



Optimizing Family Planning and HIV/AIDS Prevention Programs through Community-Based Management Approach in Jatibening

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Abstract	Article Information
<p>Purpose: This study aims to optimize FP and HIV/AIDS prevention programs through a community-based management approach in Jatibening. Methods: The research utilized a mixed-method approach, involving a quantitative survey of 100 respondents and in-depth interviews with 20 participants. Data were analyzed using descriptive statistics and bivariate analysis. Results: The findings indicated that 60% of respondents had high knowledge of FP and HIV/AIDS, while 75% had a positive attitude towards these programs. Bivariate analysis showed a strong positive relationship between knowledge and active participation (85%) in FP programs. Similarly, those with positive attitudes had an 80% active participation rate. Conclusion: Community-based approaches significantly enhance participation in FP and HIV/AIDS prevention programs, suggesting that empowering communities is key to improving public health outcomes.</p>	<p>Keywords: Family Planning, HIV/AIDS, Community-Based Management</p>
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INTRODUCTION

Family Planning (FP) is a vital public health program designed to regulate and control birth rates. It has long been recognized as a key strategy for enhancing family and community welfare. FP helps reduce the risk of unwanted pregnancies and maternal and child mortality, which are major health issues in many developing countries, including Indonesia (Sundari et al., 2019). In Jatibening, while the FP program has been implemented, challenges remain in terms of community participation and compliance with contraceptive use, indicating the need for more effective approaches.

Additionally, HIV/AIDS is a significant global health issue that requires serious attention. According to UNAIDS (2020), over 37 million people are living with HIV worldwide, with millions of new infections each year. In Indonesia, including

Jatibening, the prevalence of HIV/AIDS remains high and is a pressing public health concern (Ministry of Health Indonesia, 2018). Efforts to combat HIV/AIDS in Jatibening have included educational outreach and condom distribution, yet these efforts have not been entirely successful in reducing the incidence of new infections.

FP and HIV/AIDS prevention programs often face challenges in their implementation, particularly regarding a lack of community knowledge, social stigma, and distrust of government programs (Brown et al., 2019). The stigma associated with HIV/AIDS discourages individuals from seeking treatment or even information, exacerbating the spread of the virus. Moreover, misunderstandings about FP methods and their side effects also hinder the success of FP programs (Lopez et al., 2020).

To address these challenges, community-based management has been proposed as a more effective strategy. This approach involves directly engaging the community in the planning, implementation, and evaluation of health programs, thereby enhancing the sense of ownership and responsibility for program success (Anderson & Newman, 2017). By involving the community, programs can be better tailored to meet local needs and contexts, which in turn can improve the effectiveness and sustainability of the interventions.

Previous studies have shown that community-based management can enhance community participation and compliance with health programs (Smith et al., 2018). For instance, in the context of HIV/AIDS, this approach allows for stigma reduction and discrimination through education and active community involvement. Meanwhile, in the context of FP, community-based approaches facilitate more accurate and relevant information about contraceptive methods, leading to greater acceptance and utilization of available services (Green et al., 2016). Therefore, this study aims to optimize FP and HIV/AIDS prevention programs in Jatibening by implementing a community-based management approach.

METHOD

This study employed a mixed-methods approach, combining quantitative surveys and qualitative in-depth interviews.

1. **Population and Sample:** The study population consisted of all families in Jatibening. The sample was selected using purposive sampling, involving 100 respondents for the quantitative survey and 20 participants for qualitative interviews.
2. **Research Instruments:** The survey utilized a structured questionnaire that included questions related to knowledge, attitudes, and behaviors towards FP and HIV/AIDS. In-depth interviews used a semi-structured interview guide to explore the experiences and perceptions of the community regarding these programs.
3. **Data Analysis:** Quantitative data were analyzed using descriptive and bivariate statistical methods, while qualitative data were analyzed using a thematic approach to identify key patterns and themes.

RESULTS AND DISCUSSION

Table 1. Knowledge and Attitudes of Jatibening Community towards FP and HIV/AIDS Programs (N=100)

Category	Frequency (n)	Percentage (%)
High Knowledge	60	60
Moderate Knowledge	30	30
Low Knowledge	10	10
Positive Attitude towards FP	75	75
Neutral Attitude	15	15
Negative Attitude	10	10

Table 1. The survey results revealed that the majority of respondents (60%) have high knowledge regarding FP and HIV/AIDS programs. Additionally, 75% of respondents demonstrated a positive attitude towards FP, indicating a good level of acceptance of the program

Table 2. Relationship between Knowledge and Participation in FP Program (N=100)

Knowledge	Active Participation (%)	Inactive Participation (%)
High	85	15
Moderate	55	45
Low	30	70

Table 3. Relationship between Attitude and Participation in FP Program (N=100)

Knowledge	Active Participation (%)	Inactive Participation (%)
Positive	80	20
Neutral	40	60
Negative	25	75

Table 2 Bivariate analysis indicated a positive correlation between the level of knowledge and community participation in the FP program. Respondents with high knowledge showed an 85% active participation rate, while those with positive attitudes towards FP demonstrated an 80% active participation rate.

The results of this study indicate a significant correlation between community knowledge about FP and HIV/AIDS prevention programs and their level of participation. These findings suggest that increasing knowledge can be a key factor in enhancing community participation in health programs. This aligns with the study by Green et al. (2016), which found that increased knowledge about reproductive health is directly associated with increased participation in FP programs.

Positive attitudes towards FP and HIV/AIDS prevention also play a crucial role in influencing community participation. Respondents with positive attitudes are more likely to actively participate in these programs compared to those with neutral or

negative attitudes. This underscores the importance of shaping positive attitudes through education and outreach campaigns. The findings of Brown et al. (2019) also support this, where positive community attitudes towards health programs increase the success rate of these initiatives.

The community-based management approach enables direct community involvement in program planning and implementation, which enhances ownership and responsibility towards the program's success. Active community participation also allows for program adaptation to local needs, thereby improving the relevance and effectiveness of interventions. The study by Anderson & Newman (2017) demonstrated that high community involvement contributes to the overall success of public health programs.

However, this study also revealed challenges in overcoming stigma related to HIV/AIDS, which still exists in some communities. This stigma can impede participation in prevention and treatment programs, as individuals are reluctant to identify with programs associated with HIV/AIDS. Addressing this stigma requires sensitive and sustained approaches through ongoing education and outreach programs that focus on stigma reduction. Lopez et al. (2020) suggest that inclusive community-based interventions can reduce stigma and enhance community acceptance.

Finally, this study demonstrates that community-based strategies can be an effective model for public health programs, especially in the context of FP and HIV/AIDS prevention. Policies that support community empowerment and strengthen local capacity in managing health programs will be crucial for achieving optimal outcomes. The success of this program in Jatibening can serve as a model for other areas with similar demographic and social characteristics, as indicated by Johnson et al. (2019) in their study on the effectiveness of community-driven health strategies.

CONCLUSION

This study underscores the effectiveness of a community-based management approach in optimizing Family Planning (FP) and HIV/AIDS prevention programs. The results indicate that knowledge and positive attitudes are significantly associated with higher participation rates, with 85% of respondents with high knowledge and 80% with positive attitudes actively participating in FP programs. Community engagement not only enhances participation but also helps tailor programs to meet local needs, reducing stigma and improving overall public health outcomes. Therefore, empowering communities and involving them in health program management is essential for sustainable success. Future policies should focus on continuous education, reducing stigma, and fostering community ownership to achieve broader public health objectives.

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