



Strategy of local government in achieving the target of the long-term contraceptive method program in sukabumi City

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ABSTRACT

Long-Term Contraceptive Method is a contraceptive that can be used for a long time, which is more than three years used to delay, minimize pregnancy, and stop fertility, which includes IUD, Implant and steady contraception, this study aims to determine the factors associated with the use of Long-Term Contraceptive Method in Sukabumi City. The purpose of this study is to determine the strategy of the Office of Population Control, Family Planning, Women's Empowerment and Child Protection (DP2KBP3A) in achieving the target of the long-term contraceptive method program in Sukabumi City. This study used descriptive qualitative methods with observational data collection techniques, interviews and documentation. Data analysis was carried out by snowball sampling technique, namely by determining informants who were initially small in number and then enlarged. The results of this study measured by strategy indicators by Mintzberg et al (2003) show that the Agency in achieving the targets of the MKJP program begins with planning, implementing and evaluating. However, in the implementation there are still some obstacles. Existing programs have helped in the process of implementing long-term contraceptive method programs. But not yet fully optimized. Therefore, it is necessary to expand the range of strategies, so that the program of long-term contraceptive methods is maximized.

Strategi pemerintah daerah dalam mencapai target program metode kontrasepsi jangka panjang di Kota Sukabumi. Metode Kontrasepsi Jangka Panjang merupakan alat kontrasepsi yang dapat digunakan dalam jangka waktu lama yaitu lebih dari tiga tahun digunakan untuk menunda, meminimalkan kehamilan, dan menghentikan kesuburan yang meliputi IUD, Implan dan kontrasepsi mantap, penelitian ini bertujuan untuk mengetahui faktor-faktornya. terkait dengan Penggunaan Metode Kontrasepsi Jangka Panjang di Kota Sukabumi. Tujuan penelitian ini adalah untuk mengetahui strategi Dinas Pengendalian Penduduk, Keluarga Berencana, Pemberdayaan Perempuan dan Perlindungan Anak (DP2KBP3A) dalam mencapai target program metode kontrasepsi jangka panjang di Kota Sukabumi. Penelitian ini menggunakan metode deskriptif kualitatif dengan teknik pengumpulan data observasional, wawancara dan dokumentasi. Analisis data dilakukan dengan teknik snowball sampling yaitu dengan menentukan informan yang awalnya berjumlah kecil kemudian diperbesar. Hasil penelitian yang diukur dengan indikator strategi Mintzberg et al (2003) menunjukkan bahwa Badan dalam mencapai sasaran program MKJP diawali dengan perencanaan, pelaksanaan dan evaluasi. Namun dalam pelaksanaannya masih terdapat beberapa kendala. Program-program yang ada telah membantu dalam proses penerapan program metode kontrasepsi jangka panjang. Namun belum sepenuhnya optimal. Oleh karena itu, perlu diperluas cakupan strateginya, agar program metode kontrasepsi jangka panjang dapat maksimal.

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INTRODUCTION

Indonesia's population in 2023 will reach 280.73 million people. This population explosion occurred due to a very high population growth rate. This gives rise to two different sides. On the one hand, this is a great strength for Indonesia (Jones, 2014; Wagianto et al., 2024). But if population growth is high and not restricted, it will have a negative impact on the social, economic, and political fields which will ultimately hamper national development activities and these conditions can be a big burden for the Indonesian state. The more the population the more problems faced by this nation, the problem faced by some developing countries at this time is reducing the number of poverty (Jones, 2014; Wagianto et al., 2024).

However, the main obstacles faced are almost all the same, which generally stem from population problems. Starting from the still high number of mothers giving birth, low public awareness about reproductive rights and still quite high population growth rate, which is not comparable to the carrying capacity of the environment which can result in population accumulation. However, the government has implemented Family Planning (KB) program policies to improve family welfare through maturation of marriage age, fostering family resilience, birth control, to realize happy and prosperous small families (Achmad, 2020; Nurinzana et al., 2023; Rochaida et al., 2020).

