

The Role of Women in Improving Family Welfare through Family Planning Safari Program

Septiana Juwita^{1*}, Niken Bayu Argaheni², Asih Sri Marni³, Mida Hutajulu⁴

^{1,2}Universitas Sebelas Maret

³Midwife independent practice

⁴Ngemplak Primary Health Care

*E-mail: septiana.juwita@student.uns.ac.id

Submitted Article	MMDDYY
Reviewed Article	MMDDYY
Accepted Article	MMDDYY

Abstract

Women are one of the supports for national development that is not only seen from the social sphere. The success of the family planning program is highly dependent on community participation, namely family commitment between mothers and husbands. The participation and empowerment of women in contributing to the success of the family planning program is a potential strategy for increasing women's access and cultural transformation. Community service aims to increase women's knowledge and understanding of their role in improving family welfare through family planning safaris. Health counselling was used as a way to improve community health. A pretest and posttest related to the theme were conducted to determine the results of the improvement and understanding of participants. There was an increase in knowledge and understanding from the pretest results showing that only 71% of women knew and understood the role of women. After receiving health counselling, women's knowledge and understanding became 100%. *Conclusion:* This means that counselling is still an effective way to empower by increasing knowledge and understanding related to the role of women as a way to improve family welfare through the Safari KB program.

Keywords: Women's Role; Family Welfare; Family Planning Safaris

Abstrak

Perempuan merupakan salah satu penopang pembangunan nasional yang tidak hanya dilihat dari bidang sosial saja. Keberhasilan program KB sangat bergantung pada partisipasi masyarakat, yaitu komitmen keluarga antara ibu dan suami. Partisipasi dan pemberdayaan perempuan dalam berkontribusi terhadap keberhasilan program keluarga berencana merupakan strategi potensial untuk meningkatkan akses perempuan dan transformasi budaya. Pengabdian kepada masyarakat bertujuan untuk meningkatkan pengetahuan dan pemahaman perempuan tentang perannya dalam meningkatkan kesejahteraan keluarga melalui safari KB. Penyuluhan kesehatan digunakan sebagai salah satu cara untuk meningkatkan kesehatan masyarakat. Dilakukan pretest dan posttest terkait tema untuk mengetahui hasil peningkatan dan pemahaman peserta. Terdapat peningkatan pengetahuan dan pemahaman dari hasil pretest yang menunjukkan bahwa hanya 71% perempuan yang mengetahui dan memahami peran perempuan. Setelah mendapat penyuluhan kesehatan pengetahuan dan pemahaman ibu menjadi 100%. Kesimpulan: Penyuluhan masih merupakan cara pemberdayaan yang efektif dengan meningkatkan pengetahuan dan pemahaman terkait peran perempuan sebagai salah satu cara meningkatkan kesejahteraan keluarga melalui program Safari KB.

Kata kunci: Peran Perempuan; Kesejahteraan Keluarga; Safari Keluarga Berencana

INTRODUCTION

In the realm of national development, the pivotal role of women extends far beyond the confines of the social sphere. Acknowledging their significance, efforts to bolster community progress often hinge on collaborative endeavours, such as the family planning program, which thrives on the commitment of families, particularly mothers and husbands. The participation and empowerment of women within this framework bear the potential to not only expand women's access but also foster a transformative shift in cultural paradigms. With an eye toward this transformative potential, community service endeavours aim to arm women with knowledge and insights, equipping them to actively contribute to the success of the family planning program through initiatives like family planning safaris (Idris et al., 2021; Karlina, 2019; Khairunisa et al., 2023; Rosiyana et al., 2022). Central to this multifaceted approach is health counselling, a powerful tool employed to enhance community health. By offering guidance and insights, health counselling emerges as a conduit for reinforcing women's understanding of their pivotal roles in bolstering family welfare, particularly in the context of family planning. Through a comprehensive assessment comprising pretests and posttests aligned with the overarching theme, the impact of this approach comes to light. The analysis reveals a distinct progression in knowledge and comprehension among participants. Notably, the pretest unveiled that a mere 71% of women were acquainted with and understood the depth of women's roles. However, following the administration of health counselling, a transformation unfolded, elevating women's knowledge and understanding to a resounding 100% (Nurjanah et al., 2022; Rosiyana et al., 2022). This promising outcome underscores the efficacy of health counselling as a potent tool for empowerment. The findings unequivocally indicate that counselling serves as a dynamic mechanism for empowering women by amplifying their knowledge and comprehension. This empowerment, in turn, emerges as a crucial facet of the broader strategy to enrich family welfare through the Safari KB program. In essence, the research findings spotlight the resounding success of counselling as a means of empowerment and as a catalyst for heightening awareness regarding the pivotal roles women play in enhancing family welfare. The implications resonate far beyond individual circumstances, underscoring the potential for broader societal transformation as women are equipped with the insights needed to actively contribute to programs aimed at communal advancement (Nurjanah et al., 2022).

