

Original Research Article

Controlling the Rate of Population Growth during a Pandemic

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Abstract: The population explosion is expected to occur in 2045 if a country needs to immediately address the problem of its population growth rate, including Indonesia. The wild population will hurt the government. Therefore, the population growth rate must be controlled so as not to burden the national economy and to minimize the negative impacts that will occur later. For this reason, the government made policies to suppress population growth in Indonesia. This research uses descriptive research with a qualitative approach. Data collection was carried out by observation, interview, and documentation methods. The research subjects were employees of the Family Planning Office and the Women's Empowerment Agency (KBPPPA Office), and the community. Proof of data validity using inspection techniques. The data analysis used is qualitative Analysis with the steps of data collection, data reduction, data presentation, and conclusion. The results obtained were that efforts to control the population growth rate through the family planning program in Tulungagung Regency had been going well. However, several inhibiting factors still existed, such as a need for more awareness from husbands and a few family planning extension officers.

Keywords: Controlling Population Growth Rate, Family Planning Program, District Government.

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INTRODUCTION

The population growth population in Indonesia is included in the high category. The high population, on the one hand, is one of the nation's strengths, but on the other hand, these conditions cause the state's burden to become even more significant. Apart from burdening the state, it also creates other problems (S. Matilda, 2019). Population growth is caused by 4 components, namely births (fertility), death (mortality), in-migration (incoming migration), and out-migration (migration out) (Pancasasti & Khaerunisa, 2018). The total population of Indonesia in 2020 was 270,203,917 people. Based on BPS data, during 2010-2020, Indonesia's average population growth rate was 1.25 percent per year, which was influenced by births, deaths, and migration. Based on the 2020 population census results, this number is a difference of 32.56 million from the 2010 population census. This shows that in a period of 10 years, the population in Indonesia has increased by 32.56 million people (BP Statistics, 2021). The still high population growth rate in Indonesia and the unbalanced age structure of the Indonesian population in several provinces are the main problems faced in the national population and family planning sector. The relatively high population growth

rate is due to the still high birth rate on the one hand and the faster decline in the death rate on the other hand. In addition, the population's age structure needs to be more balanced because most of the population is young (Pearce, 2013). To suppress and balance the population growth rate, Indonesia enacted the Law on Population Development and Family Development No. 52 of 2009. To implement this law, the district government of Tulungagung, through the Office of Family Planning and Empowerment of Women and Child Protection (Dinas KBPPA), is trying to control the population growth rate (Abdurrahman *et al.*, 2019).

So far, the efforts made by the government to suppress the rate of population growth are by providing global policies. Each region has its problems that affect population changes (Lee, 2011). A problem is a factor that does not affect the population growth rate in other areas. The government can provide direct outreach to the public or invitations that can change people's mindsets about the need to minimize population growth and support the success of this process. The community's active role is also very much needed because if the community is only a listener with a response being made, everything will only be meaningful, and it can be said that there is no benefit to

them (Roser, *et al.*, 2013). One of the government policies in controlling the high population is through the family planning program. The family planning program is one of the national programs managed by the National Family Planning Agency (BKKBN) to reduce birth rates and control population growth in a country. Where is the definition of family planning (KB) (TM Mandira, *et al.*, 2020).

Family planning is an effort to create a quality family through the promotion, protection, and assistance in realizing reproductive rights as well as the provision of services, arrangements, and support needed to form a family with the ideal age of marriage, regulate the number, spacing and ideal age of childbearing, regulate pregnancy and foster resilience and child welfare (MT Mbizvo and SJ Phillips, 2014). This Family Planning Program significantly contributes to the development of human resources (HR) in the present and future. Many efforts have been made to align family planning programs with reproductive health to the demands of society and the times. In addition, family planning is also a government program to reduce the population growth rate both locally and nationally (R. Ramdani and SR Adiarsa, 2019).

Tulungagung Regency, East Java, has grown by 9.14 percent over the last decade (2010-2020), namely from the previous population census (2010) of 990,158 to 1,089,775 people based on the population census in 2020. After all the data was tabulated 100 percent, it was found that the population figure was 1,089,775 people, so the population in Tulungagung experienced an increase of 414,326 people or 38.03 percent from the previous number (D. Muhammad Deni Topan Febrian, 2022). Judging from these data, the population growth rate in Tulungagung is still relatively high. The population growth rate must be controlled so as not to burden the national economy, so that the perception of development with population growth can be balanced, and also to minimize the negative impacts that will occur if population growth is higher (DV Amelinda and L. Rachmawati, 2022).

