

Controlling the Rate of Planning Generation Population through Counseling by Using Simulation Game Model

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Abstract— Planning Generation Program (GenRe) was ranked first in the contribution of the population rate. Due to the increasing of early teen marriage who has no knowledge of GenRe either from their self or their parents. Parental involvement as an effort to suppress the population rate is a reality of the field that must be done. One of the effort is to increase the knowledge, attitudes, and behavior of parents about GenRe through simulation modeling. The assumption used is the more parents have knowledge, attitude, and behavior about GenRe, teenagers are not trapped in early marriage, then it will suppress the population rate. This descriptive study was conducted in three villages in Sidoarjo, Mojokerto, and Jombang. The results showed that knowledge, attitudes, and behavior of parents toward GenRe in those three villages of each district was increased after getting counseling through the simulation game model. The results of these studies are manifested in the form of high parental understanding of eight family functions.

Keywords—component; planning generation; knowledge; attitudes; behaviour; counseling; simulation.

I. INTRODUCTION

The study of the teenage problems which have impact on the population rate has been widely conducted. The Indonesian Adolescent Reproductive Health Survey [1] found that unhealthy sexual behavior among teenagers, especially unmarried adolescents, tended to increase. Several research findings show that (1) female and male adolescent aged 15-24 years claimed to have premarital sexual intercourse, 1% of female and 6% of male, (2) in Indonesia, the adolescents' dating experience tends to be more audacious and open: a). Holding hands, men 69% and females 68.3%; b). Kissing, 41.2% male and 29.3% female and c). Touching / exciting, men 26.5% and women 9.1%. [2][3]

Premarital sexual behavior among adolescents in four big cities in Indonesia namely; Medan, Central Jakarta, Bandung and Surabaya, showed that 35.9% of adolescents had friends who have had premarital sex and 6.9% of respondents have

had premarital sex.[4] According to the result of the study conducted by BPPK [5], in those four big cities, adolescents admit that the initial step before doing drugs is drinking alcohol, some even mixing the alcohol with drugs, and more tragically is mixing alcohol and drugs as a powerful drug for having a premarital sex.

This sexual behavior problem needs to get serious attention for all parties. According to Shaluhiah [2] there are three assumptions about the age of adolescents who need serious attention; (1) WHO, UNFPA, UNICEP described [6] that approximately one-fifth of the world's population are in the age 10-19 years and in Indonesia, 28.7 percent of the population are teenagers; (2) adolescence experience a *maturity gap* that is the difference physical and mental maturity that tends to impact on risky actions [7] (3) several studies state that many adolescent are sexually active, have multiple partners, and do not consistently use condoms. Those kind of conditions are needed a parental concern to accompany their teenage daughter. There is a very great impact for GenRe due to the uncontrolled population growth in the teenage age. [8]

The reality of adolescents that have been trapped in sexual behavior is stated on the research conducted by Australian National University (ANU) and the Health Research Center University of Indonesia, year 2010 [9] in Jakarta, Tangerang and Bekasi, with 3006 respondents (age <17 - 24 years old) as the sample, indicated that 20.9% of adolescents are pregnant and having a birth before marriage, and 38.7% adolescent are pregnant before marriage and having a birth after marriage. According to the data, there is a relatively high proportion of adolescents (12-24 years) who are doing a marriage caused by unwanted pregnancies (KTD). [10]

In fact, several studies have shown that adolescents have very complex problems with the transition period faced by them. A prominent issue among adolescents is the issue of the Three Basic Threats of Adolescent Reproductive Health

(TRIAD KRR, which includes Sexuality, HIV and AIDS and Drugs), the lack of knowledge on Adolescent Reproductive Health and the median age of first marriage of women is still relatively low, ie at the age of 19.8 years.[11]

National Population and Family Planning Agency (BKKBN), an institution that responsible for reducing the growth of population rate, have been made a lot of efforts. The efforts has been penetrate in all lines of struggle. In addition, it has been a strength source for the agencies to develop operational programs and reach the basic needs of the communities. The strength sources are; (a) the legislation related to the Youth Resilience Coaching, (b) There is a high level of commitment from stakeholders and partners, (c) The experience of managing programs related to the youth education including learning from the same experience in other countries which have been adopted in the implementation of the Planning Generation Program by Dithanrem, (d). Availability of Planning Generation Program (8 Functions of Family, Maturity of Marriage Age, Three Basic Threats of Adolescent Reproductive Health (TRIAD KRR, including Sexuality, Drugs and HIV and AIDS), Life Skills, Advocacy and IEC (Communication, Information, and Education), and Gender), (e). Availability of Guidebooks and Modules / Books of Planning Generation Program to prepare adolescents' family life (Curriculum and Training Module of Planning Generation Program, Curriculum and Planning Generation Module for secondary schools, Material Curriculum of Planning Generation Program in Indonesian Society of Disabled Persons (HWPCI), Guidelines for the managing Youth Family Development Group (BKR), BKR Ambassador Handbook, Management Guidance for Counseling Information Center (PIK) Teen / Student, Pre-marriage Counseling Book, Effective communication book of parents and teenagers, Healthy Planning Generation Program Book and noble martial, CD Management Guidance for Adolescent / PIK Management, Peer Educator CD, Peer Counselor CD).