GENERAL DESCRIPTION OF THE COMMUNITY, PROBLEMS AND TARGET SOLUTIONS

General description

Women are one of the supporters of nation-building, which is not only seen from the social realm. The presence of Law No. 10 of 2008 concerning public elections requires each political party to include 30% of women. It has shown the openness of public space for women (Yandy et al., 2021). It is hoped that women, through empowerment programs, can improve the welfare of their families. The Indonesian government provides opportunities for women to improve reproductive health through family planning (FP) programs. The program asks women, especially homemakers, to use birth control contraceptives. The goal is to improve the welfare of mothers and children by regulating the number of children and the birth spacing of each child (Hastuti et al., 2022). The family planning program is likely successful depending on community participation, namely

family commitment between mothers and husbands. Women's participation and empowerment contribute to the success of family planning programs as a potential strategy for increasing women's access and cultural transformation. Participation is an important component of increasing empowerment and will be a stage in empowering women related to the family planning program (Boedirochminarni & Arifin, 2020)

Problem

Participation has the principle that direct community participation (women) may be achieved if they take part from the beginning. There are still women's problems found in the Ngemplak Health Center of Working Area, among which there are still people who do not understand the role of women in improving family welfare through the family planning safari program. Therefore, women in improving family welfare through family planning safaris. Women are involved in empowerment through family planning programs so that they will have dampers, such as women will be avoided from opportunities for manipulation so that it will clarify the will of women themselves, on the formulaic legitimacy of the problem will add value to women better, and can improve and skills in women (Abe, 2005). Ngemplak District, reported that the population in 2019 was 88,501, increased in 2020 by 90,377, and increased again in 2021 by 91,889 Referring to the population data shows that the population growth rate has increased very high. It happens because it is influenced by various factors that can affect the role of women in improving family welfare.

Target solution

From the program's impact, at least women can play a broad role in the public arena by involving all activities in social activities and their careers to support family welfare. In improving family welfare, women have an important role in families with double functions, namely both as housewives and breadwinners. In connection with family planning programs, family welfare, and maternal reproductive health can be helped in making good decisions to improve family welfare.

METHOD

Community service carried out by universities becomes a routine activity of the academic community in practising and cultivating science, knowledge, and technology to advance the general welfare and educate the nation's life—Law Number 12 of 2012 concerning Higher Education Articles 47 and 48. The purpose of community service in higher education is to carry out community service following the Regulation of the Minister of Education and Culture No. 3 of 2020 concerning National Higher Education Standards, one of which is by providing solutions based on academic studies of the needs, challenges, or problems faced by the community, both directly and indirectly

The implementation method becomes a foundation or reference with the purpose of the process in the community service program so that it can run systematically, structured, and directed. After the field observation process and problem identification are carried out, a solution implementation method (problem-solving) will be carried out. Solution (solving problems) is a way of thinking, analyzing, and reasoning using experience and knowledge related to the problem. The collaboration planned and offered to partners uses the method of counselling on the role of women in improving family welfare through a planned family Safari in Ngemplak District, Boyolali Regency. Ngemplak Health Center Community is a community service partner. The implementation of community service on Wednesday, March 8, 2023, took place in the lobby of

the Ngemplak Health Center Community. They are counselling at 7.30 – 9.30 WIB. The counseling resource persons were Septiana Juwita, S.SiT, MPH, and Mida Hutajulu, Amd.Keb.

RESULTS AND DISCUSSION

The counselling activity, "The Role of Women in Improving Family Welfare Through Family Birth Control Safari," to increase knowledge and understanding of the role of housewives as women who can improve family welfare because women (homemakers) will face multiple roles and tasks, both economically and socially.



Figure 1. Health counselling documentation

Fifty-four female participants who were married and had children attended this activity and were given a pretest with closed questions, with answers "yes" or "no" to as many as five questions. The statement was related to women's role in improving family welfare through family planning. The results obtained can be seen in Table 1.

