

FAMILY PLANNING COUNCELLING BASED ON COMMUNICATION EDUCATIONAL INFORMATION USING TURNING SHEETS TO IMPROVE CADRE COMPETENCE

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Abstract

The present study examines the importance of family planning counseling in the context of reproductive health decision-making and seeks to improve the competencies of healthcare providers in this domain. Through an investigation into the effects of utilizing turning sheets as visual aids, this study aims to contribute to the existing body of knowledge by addressing gaps in understanding healthcare professionals' perspectives and the potential influence of turning sheets on counseling effectiveness. The study employs a qualitative descriptive approach to investigate the firsthand accounts of healthcare practitioners, including nurses, midwives, physicians, and community health workers. The utilization of turning sheets during counseling is explored through in-depth semi-structured interviews, which provide valuable insights into the obstacles, successes, and overall experiences of individuals. The counseling program utilized a systematic approach, incorporating didactic sessions, interactive workshops, and role-playing exercises to provide the cadre with the necessary skills for effective communication and problem-solving. The results emphasize the significance of utilizing turning sheets to enhance the competence and confidence of personnel, improve the transmission of information, and effectively handle the problems of clients. The distinctiveness of this study consists in its complete investigation of the effects of turning sheets on the competency of cadres, with the ultimate goal of enhancing client-centered family planning counseling.

Keywords: Family planning counseling, Turning sheets, Cadre competence

Abstrak

Studi ini meneliti pentingnya konseling keluarga berencana dalam konteks pengambilan keputusan kesehatan reproduksi dan berusaha untuk meningkatkan kompetensi penyedia layanan kesehatan dalam domain ini. Melalui penyelidikan efek menggunakan lembar balik sebagai alat bantu visual, penelitian ini bertujuan untuk berkontribusi pada tubuh pengetahuan yang ada dengan mengatasi kesenjangan dalam memahami perspektif profesional kesehatan dan pengaruh potensial dari lembar balik pada efektivitas konseling. Penelitian ini menggunakan pendekatan deskriptif kualitatif untuk menyelidiki laporan langsung dari praktisi kesehatan, termasuk perawat, bidan, dokter, dan petugas kesehatan masyarakat. Pemanfaatan lembar balik selama konseling dieksplorasi melalui wawancara semi-terstruktur yang mendalam, yang memberikan wawasan berharga tentang hambatan, keberhasilan, dan pengalaman keseluruhan individu. Program konseling menggunakan pendekatan sistematis, menggabungkan sesi didaktik, lokakarya interaktif, dan latihan bermain peran untuk memberikan kader dengan keterampilan yang diperlukan untuk komunikasi yang efektif dan pemecahan masalah. Hasilnya menekankan pentingnya memanfaatkan lembar balik untuk meningkatkan kompetensi dan kepercayaan personel, meningkatkan transmisi informasi, dan secara efektif menangani masalah klien. Kekhasan penelitian ini terdiri dari penyelidikan lengkap tentang efek membalik lembar pada kompetensi kader, dengan tujuan akhir meningkatkan konseling keluarga berencana yang berpusat pada klien.

Kata kunci: Konseling KB, Turning sheet, Kompetensi Kader

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INTRODUCTION

Counselling is a prevalent community education programme that is implemented extensively with the aim of enhancing public knowledge and fostering deeper understanding (Hasan & Nurhayati, 2012; Jabar & Nurhayati, 2021; Mulyati & Nurhayati, 2020). Family planning counselling plays a crucial role in the promotion of reproductive health, as it empowers individuals to make well-informed choices regarding the size and timing of their families. Additionally, it contributes to the reduction of mother and child death rates. The provision of correct information and the creation of a friendly and non-judgmental atmosphere are both key components of effective family planning counselling (Sharma et al., 2018). Nevertheless, despite its inherent importance, there are persistent obstacles in the provision of comprehensive and empathic counselling. One notable challenge involves the imperative of ensuring that healthcare professionals acquire the requisite skills to effectively engage in family planning counselling conversations (Koo et al., 2017). The process of family planning counselling is intricately connected to the facilitation of successful communication and the provision of educational material. Research studies have demonstrated that counselling sessions incorporating a range of communication tactics and instructional tools can effectively improve client understanding, decision-making abilities, and adherence to family planning methods (Kistiana et al., 2020). The utilisation of visual aids, such as the implementation of turning sheets, can effectively enhance the elucidation of intricate concepts and actively include clients in a more dynamic and participatory educational experience (Anibueze et al., 2022).