The researcher assumed that the whole efforts which have been a strength source were not yet meet the needs of parents at rural areas. Parents who have limited knowledge, attitudes, and behaviors of the Planning Generation Program (GenRe) will not be able to direct their children towards the impact of early marriage. Herein lies the problems that should be sought the solutions. Therefore BKKBN, as a responsible institution, can find a cheap, light, and targeted pattern to suppress the growth of population rate through the awareness of the parental responsibility to the quality of the planning generation.

The researchers' assumption of parents' knowledge, attitudes, and behaviors that have been provided with simulated game model are enable them to dialogue or guide their teenage daughters for planning their future with small families. Therefore, the research problem has been formulated; Is the counseling by using simulation game model able to provide knowledge, attitudes, and behavior for parents to guide and direct their children into planning generation?. The aim is to find the research findings about the level of

knowledge, attitudes and behavior of parents towards their teenage daughters for realizing the Planning Generation Program. The planning generation is a generation that was aware of the responsibility as a small family in order to reduce the growth of the population rate in Indonesia.

II. RESEARCH METHOD

This research used descriptive qualitative method, that is describe the real condition of research object or photographing the real condition which is experienced by parents in guiding and directing their teenage daughter to become the planning generation who have a better future with the concept of happy and prosperous small family.

The subject of this research are parents who have teenage daughter. Based on the limited observation, the researchers purposively assigned 3 (three) villages in 3 (three) districts to conduct the research, namely (1) Mulyodadi Village, Wonoayu Sub-district, Sidoarjo Regency, (2) Sarirejo, Mojosari Sub-district, Mojokerto Regency, (3) Mojotresno Village, Mojoagung Sub-district, Jombang Regency.

The data were collected by using open-questionnaire technique. The questionnaire consists of written questions with open-ended answers in order to accommodate the respondents' opinions freely about the role of parents / family in handling planning generation. Thr questionnaire is given to the subject before simulation and after simulation game to capture parents' understanding through PKK group on family function and moral implanation towards planning generation.

The data source is all the participants of the simulation game, they are all of mothers who have teenage girls aged under 20 years and the members of the village organization (PKK). The researchers give the PKK mothers an option to collect or not collect the questionnaires which have been given. The researchers stand for not counting the collected questionnaires, but the honesty and the openness of the subjects to be willing to provide information on their understanding of the consciousness of leading the planning generation for their future. Based on the returning of the instrument, the data are collected by variation of the amount, as follows: (1) Mulyodadi Village, Wonoayu Sub-district, Sidoarjo Regency collected 15 questionnaires, (2) Sarirejo, Mojosari Sub-district, Mojokerto Regency collected 17 questionnaires, and (3) Mojotresno Village, Mojoagung Sub-district, Jombang Regency collected 22 questionnaires.

The data analysis used is flow analysis models. Data about the knowledge, attitudes and behavior of parents to their teenage daughter are photographed as it is. The results of parental responses through the open-ended questionnaire are analyzed in descriptive qualitative in the form of narrative (limited description based on logical thinking). The data collected from the initial understanding before the simulation game and after the simulation game were analyzed with the family function standard. The size of the family functions in the BKKBN ambassador handbook is a key to the direction of the answers in the simulation game, there are (1) the religious function, (2) the socio-cultural function, (3) the function of

love and compassion, (4) the function of protection, (6) socialization and education function, (7) economic function, and (8) environmental function.

III. RESULT AND DISCUSSION

The results of the study showed that there is a change of knowledge, attitudes, and behavior of parents to GenRe through the counseling by using simulation game model. The changes of the understanding may be described as follows.

A. Result of the study in Mulyodadi Village Wonoayu Sub-district Sidoarjo Regency

The understanding about the *function of religion* for the family, including; (1) a guideline for the better life in family (2) the basic values that must be done and accounted in the family, (3) the basis in carrying out all of the actions (4) a filter of morals and actions that will we do.

