

COMMUNITY PARTICIPATION IN FAMILY PLANNING (KB) PROGRAM FOR YOUNG COUPLES IN SIDOARJO REGENCY

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ABSTRACT

One way to reduce the birth rate is community participation in family planning (KB) programs. The family planning program is a program from the government or that aims to control population growth by sharing explanations of information, services, and support to couples to plan for pregnancy. The purpose of this study is to find out the type of community participation shown by young couples in carrying out family planning (KB) programs, what factors inhibit community participation in family planning (KB) programs, and how to increase community participation in family planning programs (KB) in the Sidoarjo area. Qualitative methods are used. Information is gathered through interviews and documentation. Data analysis involves data reduction, data delivery, and drawing conclusions. The results of the research and discussion show that young couples in Sidoarjo Regency are quite active in participating in the family planning (KB) program. Factors that hinder community participation include cultural factors, couple trust, and health factors. Therefore, it is necessary to increase community participation so that they are more active in participating in the family planning program. About how important family planning (KB) programs are for the community, especially young couples, because it gives them more time to prepare for the future of their families.

Keywords: *Participation, Family Planning, Spouse*

A. INTRODUCTION

Indonesia has a high population, and data from the 2020 population census (SP2020), Indonesia's population reached 270.20 million people in September 2020, an increase of 32.56 million people compared to the previous population census in 2010 (SP2010) (Data.Indonesia.id, 2023). The main factor that causes the increase in the number of people is the high fertility rate of Couples of Childbearing Age (*PUS*), which indicates a high birth rate in Indonesia.

The situation of increasing the number of people from year to year can be considered detrimental to some economic development perspectives, especially if

it is not balanced with commensurate economic growth or appropriate policies to manage the impact. The rapid increase in the population can be considered unprofitable, if it is not handled by improving the quality of the community. Understand resource quality Humans are currently considered minimal and society is considered a burden rather than development capital is an important first step to overcome the problem. Meanwhile, marriage can be understood as a relationship between a man as a husband and a woman as a wife (Alfafan et al., 2022). Child marriage is the marriage of a girl or boy before the age of 18 and refers to both formal and informal marriages (Nofitri et al., 2023). This phenomenon becomes even more complex when we see that the quality of society is still below standard, indicating that there is a gap between the growth and development of individual capacities (Febriansyah, 2015).

In terms of the Family Planning (*KB*) program launched by the government, it is an important initiative to solve the problem of unbalanced population growth. Through this program, the government seeks to educate the public on the importance of controlling the number of children and providing better access to various contraceptive methods. According to Undang-Undang Nomor 52 Tahun 2009 regarding Population Growth & Family Development, it is concluded that the Family Planning Program is a way done by the government to be able to regulate pregnancy and regulate the distance and ideal age in childbirth.

Family Planning Program (*KB*) is part of an effort to control the population. Family planning programs understand programs to control how many children are born and when pregnancies begin. In other words, the family planning program is carried out by agreement between married couples to have the number of children they want without any coercion from the other party to stop the birth of children by utilizing contraceptives as an effort to create a healthy and prosperous family. Thus, it is hoped that the Family Planning Program can help parents maintain and care for their children so that the next generation has a better quality of life. In addition, it is hoped that the Family Planning Program in the future can absorb human resources well, so that people have the ability to be competitive in the era of globalization that is growing (Chetianingirum, 2016).

The Family Planning Program (*KB*) has a significant impact on population growth in various regions, including Sidoarjo Regency. With the number of people participating in the family planning program of 7,922,341 people in East Java Province, it can be assumed that Sidoarjo Regency also receives benefits from the program in controlling population growth.

Table 1
Number of PUS in Sidoarjo Regency in 2020-2022

Year	Number of PUS	Number of active birth control
2020	338,492	266,519
2021	338,492	266,519
2022	297,273	180,530

Source: (BPS East Java Province, n.d.)

Referring to data collected by the Central Statistics Agency of East Java Province. In 2020, there were 338,492 couples of childbearing age (*PUS*) and 266,519 active family planning participants in Sidoarjo Regency. However, in 2022, the number of *PUS* (couples of childbearing age) decreased by 41,219 *PUS* (couples of childbearing age) and the number of active participants in family planning also decreased by 85,989 people, which resulted in an impact on the activity of family planning participants to be less than in previous years.