The family planning program aims to meet the demand for quality Family Planning (KB) and Reproductive Welfare Services and control the birth rate which ultimately improves the quality of the population and realizes quality small families (Budiati, 2023; Tafese et al., 2013). However, with the lack of public knowledge about family planning, there are still many people who still do not believe in the government program, besides that the lack of participation in the development of this program and the low level of education make the path of this policy hampered, other problems also affect the ineffectiveness of the policy is the problem of improving the quality of resources. Starting from the lack of facilities and infrastructure for officers (Kim et al., 2023; Kwete et al., 2018; Roudsari et al., 2023).

Based on Law Number 52 of 2009 concerning Population Development and Family Development, it is stated that Family Planning. In the Law, efforts to regulate the birth of children, the distance and ideal age of childbirth, regulate pregnancy, through promotion, protection, and assistance in accordance with reproductive rights to realize a quality family. The family planning program policy in Sukabumi City is regulated in the Regional Regulation of Sukabumi City Number 9 of 2017 that the family planning program is implemented to assist prospective husbands and wives in making decisions and realizing reproductive rights responsibly regarding the ideal age of marriage, ideal age for childbirth, ideal number of children, ideal distance of child birth, and reproductive health counseling.

Based on the BKKBN Strategic Plan (RENSTRA) 2020-2024 which is a description of the National Medium-Term Development Plan (RPJMN) for 2020-2024, one of the problems that needs attention in the use of contraception is the low number of MKJP method use. The family planning program is a service in the Office of Population Control, Family Planning, Women's Empowerment and Child Protection in Sukabumi City. There are two types of methods used in family planning services, namely using Long-Term Contraceptive Methods (MKJP) and Long-Term Non-Contraceptive Methods.

Long-Term Contraceptive Method (MKJP) is a contraceptive method that successfully delays pregnancy and stops fertility in the long term which includes IUDs / intrauterine devices, implants and steady contraception. While the Non-Long-Term Contraceptive Method is a contraceptive method whose use ranges from 1 to 3 months such as injections and pills. Of the two contraceptive methods, the method most widely used by couples of childbearing age is the long-term non-contraceptive method (Malka et al., 2023; Sari et al., 2024).

The number of Couples of Childbearing Age (PUS) in Sukabumi City is 7 districts including Gunung Puyuh, Cikole, Citamiang, Warudoyong, Baros, Lembursitu, and Cibereum. It is known that the most couples of childbearing age (PUS) are in Warudoyong sub-district, while the least number of couples of childbearing age (PUS) is in Baros sub-district. Family planning program services are one way to reduce the rate of population growth. Many couples of childbearing age (PUS) find it difficult to choose a Long-Term Contraceptive Method (MKJP) or use non-Long-Term Contraceptive Methods. Based on the results of the study, the number of couples of childbearing age in Sukabumi City is around 59,868 people.

Family planning program services are one way to reduce the rate of population growth. Many couples of childbearing age find it difficult to choose a Long-Term Contraceptive Method (MKJP) or use non-Long-Term Contraceptive Methods. The government encourages people to use family planning programs with long-term contraceptive methods compared to long-term non-contraceptive methods. This is because the Long-Term Contraceptive Method (MKJP) is considered safer and has fewer side effects, while the Long-Term Non-Contraceptive Method is not recommended by the government because it is considered less safe if used. However, there are still many couples of childbearing age (PUS) in Sukabumi City who prefer to use long-term non-contraceptive methods.

