



# The relationship of the family planning program in suppressing population growth in maginti village, maginti district, west muna regency

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## Abstract

**Background:** Population is one of the most important indicators in a country. Classical economists, pioneered by Adam Smith, even considered that population was a potential input that could be used as a factor of production to increase the output of a corporate household. The more people there are, the more labor that can be used. The Purpose Of This Study Is To Know The Relationship Of Knowledge And Access To Information With To Know The Relationship Of KB Programs In Suppressing Population Growth Rate In Maginti Village Of Maginti District Of West Muna Regency In 2023. **Methods:** This study used a descriptive survey research design correlated with the Cross Sectional approach, a sample of 45 respondents. The sampling technique used is accidental sampling. **Results:** Based on table 5.4 above, it was obtained that out of 45 respondents, there were 8 (17.8%) respondents who stated that the birth control program was beneficial but the population growth rate was rapid, and there were 25 (55.6%) respondents who stated that the birth control program was beneficial along with evidence that the population growth rate was lagging. While the respondents who stated that the KB program was not beneficial, there were 8 (17.8%) accompanied by a rapid population growth rate, and there were 4 (8.9%) respondents who stated that the KB program was not beneficial, but the population growth rate was delayed. Based on the results of Chi-Square statistical test, it was obtained that the p value of 0.009 means that there is a Relationship of KB Programs In Suppressing Population Growth Rate In Maginti Village Of Maginti District Of West Muna Regency In 2023. **Conclusion:** there is a Relationship between the KB Program in Suppressing the Population Growth Rate In Maginti Village of Maginti District of West Muna Regency in 2023

**Keywords:** KB Program, Population Growth, Population Control.

## 1. Introduction

Population is an important indicator in the development of a country. The increasing population affects various aspects, including the availability of labor and economic growth. However, uncontrolled population growth can cause various problems, such as inequality in employment opportunities and increasing pressure on resources. In Indonesia, the population continues to increase from 255.58 million in 2015 to 275.77 million in 2022, with varying growth rates.

In West Muna Regency, the increase in population is also significant. The lowest growth occurred in 2021 at 0.44%, while the highest growth in 2022 reached 11.83%. The high birth rate and migration are the main factors in this increase, but the use of family planning (KB) contraception actually decreased from 48% in 2021 to 39% in 2022. This condition exacerbates population density and has an impact on the imbalance with the availability of jobs.

The West Muna Regency Government, through the KB program under the auspices of the BKKBN, is trying to reduce the rate of population growth. The family planning program, which is recognized nationally and internationally, aims to control population growth, reduce maternal and infant mortality rates, and improve reproductive health. Based on this background, the author is interested in studying "The Relationship between Family Planning Programs in Reducing Population Growth Rates in Maginti Village, Maginti District, West Muna Regency in 2023."

## 2. Materials and Methods

This study uses a descriptive correlational survey design with a Cross Sectional approach. This study aims to examine the correlative relationship between variables measured simultaneously. The location of the study was carried out in Maginti Village, Maginti District, in December 2023. The study population included all objects that had characteristics according to the research criteria, namely 82 people based on data from Maginti Village. The research sample was determined using the Slovin

formula with a precision level of 10%, resulting in 45 respondents. The sampling technique was carried out by accidental sampling, with inclusion criteria in the form of PUS who used contraception and were willing to be respondents, and exclusion criteria in the form of WUS who suffered from PMS or hypertension. Data were collected through instruments in the form of primary data obtained directly from research subjects and secondary data from other sources such as population data from Maginti Village. Data processing was carried out through several stages, namely editing to ensure completeness of data, coding to classify data using certain codes, scoring to give weight to respondents' answers, and tabulation to arrange data in tabular form. Data analysis was conducted univariately to determine the frequency distribution and single percentage, and bivariately using the chi-square test with a significance level of 0.05 to test the relationship between independent and dependent variables. This study also prioritizes research ethics by obtaining written consent through informed consent from respondents who meet the inclusion criteria. Respondent privacy is maintained through the principle of anonymity, where the respondent's name is not listed, and the principle of confidentiality, which guarantees the confidentiality of respondent information. In addition, the study was conducted based on the principle of right to justice by respecting the rights, justice, and privacy of respondents.

### 3. Results

#### 3.1 Characteristics of Respondents in Maginti Village, Maginti District, West Muna Regency

**Table 1** Characteristics of Respondents in Maginti Village, Maginti District, West Muna Regency

Respondent Characteristics	f	%
Age		
18-25 years	4	8,9
26-35 years	22	48,9
>35 years	19	42,2
Education		
Primary School	26	57,8
Junior High School	16	35,6
Senior High School	3	6,7
Job		
Farmer	27	60,0
Private	12	26,7
Private Employee	3	6,7
PNS	3	6,7

Based on Table 1 shows the characteristics of respondents in Maginti Village, Maginti District, West Muna Regency based on age, education level, and type of work. Based on age category, the majority of respondents are in the 26-35 year age range (48.9%), followed by the >35 year age group (42.2%), and the 18-25 year age group which has the smallest number (8.9%). This shows that most respondents are of productive age. In terms of education, most respondents have an elementary school education level (57.8%), followed by respondents with a junior high school education (35.6%), and only a few have reached high school level (6.7%). These data indicate that the level of education of respondents tends to be low. Based on type of work, the majority of respondents work as farmers (60.0%), followed by workers in the private sector (26.7%), and a small number as private employees (6.7%) and Civil Servants (PNS) (6.7%). This reflects that the agricultural sector is the main livelihood for the people in Maginti Village..