Family Planning Program (*KB*) aims to give couples control over the number of children they have as well as the distance between the births of those children. This program is important to control population growth and improve family welfare. However, community participation in family planning programs is still a problem in some regions, especially in young couples. Community participation for family planning programs for young couples in Sidoarjo Regency is important and relevant to be carried out. Sidoarjo Regency is one of the regions in Indonesia with massive community growth. This phenomenon has resulted in an increase in young couples starting family life. However, at the same time, challenges related to reproductive health and family planning are also becoming more complex (Hasan Gaffar & Sasap Abao, 2021).

Community level barriers comprise women's experience with contraceptive side effects, myths, rumours and misconceptions, societal stigma, and negative traditional and religious beliefs. On the other hand, health systems enablers consist of political will from government to expand contraceptive services access, integration of contraceptive services, provision of couples counselling, and availability of personnel to offer basic methods mix. Functional community health system structures, community desire to delay pregnancy, and knowledge of contraceptive services are enablers at a community level (Silumbwe et al., 2018).

Community participation in the family planning program is very important for the success of the program. 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 *KB* program (Idris et al., 2021). With active participation, the community can understand the importance of the family planning program and can take advantage of the services provided by the government. Social and cultural changes in the Sidoarjo community can affect the views and practices of family planning among young couples. In addition, educational factors, accessibility to reproductive health information and services, and the influence of traditional values can also be suitable backgrounds for analysis. This study also aims to understand the level of knowledge, attitudes, and practices of young couples related to family planning and the reasons that have an impact on their involvement in family planning programs in Sidoarjo Regency.

Research on population participation in the family planning program for young couples in Sidoarjo Regency is a very relevant and important step. By understanding the causes that affect their involvement in family planning programs, governments and related agencies can develop more effective strategies to increase such participation. By conducting in-depth research on these factors, it is hoped that valuable insights can be found that can help create more effective

and appropriate concepts to increase the participation of young couples in family planning programs in Sidoarjo Regency. This will be an important step in improving family welfare, strengthening the foundation of sustainable development, and improving the quality of life of the community as a whole.

Previous research on community participation in Family Planning (*KB*) programs has been conducted by several researchers. Rahmayanti et al. (2022) explained community participation in the implementation of the family planning program in Banda Sakti District, Lhokseumawe City. The results of the study show that male participation in the family planning program is still low and customary factors affect community participation. Pancawati et al. (2020) show that community participation is still low and there needs to be good cooperation between the government and the community to increase participation.

Mawarni's research (2021) discusses the strategy of the Population and Family Planning Agency (*BKKBN*) in increasing community participation in family planning programs. The results of the study show that the role of the government in providing adequate human resources is very important to increase community participation. Rohayati et al. (2021) focused on the participation of couples of childbearing age (*PUS*) in the implementation of the Family Planning Village program in North Kurau Village, Bumi Makmur District, Tanah Laut Regency. The results of the study show that the participation of couples of childbearing age is still low and there is a need for strengthening so that the community has an attitude that is in line with the goals of the family planning program. Rahmawati et al. (2021) discussed the participation of couples of childbearing age in the implementation of the Family Planning Village program in North Kurau Village, Bumi Makmur District, Tanah Laut Regency. The results of the study show that the participation of couples of childbearing age is still low and there is a need for strengthening so that the community has an attitude that is in line with the goals of the family planning program.

In several studies, customary factors and the role of the government in providing adequate human resources were found to be factors that affect community participation in family planning programs. Therefore, there needs to be efforts to strengthen and good cooperation between the government and the community to increase community participation in family planning programs. Therefore, this study aims to analyze the family planning program (*KB*) in young couples in Sidoarjo Regency, with special emphasis on Community Participation in Family Planning Programs in Young Couples in Sidoarjo Regency.

B. LITERATURE REVIEW

Community Participation

Participation is a person's involvement in an activity process, this can include various forms of involvement, ranging from participating in decision-making to playing an active role in the implementation of a program or project in the context of social, political and community development. According to Dr. Made Pidarta, participation is the involvement of a person or several people in an activity. Involvement can be in the form of mental and emotional and physical involvement in using all the abilities they have in all activities carried out, as well

as supporting the achievement of goals and taking responsibility for all involvement (Hutagalung et al., 2022).