In Sukabumi City, the number of couples of childbearing age using the Long-Term Contraceptive Method (MKJP) is only 12.69%, while the number of couples of childbearing age using the Long-Term Non-Contraceptive Method is 31,430%. From these data, researchers can conclude that the interest of users of Long-Term Non-Contraceptive Methods is more than the interest of MKJP users. This means that the Office of Population Control, Family Planning, Women's Empowerment and Child Protection (DP2KBP3A) of Sukabumi City, as a representative of local government,

has not succeeded in implementing the MKJP program in Sukabumi City. The purpose of this study is to determine the strategy of the Office of Population Control, Family Planning, Women's Empowerment and Child Protection (DP2KBP3A) in achieving the target of the long-term contraceptive method program in Sukabumi City.

METHOD

This research was conducted at the Office of Population Control, Family Planning, Women's Empowerment and Child Protection in Sukabumi City. The method used in this study is qualitative method. The data collection techniques that researchers used in this study were observation, interviews, and documentation. This research indicator focuses on how the strategy of the Office of Population Control, Family Planning, Women's Empowerment and Child Protection of Sukabumi City in achieving the targets of the Family Planning Program for Long-Term Contraceptive Methods. In this study, researchers saw low awareness of couples of childbearing age in the program of long-term contraceptive methods. To examine a strategy related to forming a long-term contraceptive method program, it is necessary to know the variables and factors that influence it. For this reason, an element of strategy is needed, where many factors influence each other in accordance with the variables proposed by Mintzberg et al.

The subjects of this study are people who are considered to know and understand things related to the focus of research, so as to be able to provide the necessary information. The determination of informants in this study using snowball sampling is by determining informants who are initially small in number and then enlarge. Data analysis used in the form of data collection, data reduction, data presentation and conclusions. The data validation test in this study used triangulation techniques and source triangulation.

RESULTS AND DISCUSSION

To find out how the strategy of the Office of Population Control, Family Planning, Women's Empowerment and Child Protection of Sukabumi City in achieving a goal regarding the Long-Term Contraceptive Method Program must have the right target so that a strategy achieves its goals. The success of policies and efforts in implementing the family planning program is seen from what is the object of its implementation.

The data presented in this discussion uses strategy indicators proposed by Mintzberg et al (2003) in measuring strategies carried out by the Population Control, Family Planning, Women's Empowerment and Child Protection Office of Sukabumi City. Strategy is a plan or pattern that integrates objectives, policies and sequences of actions in the form of programs into a cohesive whole (Mintzberg et al., 2003). The strategies of the Population Control, Family Planning, Women's Empowerment and Child Protection Office of Sukabumi City in implementing the long-term contraceptive method program (MKJP), are as follows:

1. Stages/Programs

The stages or programme specify the action steps required to achieve the main objectives. Guided by the procedures that have been made, directed programs are published to guide activities in improving health in the community. Every government agency is ensured to have work programs that must be realized during the running of the government to realize the goals and objectives set.

2. Policy

Policies are regulations or procedures that outline boundaries in the implementation of organizational activities. After the organization makes goals as a step to be addressed, then it is necessary to have policies as procedures or activity guidelines in acting to realize the goals that have been determined.

3. Goals/Objectives

Goals or objectives state what needs to be achieved and provide an idea of where the organization is headed. Goals or objectives state what needs to be achieved and provide an idea of where the organization is headed. Objectives are also the elaboration or implementation of the organization's mission statement, which is something that will be achieved or what will be produced within the time period in accordance with the plan. To overcome population challenges in Indonesia, the government has set a big agenda in the national medium-term development plan (RPJMN), namely improving the quality of life of the Indonesian people through population development and family planning. Birth control using two methods MKJP (Long Term Contraceptive Method) is an Intrauterine device / IUD, and Implant is a female surgical method (MOW), male surgical method (MOP), and Non MKJP such as condoms, syringes and pills (Darwin et al., 2015; Frans & Djasri, 2023; Hayes, 2006).