The understanding of *socio-cultural functions* for the family; (1) (1) to establish harmony of community life and family, (2) the value of humanity to the neighbors must be maintained, (3) not only need other people but also need interaction with others, (4) sense of humanity to the family, (5) mutual help with neighbors / friends, (6) develop mutual respect and help each others, (7) togetherness in community life.

The Understanding of the *function of love affection* for the family; (1) to be a sakinah family, (2) the value of family care, (3) respecting, (4) the right of the child and the duty of the parent for fulfilled it, (5) to establish intimacy, (6) to give and care for the family, (8) to foster the mutual love of fellow family members, (7) as a strong foundation in fostering the household, (8) love is the happiness of the family.

The understanding of the *function of protection* for the family; (1) to make our family live in quiet and safe, (2) the existence of the family boundaries, (3) as a refuge for family members and provide a sense of security.

The understanding of the *function of reproduction / descendant* for the family; (1) get family descendants of the desired and planned, (2) to process a happy family, (3) to process descendant within the household by limiting 2 children, (4) to increase knowledge in preserving the family descendant, (6) if the family have no descendant, they will not be happy / less happy.

The understanding of the *function of socialization and education* for the family; (1) to get a high quality and well educated family, and a good standard of living, (2) in life, people need to help each other to live in groups, (3) to live in groups and community, (4) society, (5) a provision in developing themselves in society.

The understanding of the *economic function* for the family; (1) get a quality and educated family, also a good standard of living, (2) the family must be frugal, (3) as a series of other

functions that cannot be separated from a family, (4) should be guarded, (5) to meet the needs of the family, (6) to understand the income to meet family needs, (7) to know and manage family, (8) to know how to manage the economy in family, (9) to know how to arrange the financial of the family, (11) sufficient economy, (12) the foundation as well as the pillar of a household, (14) to live frugally and halal not stingy, (15) if their economy is less, it will impact the happiness of the family.

The understanding of the *environmental function* for the family; (1) a healthy and safe environment makes a healthy family, (2) must be able to keep the environment, work together and help each other, (3) the basic values that must be understood and embedded in the family, (4) must keep the cleanliness (5) build and free from the dirt, (6) to organize the souls of the family, (7) to form the soul of the child in their development, (8) the environment of keeping each other clean, (9) to socialize and as a place of work for the family, (10) for the family comfort.

The understanding of *early marriage*; (1) does not agree because the child is not ready to marry, (2) must be in accordance with existing law, (3) must be in accordance with the existing age, (4) marriage under 20 years, (5) marriages made at the young age, (5) marriages done at an age that will cause disharmony.

The understanding of *Planning Generation*; (1) the planned generation will make the family prosperous, (2) a happy small family is having two children, (3) knowledge of planning the planned family for our descendant, (4) a generation that has a mature plan for life in the future.

B. Result of the study in Sarirejo Mojosari Sub-district Mojokerto Regency

The understanding of the *religious function* for the family; (1) the initial foundation for forming a family in which the value of faith, piety, honesty, obedience and so on need to be embedded, (2) religion is used to direct the child to the purpose of life on the basis of judgment on the value of honesty, faith and devotion, (3) to establish a family in which the value of faith, piety, honesty, obedience, forming devotion, honesty, faith in God Almighty, (4) to teach our children to have a good morals, faith and piety to Allah SWT, (5) as a guide of life to exercise faith, piety, honest, responsibility, diligent to live peacefully, (6) the foundation in building a family to avoid the moral decay and cling to faith and faithfulness.

The understanding of *socio-cultural functions* for families; (1) social beings who should be maintain the value of mutual cooperation, harmony to love the existing culture within the state and nation, (2) it is very important to introduce to our children the noble values of culture that has been our role model of mutual cooperation (3) to respect each other's family, to maintain harmony, care and courtesy, (4) in order to socialize with the local community through the implantation

of togetherness and tolerance values, (5) instill the community life for children and follow our culture without being influenced by the other country's culture, i.e. strengthening the noble values that have been owned, such as mutual cooperation, caring etc. (6) not to distinguish religion from one another by creating harmony and togetherness, (7) respect our own culture with the foundation of the value of togetherness and kinship, (8) in order to know the customs within the family uphold the value of togetherness.

The understanding of the *function of love affection* for the family; (1) the basis for expressing feelings to each family member on the basis of responsibility, and fair, (2) instilling a good and harmonious relationships, a sense of empathy and full of intimacy, (3) to achieve a happy, fair, faithful and responsible family, (4) to strengthen family relationships among family members and harmony in family, (5) keep the harmony of the family with empathy, intimacy and responsibility, (6) to create peace of mind and mutual respect for each other, and full of sacrifices.