According to Cohen & Uphoff (1980) The form of community participation can be seen in four phases: participation in decision-making, participation in implementation, participation in utilization, and participation in evaluation.

a. Participation in the decision-making process

Every implementation process, especially in the life of the community, must go through the stage of determining policy. Community participation at this stage is very fundamental, especially since the decisions taken concern their overall future fate which concerns common interests. Participation in decision-making can be in the form of meeting attendance, discussion, contributing thoughts, responses or rejections to the program offered.

b. Participation in implementation

Community participation in the implementation of this program is a continuation of the previously agreed plan. In this case, Uphoff emphasized that participation in this development can be achieved through community participation in providing contributions that support the implementation of development in the form of energy, money, goods, materials, and information that is useful for the implementation of development.

c. Participation in profit-taking

This participation is inseparable from the quality and quantity of the results of the program implementation that can be achieved. In terms of quality, the success of a program will be marked by an increase in output, while in terms of quantity, it can be measured how much the percentage of program success is and whether it is in accordance with the targets that have been set. There are three ways to assess participation in enjoying the outcome: material benefits, social benefits, and personal benefits.

d. Participation in evaluation

Involvement in this evaluation is related to the issue of overall program implementation. The purpose of this participation is to find out whether the implementation of the program has met the requirements or not. (Hutagalung et al., 2022).

Family Planning Program

The Family Planning according to the *Undang-Undang Nomor 10 Tahun 1992* is an effort to increase awareness and the role of the family through several activities, the family planning program is not only about regulating the number of children, but also covers various other aspects related to the development of a prosperous family as a whole.

Family Planning Program (*KB*) is an integral part of national development projects in Indonesia. The main goal is to create economic, spiritual, and socio-cultural well-being for the Indonesian people. Family Planning Program (*KB*) is indeed an integral part of national development projects in Indonesia (Amalia Lifianti, 2021). The main goal is to create economic and socio-cultural welfare for the Indonesian population. Through Family Planning, it is hoped that a good balance can be achieved between population growth and national production capacity, it is hoped that a good balance between population growth and national

production capacity can be achieved. Through appropriate regulations and programs, it is hoped that the number of births can be controlled according to the development capacity and available resources. Therefore, family planning (*KB*) also seeks to improve the quality of life and access to reproductive health services for the Indonesian people as a whole. In the end, the family planning program (*KB*) is an important effort to achieve sustainable and inclusive national development goals (Rahmadhony et al., 2021).

C. RESEARCH METHODS

This study uses qualitative research with narrative data. The researcher used the purposive sampling technique, which is a sampling method from data sources with various considerations, to determine the number of resource persons. Primary and secondary data are used in data sources (Moleong, 2018). The main data came from interviews and literature reviews. Secondary data was obtained through intermediary media or indirectly through documentation, while the interview informants were family planning cadres and young couples who used family planning. Data analysis techniques include reduction, presentation, and conclusion drawing (Miles et al., 2014).

D. DISCUSSION

According to the *Undang-Undang Nomor 10 tahun 1992* concerning population development and prosperous family development, efforts to increase concern and community participation through maturing the marriage age (*PUP*), birth arrangements, fostering family resilience, improving the welfare of small, happy and prosperous families. Family planning (*KB*) is a government program designed to balance the needs and the number of population. The Family Planning Program (*KB*) is an effort to create a quality family through promotion, protection and assistance in realizing reproductive rights.

Family Planning means regulating the number of children in accordance with the *Undang-Undang Republik Indonesia Nomor 52 Tahun 2009* which aims to regulate population issues and the implementation of the Family Planning (*KB*) program in Indonesia. By prioritizing the right of individuals or couples to choose the number of children, birth distance, and time of pregnancy according to their wants and needs. Meanwhile, the welfare of families and the community as a whole can be improved. This makes family planning programs an integral part of a sustainable development strategy. The objectives of the family planning program are as follows:

1. Balancing needs and population
2. Improve the well-being of small families.
3. Improving the quality of life of the community
4. Increasing public awareness to use contraceptives.
5. Prevent marriage at an early age.
6. Reducing maternal and infant mortality due to pregnancy at too young or too old age.
7. Improve family planning health by controlling births.