Family planning counselling plays a crucial role in the provision of reproductive healthcare, since it involves several contacts between healthcare professionals and individuals seeking guidance in making educated choices regarding family planning options. The process encompasses the examination of contraceptive alternatives, the consideration of apprehensions, the dissemination of precise data, and the facilitation of clients in selecting the most appropriate techniques tailored to their specific requirements. The importance of family planning counselling resides in its capacity to empower people and couples to assume agency over their reproductive health, resulting in enhanced maternal and child health outcomes and overall welfare (Anibueze et al., 2022).

Visual aids, such as flip charts, are of paramount importance in augmenting communication efficacy during counselling sessions. Turning sheets are visual representations, typically in the form of graphics or diagrams, that are utilised to elucidate intricate topics. The simplification of information facilitates comprehension for both clients and healthcare providers, hence enhancing their understanding. Visual aids, such as the use of turning sheets, have the potential to overcome language barriers, enhance comprehension of abstract ideas, and foster greater engagement among clients through interactive learning (Anibueze et al., 2022). Tangible points of reference are offered by these entities, which aid clients in retaining information and making well-informed decisions.

Existing scholarly literature has acknowledged the significance of incorporating communication and instructional resources in the context of family planning counselling (Abdulreshid & Dadi, 2020; Rinehart et al., 2021). However, there exists a knowledge vacuum regarding the precise influence of employing turning sheets on the competence of healthcare providers. Previous research frequently emphasises quantitative evaluations of counselling outcomes, neglecting to thoroughly explore the experience dimensions and viewpoints of healthcare professionals engaged in the process. The existence of this research gap underscores the necessity for a qualitative investigation that delves into the firsthand experiences of healthcare professionals that provide family planning counselling through the utilisation of turning sheets. Furthermore, the prevailing body of literature predominantly focuses on the viewpoint of the client and the resulting effects of family planning counselling interventions (Venkataramani et al., 2017). Insufficient focus has been given to the viewpoint of healthcare professionals, specifically their perspectives on the utilisation of turning sheets, as well as the impact of these tools on their counselling abilities and interactions. The existence of this disparity highlights the importance of examining the intersectionality of communication teaching techniques, cadre competence, and the overall quality of family planning counselling.

The field of healthcare education and technology has witnessed significant progress in recent times, resulting in the emergence of novel strategies aimed at enhancing the efficacy of family planning counselling. Historically, conventional didactic approaches were frequently employed to impart information to clientele. Nevertheless, the advancement of educational methodologies has brought forward the notion of using interactive and visual tools, such as flip charts. These visual aids utilise the effectiveness of visuals, diagrams, and succinct information to augment client understanding and involvement in counselling sessions. This study contributes originality to the academic discipline by filling a vacuum in the existing body of literature. It does so by employing a qualitative descriptive methodology to explicitly examine the effects of utilising turning sheets on the competence of cadre members in the context of family planning counselling. This study aims to explore the previously unexamined aspects of utilising visual aids, such as turning sheets, in counselling conversations by examining the experiences, perspectives, and insights of healthcare professionals.

The research study's primary contribution is its comprehensive investigation of the impact of the intervention on the competence of the cadre. This study utilises in-depth interviews to examine the intricate ways in which healthcare professionals incorporate turning sheets into their counselling practise. It explores the difficulties they face and the tactics they employ in order to overcome these issues. The comprehensive exploration of the experiential facets serves as a valuable supplement to quantitative evaluations, enhancing our comprehension of the intricate and diverse processes in operation. Through the comprehensive examination and analysis of the experiences and viewpoints of healthcare personnel, this study aims to offer significant and important insights that can be utilised to inform the creation and implementation of customised training initiatives, guidelines, and resources. The ultimate goal is to raise the competence and proficiency of healthcare cadres. In conclusion, our observations make a valuable contribution towards the overarching objective of enhancing the outcomes of family planning counselling, increasing client happiness, and promoting awareness of reproductive health.