Understanding of the *function of protection* for the family; (1) to provide a sense of security and comfort, (2) to protect the whole family by creating a sense of security, forgiveness and courage; (3) to keep a family from being avoided of unfavorable things, (4) to keep of being unfavorable by being forgiving in the family, (5) for moralization and being forgiving in the family.

The understanding of the *function of reproduction / descendant* for the family; (1) to continue the family lineage on the basis of responsibility and firm stance, (2) follow the program of physical health and reproduction system, (3) as a form of family-owned preservation of descendant with a sense of responsibility and determination, (4) to create a generation successor in a responsible family, (5) to prepare for the mature age by paying attention to healthy reproduction.

The understanding of the *function of socialization and education* for the family; (1) to be more clear and understand about the goal with confidence, (2) the foundation for the development of children to be a children who are proud in facing their social life, (3) as a nursery of community life flexibly and creatively, (4)) to realize the ideals of the family to be a responsible family and capable of cooperation, (5) make the family understand the community and responsible, (6) as the family capital to live in society with the basic values of confidence, flexibility and willing cooperation, (7) children can take part in the community by referring to the noble value of pride, diligence, and creative part of the community.

The understanding of the *economic function* for the family; (1) important things to be done in life with hard work, (2) as a basic in arranging finance in family and housewife should be good at managing finance by saving, (3) as base in managing finance for more prosperous family, (4)) must be good at managing family finances and should be frugal, (5) as a smooth welfare for family survival.

The understanding of the *environmental function* for the family; (1) must be considered because a healthy and safe environment will have a positive impact in our family, and the environment must be good, (2) the environment introduce to the diverse society with the concept of clean, (3) to establish a relationship between the environment and high discipline , (4) strengthening the fraternity between families and a healthy clean and comfortable environment, (5) for a comfort of the family environment by upholding cleanliness and discipline.

The understanding of *early marriage*; (1) lack of mental and physical readiness for couples, with age less than 20 years (2) marriages performed at the immature age to marry, (3) future adverse marriages, (4) marriages made at a young age, (5) marriage that is done when the child is not 17 years old and not recommended by religion, (6) marriage at a young age (before 20 years).

The understanding of *Planning Generation*; (1) realizing a life of ideal and harmonious with full planning, (2) a young family full of planning for their future life, (3) to plan to be run well, (4) planning future generations to be potential generations in all fields (5) to live in harmony in the household, (6) a generation created by the plan or government's suggestion.

C. *Result of the study in Mojotresno Village Mojoagung Sub-district Jombang Regency*

The understanding of the *religious function* for the family; (1) If the faith is strong, the child is educated and understands the religion correctly, the child will step into the future with a good morality and responsibility, (2) as a place for children to teach about faith in God, (3) can guide and educate the children religious to firm and keep the faith, (4) as the foundation of faith for the family as a provision to the world life and the provision of the afterlife.

The understanding of *social functions* for families; (1) do not participate in bad things, because we should respect for the rights of each member of the family, (2) as a place for the child to know how to socialize with other human beings, (3) must be able to adapt to the environment, (4)) for children to know social life with their surrounding.

The understanding of the *function of love affection* for the family; (1) as a creature of God who need each other, respect and love each other in order to always get along wherever we are, (2) as a place for children to know and feel affection for themselves and others, (3) the family can love each other, (4) each family member has a sense of love each other and respect each other.

The understanding of the *function of protection* for the family; (1) children and wives feel safe and comfortable in socializing in the family, (2) as a safe place for children to speak and behave, (3) social and economic protection, (4) to be able to love each other, provide peace and security in the family, (5) the family members can avoid danger.

The understanding of *the reproductive function* for the family; (1) the descendants expected to be importance to the nation and consider the reproductive age for women, (2) as a place to provide knowledge of the reproductive organs and their consequences; (3) to be healthy by knowing what needs to be done in keeping the reproduction, (4) in order to be a good family or descendant, (5) to provide knowledge of the reproductive organs.

The understanding of the *function of socialization and education* for the family; (1) will not be left behind in the interaction especially in education, so the children is more advanced thinking, (2) can form the character of the child in life and as place for studying science outside the school, (3) children will become an intelligent child, (4) can shape the character of the family, especially the children, (5) education is very important to become intelligent human being, (6) to form a quality of person to be useful for the environment.