The Family Planning Program (*KB*) has the goal of controlling births and ensuring the control of the population. Here are some birth control procedures that can be followed:

1. Consultation with Health Professionals: consultation with health workers, such as midwives or doctors. Discuss family planning options that are appropriate to your health condition and preferences.
2. Selection of Family Planning Methods: Using family planning methods that suit your needs and preferences. Some methods of birth control include birth control pills, birth control injections, spirals, condoms, and others.
3. Use of contraceptives
4. Regular Self-Checkups: Conduct regular check-ups to ensure that the family planning method is running well.
5. Discipline and Consistency

Young couples need to be encouraged to be actively involved in family planning (*KB*) programs, so that they can make informed decisions regarding family planning and their reproductive health (Wahab Sikharani & Rasdiya Khalidia Amuntai, 2023). Thus, the participation of young couples in the family planning program not only supports their individual welfare, but also has the potential to form a more empowered and sustainable society in Sidoarjo Regency. The implementation of family planning programs (*KB*) in young couples is measured using Cohen's theory with four indicators of decision-making, implementation, benefits, and evaluation as follows:

Decision

Decision-making in family planning programs involves the process by which individuals or couples make decisions about the use of contraceptive methods or planning the desired number of children. This process can involve several important steps and considerations. In making decisions related to participating in the family planning (*KB*) program, residents also decided to use the contraceptives used. The informants pointed out that the decision-making of young couples is very important for the progress and success of the family planning program (*KB*) in Sidoarjo Regency, as the following interview excerpts:

"Yes, participate in the family planning program. As a young couple, let it be more planned, because I participated in the family planning program, I want to give space for myself to express and develop myself again, like before I was pregnant I was selling, doing activities more freely. "

Taking in family life, making decisions is very important as well as in society at large. The decisions you make can affect various aspects of your life, including your happiness and physical and spiritual well-being.

Participatory decision-making can also increase openness and access to information, so that the public can understand relevant issues, learn the consequences of policies, and participate with knowledge in the decision-making process. Community empowerment allows individuals and community groups to actively participate in determining problems, developing solutions, and managing public programs.

Decision-making on family planning program participation can be influenced by a variety of factors, including rational choices, spouse/husband involvement, and equal gender roles in the household. In some cases, decision-making can be made by the husband alone or by the husband and wife together, but there is no dominance between the two parties (Anisa Kurniatul Azizah et al., 2023).

However, this decision making is influenced by cultural factors. Cultural factors are allegedly greatly influencing family planning programs because principles and standards have to do with people's personal and social lives, can affect individual decisions in using contraception and regulating the number of children. Menurut Pancawati et al., (2020) In some cultures for example, having children is considered an important part of family life and has some social and economic benefits, so people may not want to reduce the number of children. On the other hand, other cultures may have values that place more emphasis on individual freedom and the ability to regulate their own number of children, making it more likely for society to use contraceptives and regulate the number of children. As the following interview excerpt,

"Yes, one of the cultural factors is because from that family there are those who say that many children have a lot of sustenance and the average family also has more than 2 (two) children. Contraceptives, all of which are passed down from generation to generation, if you participate in the family planning program and use contraceptives, are also passed down from generation to generation."

Based on the results of the interviews, it shows that cultural factors, especially those related to family habits and values that are believed and passed down from generation to generation, influence people's decisions to participate in family planning (*KB*) programs. Culture influences people's decisions in participating in family planning programs, so it is necessary to know the evaluation of the implementation of family planning programs in controlling population development and improving population quality.

Implementation

According to Cohen & Uphoff, (1980) that participation in implementation means that the program must be implemented, including the mobilization of resources and funds. The success of this program is determined by participation in implementation. Based on the excerpt of the interview results as follows,

"No, participating in family planning is purely from the desire of yourself and your partner and the encouragement from your family as well. The plan to participate in the family planning program after marriage was discussed with the husband, and finally after 4 months of giving birth, immediately installed family planning. "

It can be concluded that the government does not require people to participate in family planning (*KB*) programs because it respects the principles of individual freedom about their personal and family lives. Pramudhita Subekati & Usrotin Chauria (2022) explained that the government is trying to increase community participation through the maturity of marriage age, birth preparation, and contraceptive use, as well as ensuring the implementation of objective and

impartial policies. In the implementation process, the government also pays attention to community involvement and increases community interaction with the decision-making process.

In implementing the policy of the family planning program, the Indonesian government has prioritized values such as counseling, respect for leaders, justice, equality, and religious freedom. The family planning policy aims to improve the economic, spiritual, and socio-cultural welfare of the Indonesian people, as well as balance the needs and population numbers. In this effort, the government seeks to increase public participation through marital maturity (*PUP*), childbirth preparation, and contraceptive use.

