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# Free Family Planning Service In RT 24 Of Sawah Lebar Urban Village, Ratu Agung Sub-District, Kota Bengkulu

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**Abstract.** The family planning program provides the opportunity to space out or reduce the number of births by using contraceptive methods. The general goal of this program is to identify the problem of low contraceptive coverage and improve the skills and knowledge of the community in Sawah Lebar Subdistrict RT 24. The specific objectives include geographical and demographic mapping of the area, data collection and assessment of family planning issues, and conducting monitoring and evaluation of the activity results. This activity is carried out by providing information about family planning and offering free family planning services to 20 WUS (Women of Reproductive Age) family planning acceptors in the Sawah Lebar area. The results of this free family planning service are followed by providing evaluations to the acceptors through Q&A sessions about family planning and monitoring and evaluation. Family planning participants were able to answer and explain the questions well and were willing to use IUD or Implant contraceptives. The activities conducted went well. Family planning participants in the Sawah Lebar area showed enthusiasm in participating in the activities.

**Keywords:** *Family Planning (KB), Family Planning Services.*

## INTRODUCTION

The Family Planning (KB) program is one of the Indonesian government's efforts to overcome the problem of population growth. The National Family Planning Movement is a community movement that gathers and invites all community potential to actively participate in institutionalizing and cultivating the Happy Prosperous Small Family Norms (NKKBS) in order to improve the quality of Indonesia's human resources. According to data from the World Health Organization (WHO), more than 100 million couples use effective contraception, with 75% using hormonal contraception and 25% using non-hormonal contraception. Contraceptive use in the world in 2019 reached 89%, while in 2020 there was an increase to 92.1%. In Africa, it is recorded that 82% of the population does not use contraception.

In Southeast, South and West Asia, 43% use contraception. The number of modern family planning users in urban areas reaches 58%, while in rural areas it reaches 57% (WHO, 2021).

High population growth can hamper the growth of development results, including health development. Therefore, controlling population growth through family planning programs is very important. The success of family planning will have a reciprocal effect by reducing infant mortality rates, under-five child mortality rates and maternal mortality rates. Health workers in this program are expected to provide family planning services to improve family welfare. In Indonesia, the percentage of women aged 15-49 years and married who are currently using/using contraceptives in 2021 is 55.06%, in 2022 it will increase to 55.36% and in 2023 it will increase to 55.49%.

Even though the increase in the percentage using active family planning is not very significant, it still has an influence on Indonesia's balance and growth (BPS, 2023). According to the results of the 2022 family data collection by the BKKBN, it shows that the prevalence rate of PUS for family planning participants in Indonesia in 2022 is 59.9%. Based on provincial distribution, the highest prevalence rates for family planning use are South Kalimantan (71.1%), Bangka Belitung Islands (67.4%), and Bengkulu (66.8%), while the lowest are Papua (10.9%), Papua West (28.6%) and Maluku (34.2%) (Ministry of Health, 2022). Likewise, in Bengkulu Province, new and old family planning participants are still actively using contraception continuously to delay, space pregnancies or end fertility. In 2022, the number of active family planning participants in Bengkulu Province will be 275,794, while the number of postpartum family planning participants in 2022 in Bengkulu Province will be 19,527 (Provincial Health Office Profile, 2023). And in Bengkulu City, active family planning participants in 2021 reached 83.7%, while post-natal family planning participants reached 67.3%. The work area in Bengkulu City that uses Active Family Planning is Pasar Ikan Health Center which reaches the highest score, namely 98.6%, while the work area of Sawah Lebar Health Center is number 2 with 95.6% using Active Family Planning (City Health Office, 2022). In 2023, only 77.5% of the Sawah Lebar Community Health Centers will use active family planning, while 58.7% will get postpartum family planning.

The working area of the Sawah Lebar Community Health Center itself includes 3 sub-districts, namely Sawah Lebar Sub-District, Sawah Lebar Baru Sub-district, and Kebun Tebeng Sub-district. In 2023, Sawah Lebar Village will use active family planning at 73.08%, in Sawah Lebar Baru Village there will be 77.55% active family planning participants, while in Kebun Tebeng Village there will be 84.4% active family planning participants (Puskesmas Data, 2023).

## **RESEARCH METHODS**

Implementation of Community Empowerment Learning Real Work Lectures (KKN-PPM) at the Faculty of Health Sciences, Dehasen University Bengkulu Group 1 B at RT 24 Sawah Lebar Subdistrict, Bengkulu City. The KKN-PPM Group 1B command post is in Sawah Lebar Village, RT 26, Bengkulu City.

Community Empowerment Learning Real Work Lecture (KKN-PPM) Faculty of Health Sciences, Dehasen University Bengkulu carried out by Students of Bachelor of Nursing, Bachelor of Midwifery, Bachelor of Public Health Semester VIII (Eight) held for 2 weeks, starting from 08 July 2024 - 20 July 2024. This Free Family Planning Service activity will be held on July 12 2024 at RT 24, Sawah Lebar Village, Ratu Agung District, Bengkulu City

## **RESULTS AND DISCUSSION**

### **Society participation:**

The high level of public participation in free family planning services shows that there is a significant need for information and access to contraception. This program succeeded in attracting public attention and providing much needed services.

### **Challenges and obstacles:**

Even though this activity went well, there were several challenges faced, including:

1. Lack of initial public understanding about family planning, which requires a more intensive approach in education.
2. Some communities still have negative myths and stigma about contraception that need to be overcome through ongoing education.

**Recommendation:**

To increase the effectiveness of family planning programs in this region, several recommendations that can be taken are:

1. Conduct regular outreach to ensure information about family planning continues to be updated and widely disseminated.
2. Use various educational media, including social media and video, to reach more people.
3. Increase collaboration with related agencies to expand the reach of family planning services.



**Figure 1. family planning services**

**CONCLUSION**

Free family planning services implemented in RT 24 Sawah Lebar Subdistrict, Bengkulu City have had a positive impact on increasing community knowledge and participation in family planning programs. This activity succeeded in achieving its objectives and provided significant benefits for the community.

The continuation of this program is highly recommended to ensure wider family planning coverage and improve the quality of life of the community. This report was prepared by Group 1B from Dehasen University Bengkulu and is expected to be a reference for implementing similar activities in the future.

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