Table 1 Pretest results before health counseling

No.	Question	Number of answers (n=54)			
		Already	Percentage (%)	Do not	Percentage (%)
1	The role of women at home as mothers who educate their children without cooperation with their husbands	38	70%	16	30%
2	The role of women doing their household work without the help of a partner	39	72%	15	28%
3	The role of women working outside the home to help meet household needs	39	72%	15	28%
4	The role of women is to maintain their reproductive health, and their husbands pay attention	38	70%	16	30%
5	The role of women has the right to make decisions for the installation of birth control contraceptives	39	72%	15	28%
Average		38,6	71%	15,5	29%

The role of women in improving family welfare through family planning programs showed that there were still participants who did not understand it, evidenced by the percentage of pretests of the five questions, given that not all reached 100%. It means that there are still participants who have not been able to invite the cooperation of couples (in this case, husbands) to improve family welfare by planning the future of the family in the future (Prasetyaningsih & Nisa, 2022).

The results of the pretest show that there are still mothers who do not invite their husbands to

provide education to their children, there are still mothers who have not been able to invite their husbands or husbands do not help in domestic household activities, many women work outside the home to help meet family needs, there are still husbands who do not pay attention and maintain maternal reproductive health, and there are still mothers who do not have the right to make decisions for the installation of birth control contraceptives.

These results prove that the role of women in improving family welfare has not been fully understood. Therefore, women, especially homemakers, must be given counselling on the importance of women's roles in the household because women are the main key to improving family welfare (Noer, 2021). Family welfare is a condition of creating harmony, where physical needs are met and social for family members are also met, without experiencing serious obstacles in the family. The problems faced by the family will be easy to overcome together with family members, so a happy family standard of living can be realized. It means that family welfare becomes a condition the family must create to form a prosperous family. The prosperous family is a model resulting from family welfare efforts (Rismawati & Jamir, 2022). One of improving family welfare is that women understand the important role of women having the right to maintain their physical and reproductive health, including the right to determine birth control contraceptives. Women's participation in family planning programs can be seen in two ways. First, women's participation in the Family Planning program shows high awareness about maintaining reproductive health. To be able to make plans for himself and his family. Those who join birth control programs also have the excuse that they are working outside the home, and their husbands give their right to choose birth control contraceptives that are convenient for them. However, there is still some female participation in family planning programs, showing that women are still unable to break out of male domination. Because economically, it is still dependent on her husband. So, women's participation in family planning programs is more determined by their husbands (men) even though they are in the family planning program only as objects that cannot resist or follow according to their will. The provision of counseling on "The Role of Women in Family Welfare through Safari KB," which was carried out, became one way to empower women. It means being empowered in improving family welfare by knowing and understanding the role of women not only as servants of husbands at home but also have an important role in women's rights that must be obtained as women in the household (Hardiyanti et al., 2020). By counselling participants, posttest results were obtained with statements with results seen in Table 2.

Table 2 Posttest Results After Health Counseling

No.	Question	Number of answers (n=54)	
		Already	Percentage (%)
1	The role of women at home as mothers who educate children is a shared responsibility of the husband	54	100%
2	The role of women in household work is the husband's shared responsibility.	54	100%
3	The role of women working outside the home to help meet household needs is not mandatory	54	100%
4	The role of women in maintaining their reproductive health is a shared responsibility of their husbands	54	100%
5	The role of women has the right to make decisions to choose and install birth control contraceptives with the knowledge of their husbands	54	100%
Average		54	100%

The results of the post-test showed that there was an increase and understanding of female participants after being given counseling. Health education is an educational activity carried out by spreading messages and instilling beliefs so that people can be aware, know, and understand but also willing and able to carry out a recommendation that has something to do with health. Counseling is carried out to convey health messages to the community or target groups following the health problems faced. Public health counselling has as a process of change, growth, and development of human beings, leading to the harmony and balance of the physical, spiritual, and social of these humans with their environment so that they are able and responsible for overcoming their health problems and the community of their environment.

CONCLUSIONS AND SUGGESTIONS

Women are the main key to success in improving family welfare. The condition is that women must be allowed to empower themselves to their abilities and rights, especially in doing domestic work as housewives, maintaining reproductive health, choosing appropriate and comfortable reproductive equipment for their mothers, and maintaining family health. One way to empower mothers to understand their role in improving family welfare is by counselling women who already have children in the Ngemplak Health Center Work Area. With the counselling carried out, women have increased knowledge and understanding of the importance of women participating in family planning safari programs. One of the goals is to improve family welfare. The results of community service are one of the recommendations for research with related themes so that women are always empowered to improve their reproductive health and family welfare.