METHODS

In this study, a qualitative approach with descriptive methodology was utilised to extensively explore the experiences and perceptions of healthcare professionals who deployed turning sheets in the context of family planning counselling. This methodology was very appropriate for acquiring a comprehensive comprehension of the phenomena and was distinguished by its emphasis on presenting and analysing the facts in a direct manner, without lengthy theoretical contextualization. The study's participants were chosen from a heterogeneous group of healthcare professionals engaged in providing family planning counselling, including nurses, midwives, physicians, and community health workers. The diverse range of participants sought to obtain a comprehensive understanding of the effects of sheet turning across several tiers of healthcare delivery.

The determination of the sample size was based on the concept of data saturation, which occurs when no new insights or information emerge from doing additional interviews. The recruitment process involved purposive sampling, whereby individuals with prior expertise in family planning counselling and a willingness to provide insights on the utilisation of turning sheets were selected as participants. The individuals who were chosen had training sessions that were specifically designed to enhance their ability to integrate turning sheets into their counselling sessions in an efficient manner. The workshops encompassed the use of informational sheets to elucidate various contraceptive options, responding to customer inquiries, and customising the sheets to cater to the specific needs of each client. Data collection is an essential component of the research process. It involves gathering relevant information and observations to address research questions or test hypotheses. The data collected might be in several forms. The present study employed in-depth interviews as a method of data collection to explore participants' experiences pertaining to the utilisation of turning sheets. The researchers performed in-depth semi-structured interviews with the individuals. The interviews conducted in this study aimed to investigate the participants' experiences, perceptions, problems, and successes pertaining to the utilisation of turning sheets within the context of family planning counselling. The interviews were captured using audio technology and transcribed exactly as spoken for the purpose of study.

The researchers utilised thematic analysis as a method for examining the interview transcripts. The methodology encompassed the identification of patterns, topics, and categories within the dataset. The analysis process was conducted iteratively, which entailed repeated readings and discussions among the research team in order to ensure the rigour and validity of the findings. The study sought to provide comprehensive insights on the effects of sheet turning on cadre competency in the context of family planning counselling, through the application of this approach. The utilisation of the qualitative descriptive technique facilitated a thorough investigation into the experiences and perceptions of the participants. Additionally, the in-depth interviews and thematic analysis contributed to the richness and contextual understanding of their responses.

RESULTS AND DISCUSSION

Result

From the interview and observation results it can be inferred that the healthcare cadres underwent a structured counselling program. It encompassed both theoretical and practical aspects, aiming to equip cadres with the necessary skills to utilize turning sheets in counseling sessions. The Counselling employed a combination of didactic sessions, interactive workshops, and role-playing exercises. These methods enabled cadres to understand the principles of family planning counseling, the effective use of turning sheets, and strategies to address client concerns. Role-playing scenarios simulated real counseling sessions, allowing cadres to practice using turning sheets in a controlled environment and receive constructive feedback.

The learning materials provided to the cadres consisted of: 1) Turning Sheets to depict comprehensive information about various contraceptive methods, their mechanisms of action, effectiveness, and potential side effects. The turning sheets were designed to be informative yet easily understandable, catering to clients with varying levels of medical knowledge. 2) Training Manuals that elaborated on the use of turning sheets, the client-centered counseling approach, and effective communication techniques. The manuals provided step-by-step guidance on incorporating turning sheets into counseling sessions and addressing client questions. 3) Interactive Workbooks which complemented the training manuals, offering exercises and scenarios for cadres to practice applying the turning sheets during mock counseling sessions. These workbooks facilitated active engagement and reinforced the training content. 4) Feedback and Assessment Tools to evaluate their performance during role-playing exercises. Peer feedback and self-assessment helped identify areas for improvement and build confidence in using turning sheets effectively. Incorporating these learning methods and materials ensured that healthcare cadres were well-equipped to integrate turning sheets seamlessly into family planning counseling sessions. The counselling program aimed not only to enhance the cadres' competence but also to foster a client-centered approach that empowered clients to make informed decisions about their reproductive health.

In the implementation of the family planning counseling program, the resource speakers were selected based on their expertise in family planning counseling, effective communication, and the use of visual aids like turning sheets. These speakers typically included:

1. **Experienced Healthcare Professionals:** Seasoned healthcare providers who had a proven track record in delivering family planning counseling were often invited to share their practical insights. Their real-world experiences enriched the training content with practical examples and case studies.
2. **Reproductive Health Specialists:** Specialists with expertise in reproductive health, family planning, and counseling techniques contributed their knowledge on the latest contraceptive methods, evidence-based practices, and client-centered approaches.

