

Increasing Community Awareness and Participation in Family Planning Programs through Education and Mentoring in Jatibening Village

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Abstract	Article Information
<p>Background: The Family Planning (FP) program is a crucial effort to control population growth and improve family welfare. However, community participation in Jatibening Village remains low, which may hinder the program's success. Therefore, an effective approach is needed to raise awareness and increase community participation.</p> <p>Objective: This community service program aims to enhance community awareness and participation in the Family Planning program in Jatibening Village through education and ongoing support.</p> <p>Methods: This program employed a participatory method involving socialization, education, and guidance by local health cadres. The activities were carried out in several stages: initial socialization, comprehensive FP education, continuous mentoring, and monitoring and evaluation of participation.</p> <p>Results: The results showed a significant increase in knowledge and participation in the FP program. Knowledge improved from 45% to 85%, while participation in the FP program increased from 35% to 70%. The use of contraceptives also rose from 30% to 65%.</p> <p>Conclusion: The community-based education and mentoring approach effectively raised awareness and participation in the FP program in Jatibening Village. This model has the potential to be applied in other regions with similar demographic characteristics.</p>	<p>Keywords: Family Planning; Community Awareness; Participation; Education; Mentoring</p>
<p>Corresponding author: Olivia Nancy address Jalan Swadaya E-mail: olivia.nancy123@gmail.com</p> <p>Received: 20 January 2024 / Revised: 05 Mei 2024 / Accepted: 10 Mei 2024</p>	<div data-bbox="872 1317 964 1407" style="text-align: center;">  <p>Check for updates</p> </div> <div data-bbox="872 1439 964 1477" style="text-align: center;">  </div> <p>Lisensi: <i>cc-by-sa</i></p> <p><small>Copyright © 2024 penulis</small></p>

INTRODUCTION

The Family Planning (FP) program is a strategic initiative that has been implemented in Indonesia for several decades to control population growth and enhance the quality of life. The program aims to provide access to safe, effective, and acceptable contraceptive methods for a broad spectrum of the population. Beyond controlling the number of births, FP also seeks to improve family welfare by promoting careful planning of family size and spacing of children. Given the continuous population increase, the success of the FP program is vital for supporting sustainable development in Indonesia.

Despite these efforts, participation in the FP program remains suboptimal in several regions, including Jatibening Village. Factors contributing to low participation include limited knowledge of FP benefits, widespread myths and misinformation, and socio-cultural barriers that discourage the use of contraceptives. Additionally, inadequate access to healthcare services and insufficient educational outreach further impede the program's success. These challenges highlight the need for more targeted and intensive interventions to raise awareness and participation in FP.

Education and mentoring are essential strategies for overcoming these obstacles. This approach not only focuses on disseminating information but also on strengthening social support through mentoring by local health cadres. These cadres serve as intermediaries between healthcare providers and the community, offering contextualized and relevant information to meet local needs. Personalized and intensive education is expected to build trust in the FP program and foster positive behavioral changes regarding contraceptive use.

This educational and mentoring approach also aims to debunk myths and misinformation, which often act as significant barriers to FP adoption. Communities with accurate and comprehensive information are generally more open to participating in reproductive health programs. Furthermore, mentoring ensures that communities can access FP services more easily and feel supported in making informed decisions about reproductive health. Mentoring also provides motivation and moral support to couples who may be hesitant or reluctant to use FP methods.

In Jatibening Village, this approach involved various stakeholders, including local government, healthcare providers, and the community. The program was designed not only to deliver education but also to develop the capacity of health cadres to provide effective mentoring. It is hoped that this intervention will enhance community understanding of FP, increase participation in the program, and ultimately contribute to improved quality of life through better family planning.

METHOD

This community service program utilized a participatory method, involving several key stages:

1. **Initial Socialization:** Conducting an introductory socialization session with the community in Jatibening Village to emphasize the importance of Family Planning and its benefits.

2. **Education and Training:** Organizing a series of training sessions featuring medical personnel, midwives, and health facilitators who provided in-depth information about FP, contraceptive methods, and the benefits of FP for family welfare.
3. **Mentoring:** Ongoing support for couples of reproductive age and families not yet participating in the FP program. This support was provided by trained health cadres.
4. **Monitoring and Evaluation:** Periodic monitoring to assess improvements in knowledge and participation, followed by a final evaluation to measure the program's impact.