ACKNOWLEDGMENT

We thank the Health Workers of Ngemplak Health Center Community, who have allowed us to conduct community service well and smoothly.

REFERENCES

- Abe, A. (2005). *Perencanaan Daerah Partisipatif* (Pembaharuan, Ed.).
- Boedirochminarni, A., & Arifin, Z. (2020). Highlighting the Gender Perspective of Family Planning in Malang City. *Jurnal Perempuan Dan Anak*, 3(2), 83–89. <https://doi.org/10.22219/JPA.V3I2.16517>
- Hardiyanti, S., Irwansyah, I., & Makassar, U. N. (2020). FAKTOR-FAKTOR YANG MEMPENGARUHI PENGGUNAAN KONTRASEPSI DAN HAK REPRODUKSI PEREMPUAN PADA KELUARGA AKSEPTOR KB DI KELURAHAN MACCORAWALIE KAB. PINRANG. *PREDESTINATION: Journal of Society and Culture*, 1(2), 94–99. <https://doi.org/10.26858/PRD.V1I2.17951>
- Hastuti, A. P., Mufarokhah, H., Kurniawan, A. W., Muslima, E., & Putri, I. (2022). Determinant Factors Related to the Unmet-Need of Family Planning Program among Married Women in Indonesia. *Indian Journal of Forensic Medicine & Toxicology*, 16(4), 125–131. <https://doi.org/10.37506/IJFMT.V16I4.18551>
- Idris, U., Frank, S. A. K., Hindom, R. F., & Nurung, J. (2021). Family planning (KB) practices and the impact on Papuan women reproductive health. *Gaceta Sanitaria*, 35, S479–S482. <https://doi.org/10.1016/J.GACETA.2021.10.076>
- Karlina, N. (2019). THE IMPACT OF WOMEN EMPOWERMENT IN WOMEN ROLE INCREASED PROGRAM TOWARDS HEALTHY AND PROSPEROUS FAMILY (P2WKSS) GARUT REGENCY. *Humanities & Social Sciences Reviews*, 7(3), 59–66. <https://doi.org/10.18510/HSSR.2019.739>

- Khairunisa, W., Suryanti, E., & Wiratama, M. R. (2023). Empowering Women Through the Sekoper Cinta Program in an Effort to Build Family Welfare based on Community Civics Perspective. *International Journal of Social Service and Research*, 3(2), 508–517. <https://doi.org/10.46799/IJSSR.V3I2.275>
- Noer, K. U. (2021). Empowerment of women as head of poor family through the P2WKSS program in Bekasi City. *Community Empowerment*, 6(5), 864–876. <https://doi.org/10.31603/CE.4553>
- Nurjanah, S., Puspita Adriana, N., Nur Pratiwi, E., Apriani, A., & Kusuma Husada Surakarta Corresponding Author, U. (2022). The Effect of Counseling on Family Planning Acceptors in Decision Making on Contraceptive Devices during the Postpartum Period. *Formosa Journal of Science and Technology*, 1(5), 593–602. <https://doi.org/10.55927/FJST.V1I5.1277>
- Prasetyaningsih, & Nisa, S. (2022). The Effect of Providing Contraceptive Education on the Knowledge Level of Reproductive Age Couples in the Working Area of Pariaman Public Health Center. *International Journal of Public Health Excellence (IJPHE)*, 2(1), 225–228. <https://doi.org/10.55299/IJPHE.V2I1.177>
- Rismawati, R., & Jamir, A. F. (2022). Penyuluhan Tentang Kontrasepsi Pasca Persalinan (IUD dan Implant) di Puskesmas Batua Raya Makassar. *KREATIF: Jurnal Pengabdian Masyarakat Nusantara*, 2(1), 50–55. <https://doi.org/10.55606/KREATIF.V2I1.601>
- Rosiyana, N. M., Enggar, E., Tumani, Y. K., & Klara, M. P. (2022). Family Planning Counseling and Safari (IUD and Implant). *Jurnal Pengabdian Bidan Nasuha*, 2(2), 43–49. <https://doi.org/10.33860/JPBN.V2I2.1114>
- Yandy, E. T., Mustajab Uin, M., Thaha, S., & Jambi, S. (2021). PEREMPUAN DALAM PARTISIPASI POLITIK DI INDONESIA. *Harakat An-Nisa: Jurnal Studi Gender Dan Anak*, 6(2), 83–92. <https://doi.org/10.30631/62.83-92>



UNUSA