#### 3.2 Distribution of Family Planning Program Frequency in Maginti Village, Maginti District, West Muna Regency

**Table 2.** Distribution of Family Planning Program Frequency in Maginti Village, Maginti District, West Muna Regency

KB Program/family planning program	f	%
Helpful	33	73,3
Not Helpful	12	26,7
Total	45	100,0

Based on table 2, the majority of respondents (73.3%) considered the family planning program beneficial, while 26.7% of respondents felt that the program did not provide benefits. These results indicate that the majority of the community has a positive view of the family planning program, possibly because of the benefits felt in regulating the number of children, improving family welfare, and supporting maternal and child health. However, there are still some respondents who consider the family planning program not beneficial, which may be due to a lack of understanding, negative experiences, or cultural and belief factors that influence their perception of the program.

### 3.3 Frequency Distribution of Population Growth Rate in Maginti Village, Maginti District, West Muna Regency

**Table 3.** Frequency Distribution of Population Growth Rate in Maginti Village, Maginti District, West Muna Regency

Population Growth Rate	f	%
Fast	16	35,6
Slow	25	64,4
Total	45	100,0

Table 3 shows the frequency distribution of population growth rates in Maginti Village, Maginti District, West Muna Regency. Based on the data in the table, the majority of respondents (64.4%) stated that the population growth rate in their area was relatively slow. Meanwhile, 35.6% of respondents considered that population growth in their village was rapid. These results indicate that the majority of people consider population growth in the area to be still in the controlled category or not experiencing rapid increase. Factors that may influence this perception include the effectiveness of the family planning (KB) program, the level of public awareness of controlling the number of children, and economic and social conditions that limit the rate of population growth..

### 3.4 Frequency distribution of population growth rate in Maginti Village, Maginti District, West Muna Regency

**Table 4.** Frequency distribution of population growth rate in Maginti Village, Maginti District, West Muna Regency

KB Program/family planning program	Population Growth Rate				Total	p
	Slow		Fast			
	n	%	n	%	n	%
Helpful	8	17,8	25	55,6	33	73,3
Not Helpful	8	17,8	4	8,9	12	26,7
Total	16	35,6	29	64,4	45	100,0

*\*Uji Chi-square*

Table 4 shows the frequency distribution of population growth rates based on the benefits of the family planning (KB) program in Maginti Village, Maginti District, West Muna Regency. From this table, it can be seen that of the 33 respondents who considered the KB program beneficial, the majority (25 people or 55.6%) stated that the population growth rate in their area was fast, while only 8 people (17.8%) stated that population growth was slow. Conversely, of the 12 respondents who considered the KB program not beneficial, the majority (8 people or 17.8%) stated that the population growth rate was slow, while only 4 people (8.9%) stated that population growth was fast. The p value = 0.009 indicates a significant relationship between the benefits of the KB program and the population growth rate in the area. In other words, public perception of the benefits of the KB program influences their views on the population growth rate.

## 4. Discussion

The results of this study indicate a significant relationship between the Family Planning (KB) program and population growth rate in Maginti Village, as evidenced by the p value = 0.009. The majority of respondents who considered the KB program beneficial also reported a slower population growth rate (55.6%). This indicates that the KB program plays a role in controlling population growth in the area. In fact, although a small number of respondents (8.9%) considered KB less beneficial, they still saw a positive impact on slowing the population growth rate. This finding is in line with previous studies showing that the KB program is effective in reducing birth rates and improving the quality of life of families (BKKBN, 2021).

These results also support the objectives of Law No. 52 of 2009 concerning Population Development and Family Development, which emphasizes the importance of controlling population numbers in order to improve community welfare (Ministry of Health of the Republic of Indonesia, 2020). The KB program aims to provide awareness to the public about the importance of family planning, both through the use of contraception and reproductive health education. A study conducted by Handayani et al. (2022) also stated that the success of family planning does not only depend on the availability of contraceptives, but is also influenced by the level of education and public awareness.

However, although the relationship between the family planning program and population growth rate has been proven to be significant, the effectiveness of the implementation of this program still faces challenges in several areas. For example, in Bitung City, population growth remains high even though contraceptives are available (Suhartini & Widodo, 2023). Other factors such as the level of public awareness, social norms, and access to health services also play a role in the effectiveness of the family planning program (WHO, 2022).

Therefore, the government needs to take more proactive steps in overcoming these obstacles. Efforts that can be made include increasing education about the benefits of family planning, expanding access to family planning services in remote areas, and empowering communities in family planning (BKKBN, 2022). With a comprehensive strategy, it is hoped that the family planning program can run more optimally in controlling population growth in various regions of Indonesia.

## 5. Conclusions

The results of this study indicate that there is a significant relationship between the Family Planning (KB) program and population growth rate in Maginti Village ( $p = 0.009$ ). Most respondents who stated that the KB program was beneficial also reported slower population growth (55.6%), while a small number of respondents who considered KB less beneficial still saw a positive impact on slowing population growth rates (8.9%).

This finding is in line with the objectives of Law No. 52 of 2009, which emphasizes the importance of population control as part of building a prosperous family. The KB program has been proven to be able to reduce birth rates and support increased community welfare. However, its effectiveness still faces challenges in several areas, such as in Bitung City, where population growth remains high even though contraceptives are available.

Therefore, a more comprehensive strategy is needed from the government, including increasing education about the benefits of KB, optimizing access to reproductive health services, and empowering communities in family planning. With these steps, it is hoped that the KB program can run more effectively in controlling population growth and improving the quality of life of the community in a sustainable manner..

### Conflict of Interest

There is no conflict of interest

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