The government also ensures that the implementation of family planning policies is carried out objectively and impartially. Data is collected objectively and analyzed using scientific methods to ensure the certainty of information in implementation. Lette, (2019) explained that in the implementation process, the government also pays attention to community involvement, especially in the form of material and non-material support, as well as potential participation. Community support is essential in the public policy implementation process, and the government seeks to increase public involvement in the decision-making process.

But unfortunately, the participation of young couples in family planning (*KB*) programs is also encouraged with several bases that encourage young couples to participate in family planning programs (*KB*) quite diverse from various things, ranging from economics to health. Health factors can be in the form of pain during menstruation, irritation, malnutrition, and others, the experiences of elderly people who have used contraceptives are conveyed to young couples either directly or indirectly, causing concern in making decisions, but if young couples are given confidence in the form of narratives of research results and statements of personal experiences and life journeys of young mothers, in detail and systematically, young *pasangan* will be confident and agree to participate in the family planning program for the sake of himself and his family (Aisyah et al., 2016). As the following interview excerpt,

"If the factor is the belief of the couple, it also makes an influence, in my opinion, because if you have a family and a household, anything must be negotiated with the husband, there must also be permission from the husband."

It can be concluded that the factor of spouse confidence also has an impact on a person who will participate in a family planning program (*KB*) is greatly influenced by their partner's belief in the effectiveness and relevance of the family planning program in the context of their lives. Couples tend to consider a variety of factors, including the availability of time and the type of contraception to be used, before making decisions related to participating in family planning (*KB*) programs. Married couples consider various factors before making decisions related to participating in the family planning program, so it is necessary to know the evaluation of the implementation of the family planning program in controlling population development and improving the quality of the population.

Benefit Extraction

One of the important stages in the Family Planning (*KB*) program cycle is participation in benefit-taking, where young couples who become participants or acceptors of family planning benefit from the results achieved by the program. This participation involves not only receiving benefits passively, but also involves proactive action to take advantage of the services and resources provided by family planning programs.

"During participating in the family planning program, it has been very helpful so far because it is very effective in preventing short-distance pregnancy for those who do not want to have children again in the near future."

From what the researcher obtained, the benefits obtained by couples from the young family planning program (*KB*) of Sidoarjo Regency can be seen from using family planning consistently with the instructions of an expert will get the benefits as expected. Participating in a family planning program is not only about managing the number of children, but also about creating a supportive environment for the growth and development of a healthy family physically, emotionally, and economically. This is a proactive step to help ensure the family's well-being and happiness in daily life for the future.

Taking benefits from family planning programs involves various aspects related to the health, economy, and social of the community. Family planning programs help maintain maternal and infant health, encourage good parenting and breast milk adequacy, form healthy families, reduce maternal mortality and HDI, prevent unwanted pregnancies, and improve maternal and child health, reduce the risk of cancer in women, and improve family quality (Pancawati et al., 2020).

In addition to cultural factors and the beliefs of the couple, there are several health factors that encourage a person to follow an immune program (*KB*), one of which is maternal health because the effects are also experienced by mothers who use family planning. In addition, patients often experience incompatibility with the birth control used, which can lead to negative effects on the acceptor's body such as dark spots on the face and obesity for no apparent reason (Lette, 2019). Based on the interview excerpt below,

"Maybe it can be included in the health factor, because as a young mother, I don't know much about the family planning program, so yes, I'm still indifferent to family planning programs like that."

Based on the statement, it is explained that if you do not implement the family planning program, it can have a significant impact on the health of the mother. When a mother does not use birth control and is unable to maintain the distance between pregnancy and birth, it can have a serious impact on her health. A mother may lose a lot of time to recover after giving birth, recover her body condition, and take good care of and breastfeed her baby. These impacts include unwanted pregnancies, reproductive health, maternal deaths, child health, economic costs, stress and sadness. Therefore, the implementation of the family planning program is very important to control population growth and improve the quality of the population.

Evaluation

Program evaluation is a program used to evaluate the effectiveness, efficiency, relevance, and impact of the program on the set goals. Program evaluation also helps in determining the strengths and weaknesses of program implementation and provides suggestions for future improvements. As the following interview excerpt,

"Yes, maybe if possible for the family planning program, it will also be held at the village posyandu so that it coincides with the time of weighing children every month. So that it is not far away if you want to have family planning, so if it is held at the children's posyandu, then both mothers and children can check their health together."