MATERIALS AND METHODS

A qualitative descriptive approach is used in this study. By using The author expects this approach to produce in-depth information. It can support the preparation of this proposal and is by events in the field, namely in Tulungagung Regency. The definition of qualitative research itself is a data collection tradition in the social sciences that relies on direct observation of humans which identifies relevant things with various but precise meanings in the phenomena that occur (HR Bernard, 2013). Data sources are obtained from collecting information related to research in the field either directly by conducting interviews and field observations or from data or archives related to this research. Interviews were conducted with heads of family planning services and women's empowerment

agencies, employees at family planning services, and women's and community empowerment agencies who were selected using the snowball sampling method. Before conducting the interview, the writer should write down the questions that will be asked. When conducting the interview, the writer should record the conversation to avoid missing information and also document and bring a notebook to write down things that he thinks are important and can support conducting this research. (A. Anggito and J. Setiawan, 2018). In the process of checking the validity of this research data using the triangulation method. Triangulation is an activity of re-checking the data that has been obtained. This aims to increase the researcher's understanding of the phenomena that have been observed.

RESULTS

Tulungagung Regency is one of the districts that has experienced high population growth. This is a challenge for the Tulungagung district government through the Tulungagung Regency KBPP and PA Offices in controlling the population growth rate. Especially during the pandemic, it turned out that the Tulungagung district population growth rate was high. Based on interviews with the heads of the Tulungagung district KB, PP, and PA services, the Tulungagung population has reached more than 1 million with a population growth rate of 0.93 percent. Of course, more strategic and focused population control policies and programs are needed, so that efforts to create prosperous and happy families can be realized. Uncontrolled population growth will affect crime rates, poverty, low education. The Tulungagung district government made various efforts to control the population growth rate.

There are five attempts made, namely: 1.) Improving family resilience through family planning services and active study groups. To increase family resilience in the form of a Tribunal. Tribina is also helpful in improving the welfare of the elderly through caring and the role of the family in creating a productive, independent, and beneficial old age for the family and community environment. Family coaching starts with children, youth, and the elderly so that they can play a role in family life. All activities carried out aim to provide knowledge to families so they can behave according to the stages needed by each individual. Therefore, in understanding the tribunal program as parents and family members, they must be able to understand and apply the 8 (eight) functions of the family in daily life, namely, the functions of religion, socio-culture, love, protection, reproduction, social, education, economy, and environmental functions to improve the quality of life of people of all ages. 2.) Comprehensive development of family planning services and development of a prosperous family. BKKBN developed the GenRe Program, a program developed in the context of preparing family life for adolescents through an understanding of

maturing at the age of marriage so that they can carry out planned levels of education and have careers in planned jobs, and be fully married. We are Planning according to the reproductive health cycle. The GenRe program is implemented directly for teenagers and parents who have teenagers. The approach to adolescents is carried out through the Youth Information and Counseling Center (PIKRemaja). In contrast, the approach to parents with teenagers is carried out through the development of Youth Family Development Groups (BKR).

These various steps were carried out as an effort to hack a quality generation for the progress of the nation towards Indonesia is prosperous and has competitiveness. In addition, for welfare, the Prosperous Family Income Improvement Group (UPPKS) was formed. UPPKS is a group of productive economic business activities, which consists of a group of family members who interact with each other and consist of various stages of prosperous families, both couples of childbearing age who have had family planning and those who have not had family planning in order to increase the stages of welfare and strengthen the family economy. UPPKS activities are implemented through increasing independence and family income through entrepreneurial economic business training. 3.) Mobilizing and increasing public awareness of the importance of family planning programs The main target of this program is to maximize community participation, so community awareness is the main factor in its success of this program. Based on the research results, the Tulungagung district KBPP and PA services carried out a strategy of mobilizing and increasing public awareness of the importance of the family planning program.

This strategy was implemented by approaching the surrounding community by holding outreach, which explained what family planning programs are, the purpose of family planning, introducing several types of contraception, and also about early marriage. Public awareness affects the rate of population growth, where more and more people are aware of participating in the family planning program, it will reduce the population growth rate. 4.) Improving human resources for family planning program personnel, both in quality and quantity. Human resources (HR) have an essential role in an organization and are also assets that must be managed carefully according to the organization's needs. The availability of quality human resources is expected to improve the performance of human resources (HR) optimally. Efforts to improve the performance of human resources need to be made by every organization to achieve the goals set. So, in addition to the community, family planning program staff who are included in an organization related to the KBPP and PA services are considered important in implementing the family planning program. From the results of the research, the human resources of the

family planning program staff need to be improved because, as field officers, they have to have lots of ideas and also much insight. This aims to attract people to join the family planning program.

Besides that, The Office of KBPP and PA also recruited additional forms of procurement for family planning extension workers. This aims to improve human resources and assist in implementing family planning programs so that family planning programs can run properly. Family planning program personnel include family planning counselors and assistants for village family planning officers, PPKBD, sub-PPKBD, and cadres. To increase the human resources of family planning program staff, regular meetings are always held at the counseling center for family planning. 5.) It increased promotion and counseling for family planning for reproductive health through health facilities and activity groups. Promotion is one of the efforts to introduce the community to the family planning program. From the research results, the KBPP and PA Offices carry out promotions with communication media, information, and education, or what we usually know as KIE. Many things KBPP and PA services have been carried out to promote family planning programs, one of which is socialization, and also take advantage of certain moments to provide free family planning. In addition to promotion, the Office of KBPP and PA also conducts reproductive health counseling through health facilities and health groups. Where there are still many people who do not understand the importance of maintaining reproductive health.