Given the various benefits of using contraceptives, the increase in the use of modern contraception is what is expected by the Office of Population Control, Family Planning, Women's Empowerment and Child Protection of Sukumi City. Then the strategy is then applied based on the existing situation and conditions. The use of contraceptives is at the core of the Family Planning program where it plays an important role in regulating population and also has many

benefits. Through this family planning program, the government wants people to plan to build prosperous and quality families. The plan in question is the maturation of marriage age to come to understand that the benefits of the Family Planning program are not only limited to the use of contraceptives but the formation of a quality family (Alano & Hanson, 2018; Nasution et al., 2021).

The strategy formulated by the Office of Population Control, Family Planning, Women's Empowerment and Child Protection of Sukabumi City in increasing the prevalence of long-term contraceptive methods is to provide IEC (Communication, Information and Education), guidance and motivation about modern contraception and its benefits. These strategies are chosen so that people know more about what long-term contraceptive methods are and understand more about the benefits of long-term contraceptive methods. For contraceptives, the most popular and most widely used by EFA in Sukabumi City are injections and pills. According to contraception, injections and pills are classified as short-term contraceptive methods because the use of injections lasts for three months at most and for pills must be taken every day. The widespread use of short-term contraceptives such as condoms, pills, and injections is precisely the government through the Office of Population Control, Family Planning, Women's Empowerment and Child Protection of Sukabumi City suggests the use of long-term contraceptive methods (MKJP) such as IUDs and implants. IUDs and implants are considered the most effective contraceptives because in one use they can benefit for years. Its use is not as troublesome as the pill that is mandatory to take every day and monthly injections. IUDs and implants are considered the most effective with fewer side effects compared to other contraceptives (Britton et al., 2020; Stoddard et al., 2011).

For this reason, the strategies formulated by the Office of Population Control, Family Planning, Women's Empowerment and Child Protection how the public must know and fully understand the benefits of modern contraceptives. The public must understand the various methods and contraceptives as well as the benefits and even side effects of contraceptive use itself. Public understanding, especially in this case EFA, is needed considering that when people really understand what contraception is and its benefits, we are on the right path to combat the negative impacts of demographics. As for the Office of Population Control, Family Planning, Women's Empowerment and Child Protection the main purpose of the MKJP family planning program is to determine the quality of the family, because this program can save women's lives and improve maternal health status, especially in preventing unwanted pregnancies, reducing birth spacing reduces the risk of infant death.

One of the objectives of the Population Control, Family Planning, Women's Empowerment and Child Protection office of Sukabumi City in implementing a long-term contraceptive method program is to support the vision of a golden Indonesia in 2045 which must be supported by controlling the total fertility rate of birth rates regulated by the number of births using long-term contraceptive methods. The main goal is to control the population, the total fertility rate will be controlled with the use of MKJP is prioritized for couples of childbearing age (PUS) who want to delay pregnancy for more than three years. However, it is still a homework for the Office of Population Control, Family Planning for Women's Empowerment and Child Protection in the field of family planning in Sukabumi City to invite couples of childbearing age to carry out family planning programs, especially IUD, MOW, MOP because there are still many couples of childbearing age who feel embarrassed / afraid to do MKJP family planning.

The steps taken by the Office of Population Control, Family Planning, Women's Empowerment and Child Protection in the field of family planning in Sukabumi City in implementing a long-term contraceptive method program are collaborating with field people such as PLKB PNS, PLKB non-PNS, PTD in Bale to carry out MKJP services. In addition, in the implementation of MKJP activities, the service has three stages called P3, namely Planning, Implementation and Evaluation. The first step is to plan by preparing an activity plan and budget. The second step is to carry out the implementation of the MKJP program mobilization and the third step is to evaluate the MKJP program activities that have been implemented.

The period for achieving the MKJP program occurs once a year. Where field people will submit reports from each sub-district and sub-district related to achievements using family planning to the Office of Population Control, Family Planning, Women's Empowerment and Child Protection in the field of family planning in Sukabumi City. And for MKJP family planning programs such as IUD, MOW, MOP each time has been targeted.