RESULTS AND DISCUSSION

Table 1. Demographic Characteristics of FP Program Participants (N=400)

Characteristic		N (%) or M±SD	p
Age	20-30	120 (30)	.030
	31-40	180 (45)	
	41-50	100 (25)	
Education	Secondary	80 (20)	.680
	Junior	150 (37.5)	
	Senior	130 (32.5)	
	College	40 (10)	

M=mean;SD=standar deviation

The demographic profile shows that the majority of participants in the FP program were aged 31-40 years, with varying levels of education, predominantly at the secondary and high school levels. These demographics indicate that the program successfully reached a diverse audience, making educational and mentoring efforts crucial to meeting their varying needs.

Table 2. Distribution of Knowledge and Participation in the FP Program (N=400)

Indicator	Before Program (%)	After Program (%)	Increase (%)
Knowledge of FP	45	85	40
Participation in FP Program	35	70	35
Use of Contraceptives	30	65	35
Visits to Health Centers	50	80	30

Note: SD = Standard Deviation; SE = Standard Error Mean; p-value was calculated using the Pair T.Test test.

The results of the program reveal significant improvements across all measured indicators. Knowledge of FP increased by 40%, participation in the FP program increased by 35%, contraceptive use increased by 35%, and visits to health centers increased by 30%. These findings highlight the effectiveness of the education and mentoring approach in raising awareness and increasing participation in FP in Jatibening Village.

The 40% increase in community knowledge of Family Planning (FP) underscores the significant impact of the direct and participatory education approach. Before the program, only 45% of participants had sufficient understanding of FP, which increased to 85% after the intervention. This demonstrates that interventions involving education by healthcare professionals and facilitators are effective in delivering clear and relevant information to the community. This finding aligns with Hapsari and Sari (2017), who emphasized the importance of targeted health education in raising public awareness .

The substantial 35% increase in participation in the FP program, from 35% to 70%, reflects the effectiveness of education combined with continuous mentoring in changing attitudes and behaviors regarding FP services. Ongoing support from local health cadres played a critical role in fostering greater trust and engagement among community members. Sumardi (2019) found that direct community involvement in health programs significantly boosts participation because people feel supported and understood in their needs .

Furthermore, the 35% increase in contraceptive use, from 30% to 65%, indicates that the program effectively addressed psychological and social barriers that often hinder contraceptive adoption. Many myths and concerns about the side effects of contraceptives were dispelled through accurate and targeted education, accompanied by personal mentoring from health cadres. Educational efforts, combined with direct clarification from healthcare professionals, helped increase confidence in contraceptive use. According to WHO (2019), accurate information and ongoing support are essential for improving contraceptive uptake in communities .

The demographic data show that the program successfully reached the key age group of 31-40 years, who are in the active phase of family building. This group has the most urgent need for FP information and services, making the program's success in this demographic particularly meaningful. Additionally, the varied educational backgrounds of participants, with the majority having secondary and high school education, demonstrate that the program was designed to accommodate different levels of understanding. The program's effectiveness in improving knowledge and participation across different educational levels aligns with findings by Kurniawan and Hidayat (2018), who noted that health programs must adapt to the demographic characteristics of their target audience to succeed .

Overall, the success of this community service program demonstrates that community-based education and mentoring are effective strategies for raising awareness and participation in FP programs. This model not only improved knowledge and participation but also created a supportive environment for community members to make better decisions regarding their reproductive health. The success in Jatibening Village can serve as a model for implementation in other regions with similar demographic characteristics and challenges, ultimately contributing to national efforts to improve family welfare.

CONCLUSION

The community-based education and mentoring program implemented in Jatibening Village effectively enhanced awareness and participation in the Family Planning (FP) program. Significant improvements were observed in community knowledge, participation rates, and contraceptive use, demonstrating the effectiveness of a participatory approach that involves both education and continuous support. By involving local health cadres as key facilitators, the program successfully addressed psychological, social, and informational barriers to FP adoption.

This model of education and mentoring not only increased community engagement but also provided a supportive environment for making informed reproductive health decisions. Given its success, this approach holds great potential for replication in other regions with similar demographic characteristics and challenges. Ultimately, such interventions can contribute to broader national efforts to improve family planning outcomes and enhance overall family welfare across Indonesia.

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