Based on the opinion above, according to the evaluation of the results of the Family Planning (*KB*) program in Sidoarjo Regency, the people who participated in the program were satisfied with the expected results.

In several studies, the evaluation of the family planning program was carried out to find out the implementation of the family planning service process, the outputs achieved, and the obstacles faced in the implementation of the program. The results of this evaluation are used to improve the quality of the program and achieve the desired goals, such as controlling population growth and improving the quality of the population.

Based on this research, there are several efforts that can be made. Socialization has a significant role in increasing public awareness about the importance of participating in family planning (*KB*) programs and encouraging participation in the program. Through socialization, the public is informed about the benefits and objectives of the family planning program, as well as ways to access and utilize the available services. Socialization is often carried out not only to provide understanding, but also to invite the public, especially young couples who are still confused about the family planning (*KB*) program (Ngaisah & Kurniawan, 2024).

It is hoped that through the socialization carried out by the Sidoarjo Regency Women's Empowerment, Child Protection and Family Planning Office, the community will better understand the importance of family planning and the use of appropriate contraceptives to improve family health and welfare and reduce the risk of reproductive health problems. The government and health workers are responsible for socializing community planning programs in building a community that is aware of the importance of family planning.

In addition to socialization, seminars related to the family planning program were also carried out with the aim of increasing community involvement in participating in family planning programs (*KB*). This seminar was held as part of an effort to increase understanding of the importance of family planning and the benefits of family planning programs for family health and well-being. The audience, which consisted of the general public, young couples, as well as health workers and family planning cadres, was invited to understand how important it is to regulate the birth distance of children in supporting the health of mothers and families as a whole (Mahanim et al., 2024).

Young couples are the ones who use injectable birth control devices the most. This suggests that young couples need a practical and easy-to-use contraceptive to help them plan their family and set the right spacing for pregnancy. The family planning program is solely for the benefit of young couples, not the government that wants to reduce the burden of the future that is full of challenges; Young couples usually don't think about the future when lust controls their love. Programs aimed at young couples are very effective in reducing problems in the future because young couples have physical and mental strength supported by adolescent energy, while the amount of resources may continue to decrease.

Young couples in Sidoarjo Regency can see the benefits of the Family Planning program (*KB*) if they use it correctly and follow expert advice. They will get the expected benefits. Participating in a family program not only reduces the number of children; It also builds an environment that supports the growth and development of a family that is healthy, physically, emotionally, and economically. This is a proactive measure to ensure the family's well-being and happiness in the future. According to the evaluation of the results of the family planning program (*KB*) in Sidoarjo Regency, the community is satisfied with the expected results while being recipients of the family planning program. They also feel the benefits of family planning programs to organize their families in a targeted way because they use contraceptives that suit their needs. The public is aware that participating in family planning (*KB*) programs is not only important for family planning but also benefits the health of the people who follow it. Thus, community participation in the family planning program in Sidoarjo Regency is quite active.

E. CLOSING

Conclusion

Based on the findings and data analysis that has been carried out by the researchers, conclusions can be drawn from research related to Community Participation in the Family Planning Program (*KB*) in Young Couples in Sidoarjo Regency. In making decisions young couples in Sidoarjo Regency chose the most easily used and accessible contraceptives. One of the most common contraceptives used by young couples is the syringe, which is the best option for family planning programs. Meanwhile, in its implementation, young couples carry out family planning programs (*KB*) only because of their own wishes there is no coercion from the government or related institutions. In the benefits of taking benefits, young couples benefit from participating in family planning (*KB*) programs because they can focus more on the child and themselves, as well as be more focused on the next pregnancy and the future of the family. Finally, according to the evaluation of the family planning program, young couples feel good because the contraceptive they choose has met their needs. They also suggested to the entire community, especially for young couples who have not participated in the family planning (*KB*) program to immediately participate in the program because it will also have an impact on their lives.

Suggestion

Based on the results of the conclusion above, the following recommendations are produced:

1. For young couples before making a decision, discuss the choice of family planning program that is suitable for their health condition
2. For the implementation of the program for young couples to follow the instructions for the use of the chosen contraceptive and understand how to use it and its effectiveness.
3. If disciplined and consistent in using the family planning method and regularly changing contraceptives according to the specified schedule, it will provide benefits to young couples.
4. To increase public understanding of the family planning program, the Sidoarjo Regency Women's Empowerment, Child Protection and Family Planning Office conducts more active counseling to the community, especially young couples

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