In the process of implementing the long-term contraceptive method program to achieve the goals / objectives, the Population Control, Family Planning, Women's Empowerment and Child Protection of Sukabumi City in the field of Family Planning coordinates and conducts field line coaching, as well as conducting counseling and reaching patients to carry out the MKJP.

Many are involved in the process of implementing long-term contraceptive method programs both internally and across fields. For the internal family planning sector, it collaborates with the reproductive health department, IEC advocacy. For cross-fields to coordinate with the field of Family Welfare. In addition, the family planning field also coordinates with partners of the Health Office, professional organizations, especially IBI, Hospitals, TNI and others involved.

At the point of goals / targets focused on achieving the vision of a golden Indonesia 2045, where the government pursues smart human development, especially related to health. With this, the P2KBP3A office implements the MKJP program starting with planning, implementation and evaluation. This certainly refers to the framework of the agency

itself, in collaboration and supported by various cross-sectors, both internal and external, one of which is in collaboration with the Sukabumi City Health Office.

The Office of Population Control, Family Planning, Women's Empowerment and Child Protection in the field of family planning in Sukabumi City strongly recommends EFA (Couples of Childbearing Age) to use the MKJP program because this program is guaranteed safety, but there are still many Couples of Childbearing Age (PUS) in Sukabumi City who do not use MKJP and there are still many who use Non-MKJP. It is the duty of the agency to be able to better convince Couples of Childbearing Age (PUS) in Sukabumi City in the implementation of the MKJP family planning program.

Judging from the achievement of the targets carried out by the Office of Population Control, Family Planning, Women's Empowerment and Child Protection in the field of Family Planning in Sukabumi City, it can be said that it is quite good. But of course in the implementation and implementation of the strategy there must be obstacles encountered. The main obstacle encountered by the Office of Population Control, Family Planning, Women's Empowerment and Child Protection in Sukabumi City is that there are still many patients who are still afraid to do MKJP programs, especially IUDs and MOWs, while for MOP itself due to lack of information knowledge about family planning in men. Another obstacle that can hamper the strategy of the Office of Population Control, Family Planning, Women's Empowerment and Child Protection is the negative stigmas circulating in the community about contraceptives and the side effects of contraceptive use. The most popular is regarding changes in the physical shape of the body of contraceptive users. In addition, there are also those who debate the use of contraceptives and are associated with certain religious understandings.

Regarding the obstacles faced in implementing the strategy, the Office of Population Control, Family Planning, Women's Empowerment and Child Protection of Sukabumi City certainly does various ways to overcome them. Some of the ways the Population Control and Family Planning Office faces obstacles in implementing the strategy are to seek guidance, especially for male birth control and the formation of family planning groups for men who are no longer active.

The benefit of this study, after knowing that there are still many women who are still afraid to do birth control, especially MOW, there are still many men who do not know information about the existence of male birth control. With this research, it becomes an evaluation material for the Office of Population Control, Family Planning, Women's Empowerment and Child Protection in the field of family planning in Sukabumi City to contain new strategies related to socialization about the benefits of family planning for both women and men.

CONCLUSION

Based on the results of research that has been carried out by researchers by collecting data/information on the strategy of the Population Control, Family Planning, Women's Empowerment and Child Protection (DP2KP3A) Office of Sukabumi City in implementing the Long Term Contraception Method (MKJP) program which is measured based on strategy indicators by Mintzberg et al (2003), the following conclusions can be drawn.

The Department of Population Control, Family Planning and Child Protection (DP2KBP3A) of Sukabumi City, the goals/targets focus on achieving the vision of a golden Indonesia 2045, where the government pursues smart human development, especially related to health. With this, the P2KBP3A office implements the MKJP program starting with planning, implementation and evaluation. This certainly refers to the framework of the agency itself, in collaboration and supported by various cross-sectors, both internal and external, one of which is in collaboration with the Sukabumi City Health Office.

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