Family planning counseling usually works with hospitals, health centers, village midwives, and high and high schools. The Office of KBPP and PA also works with several educational institutions and conducts much outreach to high school students about the importance of knowing the ideal age for marriage, the use of contraceptives, and also about population growth. This is so that the younger generation or teenagers do not take the wrong step to make a decision regarding early marriage. Implementing this strategy is hoped that the KBPP and PA Offices will make the community more interested in participating in the family planning program. Besides that, The community can also understand how to maintain proper reproductive health. Moreover, teenagers can understand marriage, family planning, and also the use of contraceptives.

In various efforts to reduce the population growth rate, several factors support and hinder it. The supporting factors for efforts to reduce the rate of population growth in the Tulungagung district are as follows: 1.) There is support from the government For the Family Planning Office's strategy for Women's Empowerment and Child Protection related to controlling population growth through the family planning program to run well, support from the

government is needed, such as funding for activities, infrastructure, and so on support the family planning program. Support from the government is in the form of a budget from the APBD and APBN, with this budget being able to carry out the five strategies and support the running of the family planning program so that the goal of controlling the rate of population growth can be achieved. 2.) Society Participation. In this research, the resource person, the Head of the Population Control, Counseling, and Mobilization Division (Dalduk), and one of the KB extension coordinators explained that the head of population control is the community itself. That is, where participation is a supporting factor in this case. The more enthusiastic the community is about implementing the family planning program, the easier it will be for the Family Planning Office for Women's Empowerment and Child Protection to carry out its programs. When the community understands the impact of high population growth, the community will automatically fully support the family planning program. 3.) Field executive officer. In addition to the community itself, field officers are also a supporting factor in controlling the population growth rate where field executors must also have an awareness of the importance of controlling the rate of population growth, the impact of population growth, and so on. So that the field implementing officers will provide encouragement, understanding, and explanations to the public about the family planning program, field officers can also help prepare a place to hold outreach, provide information about the free family planning program, and so on. Field officers can help increase community participation. So that people will better understand and also understand the purpose of the family planning program itself, and can participate in implementing the family planning program.

In addition to the supporting factors above, three things become obstacles in suppressing the rate of population growth in the Tulungagung district, namely: 1.) Lack of awareness among men regarding family planning programs. The need for more awareness among men is because the family planning program is only for women. This is undoubtedly one of the inhibiting factors of the KBPP and PA Office strategies in the family planning program which aims to control population growth in Tulungagung Regency. Even though the role and participation of men in the Kb program are vital, from the results of this study, the participation of men in the family planning program is still relatively low. Many men think that men who follow family planning can be at risk for male sexual potential and that family planning is only for women. This kind of thinking is one of the inhibiting factors in implementing the family planning program. 2.) Unequal quality of Human Resources (HR). This is because the level of education is still low, so many people still need to understand the importance of the family planning program, one of which is to control the population growth rate. Usually, this happens to people who live in

remote areas. One of the impacts of uneven human resources is the increasing number of early marriages. 3.) Lack of extension workers KB. In the family planning program, extension workers have an essential role in implementing the family planning program. Due to the lack of family planning extension workers, this family planning program is challenging to implement. Due to the lack of information from family planning extension workers, many people are still reluctant to participate in the family planning program. The lack of knowledge of women and men in Tulungagung Regency makes family planning counselors have an essential role in the strategy of the Family Planning Service.

CONCLUSION

The Tulungagung district government tried to suppress the population growth rate at the beginning of formulating a joint strategy with various related parties. The strategy is to establish family planning counseling centers in each sub-district to facilitate field staff in providing socialization and services to the community. Efforts to control the population growth rate through the family planning program in Tulungagung Regency are run by the Family Planning Office for Women's Empowerment and Child Protection in Tulungagung Regency as the policy implementer. It has carried out its main tasks and functions with family planning counselors and the community in a successful and effective family planning program. This is evidenced by the total birth rate for Tulungagung Regency in 2020 of 2.02, which is 2.01 with a standard. Controlling the population growth rate must be done so that there is no population explosion that results in a decrease in the quality of life of the Indonesian population. To ensure that the population control program can run effectively every six months, the PP and PA KB office conduct an assessment and evaluation to review the external and internal factors in this program. It is also to see which areas still need severe treatment so that no areas are left behind. Even though in its implementation, there are still obstacles, such as the lack of family planning counselors in the field and husbands' low awareness of this family planning program, the support from the government in the form of a budget, provision of infrastructure and community participation has made this family planning program work well.

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