteria were adequate, with 37 respondents (41.6%) indicating a preference for short-term contraceptive methods. The chi-square test results ($p > 0.01$) suggest a significant correlation between mothers' perceptions of family planning (KB) programs and their use of contraception.

The family planning initiative aims to enhance community awareness and involvement by promoting later marriage ages (PUP), implementing birth control measures, strengthening family resilience, and improving the quality of life for small, happy, and prosperous families. It also aims to foster economic, spiritual, and socio-cultural prosperity among the Indonesian population, thereby achieving a balanced national production capacity (Handayani, Sri. 2010).

Perception is a process that begins with sensory input and culminates in a response, enabling individuals to become conscious of their surroundings. According to theory, Thoha suggests that perception is influenced by two main categories: internal and external factors. Internal factors stem from within the individual, such as attitudes, habits, and desires, while external factors arise from outside, including social and physical stimuli. This illustrates that different individuals may perceive the same object uniquely (Susanti, 2003).

The research findings indicate a correlation between mothers' perceptions of family planning programs (KB) and contraception usage ($p: 0.01$). Aligning with the aforementioned theories and evidence, it can be concluded that respondents' perceptions of family planning programs are indeed consistent with the observable facts regarding contraception use. The choice of contraceptive method by respondents is influenced by their knowledge, which affects their responses and behaviors toward contraception. The study revealed that almost half of the respondents considered the criteria sufficient, particularly for short-term contraceptives, with 37 respondents (41.6%). This may be attributed to respondents' preference for methods that are quick, easy, and affordable. They often overlook the economic implications as well as the higher risk of failure or pregnancy and the hormonal effects associated with continuous use of short-term contraceptives. In contrast, the adoption of long-term contraception remains challenging for many, despite being more economical and convenient. The BKKBN government's initiative, which offers free long-term contraceptive options such as intrauterine devices (IUDs) and implants, is designed to postpone pregnancy for an extended duration.

CONCLUSION

The findings of this study indicate that there is a connection between mothers' views on the family planning (KB) program and their utilization of contraceptives in Sumberdadi Village, Sumbergempol District, Tulungagung Regency ($p > 0.01$).

SUGGESTION

1. Midwives as health workers closest to the community and an extension of the Community Health Center should collaborate with the BKKBN to increase education to the community regarding the use of long-term contraceptives. People, both husbands and wives, should support each other in using

contraception and actively seek information about contraception that is highly effective and long-term to use. Government agencies should support by providing effective and efficient family planning facilities.

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