

## FAMILY PLANNING PROGRAM IMPLEMENTATION IN PARINGIN CITY, BALANGAN DISTRICT, SOUTH KALIMANTAN

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**Abstract:** Family planning is an integrated (integral) in the national development program and aims to create economic prosperity, spiritual, and social culture of Indonesian population. Family planning program in South Kalimantan on 2014 was not yet reached a target where the participants of family planning programs recorded 52,82% of the mother. This study is to give a description about family planning program implementation in Paringin City, Balangan District, South Kalimantan. This research is descriptive research with cross-sectional approach to study the implementation of family planning programs and will describe the kinds of contraception, contraception service places, the status of family planning program participation, and the reason if them didn't use contraception now. The population in this research was all women in Paringin city, Balangan District. Sample were taken as many as 50 people on March-April 2015. The instrument used was a questionnaire. Data analysis through frequency distribution table. Based on the results of the univariate analysis table known that kinds of contraception tool most commonly used by respondents were pill as many as 22 people (44%), injection as many as 26 people (52%), IUD 2 people (4%). Respondents got family planning services were quite diverse among others via the village midwife as many as 30 people (60%), at public health center as many as 7 people (14%), at private health clinics 2 (4%), the practice of private midwife services 6 people (12%), and get family planning services from friends/family as many as 5 people (10%). At the time the research as many as 14 respondents (28%) decided start to settle in use of family planning program and 36 respondents (72%) still use contraceptives. From 14 respondents who chose to stop used contraception, as many as 5 respondents (36%) said the reason that they stop used contraception because they want to pregnant and have a child again, while 9 respondents (64%) said that them had entered the menopause phase

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## **A. BACKGROUND**

Indonesia is one of the developing countries with various kinds of issues which is population growth was too high and the problem of maternal mortality. One of ways government to keep pressing the rate of increase parity through family planning programs (1). Family planning program have a role to reduce maternal mortality risk through pregnancy prevention at a young age woman and set a distance of pregnancy (2).

Currently Indonesia's population growth of 1.6 percent per year. A considerable growth alarming, because of this growth was generated about 3-4 million new man in Indonesia per year. Family planning program in Indonesia be stagnant has marked with the increase family planning service where the number of family planning participants had just reach 57,9%. Based on Riskesdas (2013) family planning program in South Kalimantan was not yet reached a target where the participants of family planning programs recorded 52,82% of the mother (3).

Badan Kependudukan dan Keluarga Berencana (BKKBN) tahun 2014 stated that the number of active KB participants until 2014 according to the service locations namely government services as many as 18.957.650 participants and at private services as many as 14.881.089 participants. The following information on the number of active KB participants according to the method contraceptive used, 3.922.409 participants use IUD, 1.207.597 participants used MOW, 241.968 participants used MOP, 3.307.997 participants used implant, 1.046.579 participants used condoms, 15.891.480 participants used injection and 8.220.709 participants used a pill (4).

In the selection of contraception tools course many factors that influence behavior are predisposing factors, enabling factors, and reinforcing factors. One factor that affects the mother in choosing contraception tools is the knowledge and the work of the mother. Based on the above, the authors intend to conduct research related "family planning program implementation in Paringin City, Balangan District, South Kalimantan.

## **B. METHODOLOGY**

This research is descriptive research with cross-sectional approach to study the implementation of family planning programs and will describe the kinds of contraception, contraception service places, the status of family planning program participation, and the reason if they didn't use contraception now. The population in this research was all women in Paringin city, Balangan District. Sample were taken as many as 50 people on March-April 2015. The instrument used was a questionnaire. Data analysis through frequency distribution table.

## C. RESULTS AND DISCUSSION

Based on the research results, the following data:

### 1. The Use of Contraception

**Table 1**  
**Frequency Distribution of Using Contraception in Paringin City**

<i>Contraception</i>	<i>Amount</i>	<i>Percentage (%)</i>
Pill	22	44
Injection	26	52
IUD	2	4%
<b>Total</b>	<b>50</b>	<b>100</b>

Based on the results of the univariate analysis table known that kinds of contraception tool most commonly used by respondents were pill as many as 22 people (44%), injection as many as 26 people (52%), IUD 2 people (4%).

Pills Contraception is hormonal contraceptives used by women with shaped tablet. Basically contraception pills divides into three parts among others the pills combination, a pill containing progesterone and pill containing estrogen, Pills is one of most commonly used contraception, Pill contraception containing estrogen hormone and progesterone and able to inhibit ovulation. And pills has to be drunk every day regularly. In discharging reconsideration, pills contraception 99% effective to prevent pregnancy, but in less discharging program effectiveness just reached 93% (5).