The understanding of *the economic function* for the family; (1) support the daily needs for the family, parents try to increase the income of the family, (2) can contribute to the income and expenses of the economy, (3) can meet the needs well, (4) can manage the income as possible, (5) for a better life in fulfilling the needs of the family in a material way.

The understanding of *the environmental function* for the family; (1) forming the environment from the smallest environment of the house, (2) being able to position themselves in society, (3) as the place to form the characters,, (4) living in good environment, will have a well live .

The understanding of *early marriage*; (1) marriage under twenty years old in which the age of women is not eligible for having a kid, (2) marriage that is done by teenagers who are not old enough to get married, (3) early marriage will lead to a poor marriage foundation because the child is immature thoughts and actions, (4) marriage at an early age can lead to divorce because they are not understand / capable in all things, (5) early marriage causes illness.

The understanding of *Planning Generation (GenRe)* for family; (1) generations that are in good environment, educate children's discipline for a goodness, children also have a habit of worship so that children fear of God, (2) forming the teenagers to enter the marriage, (3) generation is carefully planned so the children will be ready physically and mentally to get married, (4) to meet the marriage level, (5) the establishment to enter the gate of marriage, (6) to prepare for the marriage.

The results of the analysis can be interpreted that the level of knowledge, attitudes and behavior of parents to their teenage daughters (who enter the generation of plans) increased after the counseling by using simulation game model. The role of parents through the PKK can be utilized for the development of planning generation. The planning generation that have been given the direction by the parents, who already have the knowledge, attitude and behavior, can be

aware of the responsibilities as a small family. Therefore, this will reduce the growth of the population rate.

The briefing of knowledge for parents about the planning generation is still needed. The briefing needs such a creative innovation, but still meet to the needs of parents. Therefore, the policy that can be applied to the parents, who have knowledge of planning generation, should touch on the real activities of rural parents, such as PKK, Posyandu, or other activities.

D. Discussion

The results showed that the level of knowledge, attitudes and behavior of parents to their teenage daughters who enter the planning generation were increased after being given the counseling by using simulation game model. The increasing is the role of parents to the planning generation is more intensive and having a dialogue of each other to plan a prosperous small family. The resulting impact is delaying marriage to avoid early marriage and delaying having children when an early marriage has been done. Therefore, the long-term goal is to suppress population growth.

The results of this study are in line with the findings of Sarwono [12] that the intensity of communication between parents and adolescents is needed. When the level of parental communication with their teenage children is not good, the more tadolescent takes the risky actions. In line with that, Yusuf [13] confirmed that when the child is not comfortable to communicate with their parents, then they will find a close friend to tell anything. Meanwhile, when the teenagers have a close relationship with parents, it will be able to avoid them to the negative effects of their peers.

While the results study of Raharni[14], Ismail[15], and Iqbal[16] showed that teenagers who have friends with risky behaviour, they are likely to act like their friends as well. This is not different from the condition of teenage girl who are prone to the early marriage. When teenage girls have friends who are at risk for early marriage, they tend to follow what their friends have done, because they want their existence to be recognized by their social environment.

IV. CONCLUSION

The results of the study on simulation games to provide parental understanding of the planning generation, can be summarized as follows: (1) The level of knowledge, attitudes and behavior of parents to their teenage daughter (who entered the planning generation) increased after given the counseling by using simulation game model, the role of parents through the PKK can be utilized for the development of planning generation who are aware of the responsibility of small families to reduce the growth of population rate; (2) The provision of parental knowledge to direct and guide the planning generation is essential for the planning generation to be aware of their own future by planning for a mature marriage, planning the childbirth that ensure survival, education and prosperity, (3) the policies that can be

implemented by parents who have generations planning to have knowledge, attitudes and behaviors that can guide and direct their children to the quality future life with small family are through the policies that can touch on the real activities of parents such as PKK, Posyandu, or other activities.

Suggestions that can be given are: (1) There is still need continuous socialization in all lines related to the improvement of knowledge, attitude and behavior of the community on the awareness to plan the planning generation, (2) It is still need a improvement for the comprehensive cooperation of the concerned institutions, BKKBN and the lowest government like RT and RW through the fun activities in household life, such as PKK, Posyandu, or non-formal associations which were growing in the lowest communities, (3) The ambassador handbook has not been sufficiently touched the lower layers of society which generally they are not used to reading. It will be more effective if the BKKBN guides are combined with simple activities in the village, such as regular social gathering, cooking demonstrations, etc., (4) The residents visit through simulation games at the RT or RW level regularly will be able to enhance the spirit of togetherness on the society through learning while playing.

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