One commonly used contraception is injection contraception. Injection contraception is a way to prevent pregnancy through hormonal injections. In general, the users of injection has the same requirements with users of the pill, as well as for people who can not use birth control injections, including the use of hormonal contraception for a maximum of 5 years. Injections contraception is one of the contraceptive methods most widely used in Indonesia. In general, Injections contraception works to thicken the uterine mucus making it difficult to be penetrated by a sperm. In addition, Injections contraceptin also helps prevent the egg attaches to the uterine wall so that pregnancy can be avoided (6). Injections contraception are not disrupted breast milk (ASI), except Cyclofem. Injections contraception may be able to protect the mother from anemia (anemia), providing protection against pelvic inflammatory disease and for the treatment of cancer inside the uterus. Contraception is not addictive, it's just a regular participant

must control every 1, 2 or 3 months. The reaction of injection contraception takes place very quickly (less 24 hours), and can be used by women over 35 years old (except cyclofem) (7).

IUD is a contraceptive device incorporated into the uterus and contain copper. This Contraception is very effective for their that should not use contraception containing hormonal and is long term contraception (8-10 years). But the effects of using IUD can cause bleeding and ectopic pregnancy. Benefit of used this contraception is can be active after the insertion. For a long term, did not affect breastfeeding production, did not violate lactation, Fertility get back after IUD released, can insertion immediately after birth. The insertion of IUD is better when along with menstrual, immediately after menstrual, in the end the puerperium, along with seksio secaria, the second and third post delivery, and immediately after post-abortus (7,8).

## 2. Family Planning Service Places

**Table 2**  
**Frequency Distribution of Family Planning Service Places in Paringin City**

<i>Family Planning Service Places</i>	<i>Amount</i>	<i>Percentage (%)</i>
Midwife	30	60
Public Health Center	7	14
Private Health Clinics	2	4
Private Midwife	6	12
Family/Friends	5	10
<b>Total</b>	<b>50</b>	<b>100</b>

Based on table it can be known that Respondents got family planning services were quite diverse among others via the village midwife as many as 30 people (60%), at public health center as many as 7 people (14%), at private health clinics 2 (4%), the practice of private midwife services 6 people (12%), and get family planning services from friends/family as many as 5 people (10%)

Public health center as basic health services facilities expected give the biggest contribution to provide family planning program in community. But in a fact most of the community prefer to going to midwives or others. Based on Riskesdas (2010) show where most people get KB in the private sector is midwives (52,5%). Facilities government services as hospitals, public health center, pustu and poskesdes or polindes used by about 23,9% (9). Family planning services election at midwife was dominating, this is because maybe midwife practice easy to found on the local

community, and midwife as a woman can give positive impact where a mother's who want to get family planning program feel comfortable during a consultation and insertiong family planning tools (10).

### **3. The Use of Contraption Status in Paringin City**

**Table 3**  
**Frequency Distribution the use of contraception status in Paringin City**

<i>Use of Contraception Status</i>	<i>Amount</i>	<i>Percentage (%)</i>
Stopped	14	28
Still Used	36	72
<b>Total</b>	<b>50</b>	<b>100</b>

Based on table 3 it can be known that as many as 14 respondents (28%) decided start to stopped in use of family planning program and 36 respondents (72%) still use contraceptives. From 14 respondents who chose to stop used contraception, as many as 5 respondents ( 36%) said the reason that they stop used contraception because they want to pregnant and have a child again, while 9 respondents (64%) said that them had entered the menopause phase. Based on data by Puslitbang KB dan Kesehatan Reproduksi (2009) showed that most of people who want to stop using contraception because want to pregnant. Woman that don't yet have the child tend to be faster to stop wearing family planning tools. Mothers who want to increase the number of children also tend to stop contraceptive usage. In addition, woman at the 30-49 years tend to stop contraceptive usage because they entering the menopause phase (11).

#### **D. KNOWLEDGE CONTRIBUTION**

In general the implementation of family planning program has run good enough and people begin to understood the importance of the use of family planning. Although some of respondents there that stop using, it is because of respondents want to have kids again (especially respondents with 1 child) and has entered the menopause phase, so according to where they assumed that very little possibility for pregnant again. Family planning services are also have been given by the village midwife public health center, and also private healt center. Need to always give the socialization and increased knowledge to the fertile couple related to family planning program that can help accelerated national health development goals

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