3. **Communication and Education Experts:** Professionals well-versed in communication strategies, educational methodologies, and the use of visual aids were crucial in training healthcare cadres to effectively integrate turning sheets into counseling sessions.
4. **Trainers with Training Experience:** Trainers who specialize in conducting interactive workshops and role-playing exercises were often involved in guiding healthcare cadres through mock counseling scenarios. Their expertise ensured that the training sessions were engaging and practical.
5. **Public Health Professionals:** Professionals with a background in public health, program implementation, and healthcare system management shared insights into the broader context of family planning programs and their integration within healthcare services. These resource speakers collectively provided a comprehensive training experience that covered not only the technical aspects of using turning sheets but also the broader skills required for effective family planning counseling. Their diverse expertise contributed to a well-rounded training program that prepared healthcare cadres to confidently integrate turning sheets into their counseling interactions.

Turning sheets emerged as a pivotal factor in bolstering cadre competence and confidence during counseling sessions. Participants reported that the availability of well-structured visual aids facilitated coherent information delivery and enabled them to address client inquiries with heightened clarity. The turning sheets functioned as scaffolds for their counseling interactions, enabling them to navigate discussions effectively and respond adeptly to client concerns. This increased competence translated into elevated confidence, ultimately nurturing more meaningful interactions between healthcare providers and clients. While the benefits were evident, participants also candidly discussed challenges encountered while integrating turning sheets into family planning counseling. One common challenge was the need to tailor the content to each client's distinct background and preferences. In response, participants adopted strategies such as supplementing the turning sheets with personalized explanations and actively eliciting client input. Some participants also touched on occasional technical difficulties, emphasizing the importance of familiarizing themselves with the turning sheets beforehand.

The assessment of the family planning counselling process for cadres involved a comprehensive approach, with the main objective being to evaluate the proficiency and efficacy of providers in using job aids, such as turning sheets, into their counselling sessions. Role-playing and simulation exercises were included as a fundamental component of the assessment procedure. The cadres engaged in simulated counselling sessions, during which they had the opportunity to interact with actors who were specifically trained to portray clients. These situations provided an opportunity for individuals, such as trainers and peers, to evaluate the effectiveness of cadres in integrating turning sheets into their discussions, addressing client issues, and facilitating the decision-making process. Criteria-based assessment is a method used in academic settings to evaluate the performance of individuals based on predetermined criteria. A suite of assessment tools based on specific criteria was established with the aim of

offering a systematic framework for appraising the performance of cadre members. The tools delineated essential components that have to be incorporated into counselling sessions, including the utilisation of visual aids to convey information effectively, employing empathic communication techniques, responding to client inquiries, and verifying client comprehension. The evaluation procedure was significantly influenced by input from peers and trainers. Following each role-play session, both peers and trainers offered constructive input, identifying strengths and areas that might be further developed. The implementation of this feedback mechanism facilitated the development of a collaborative learning environment, enabling individuals to acquire knowledge and get insights from the experiences of their peers.

The inclusion of client perspectives was crucial in evaluating the effects of the integrated strategy. Following the completion of live counselling sessions, clients were afforded the chance to offer feedback by means of satisfaction surveys. The surveys assessed the clients' perspectives on the integration of the turning sheet, their degree of involvement, and the overall excellence of the counselling encounter. A comprehensive evaluation was conducted by administering an assessment test to gauge the level of comprehension among the cadre regarding contraceptive methods, their mechanics, and associated material. This study aimed to assess the efficacy of the training programme in improving participants' knowledge and their ability to effectively communicate information during counselling sessions. The training programme underwent adjustments and refinements based on the results of the evaluation process. The identification of areas requiring further attention was facilitated by feedback obtained from role-play exercises, assessment findings, and client satisfaction surveys. The training material was modified to effectively target and tackle specific difficulties or deficiencies that were identified through the evaluation process. This study employed a thorough assessment strategy to critically analyse the family planning counselling process for cadres. The aim was to assess the effectiveness of integrating turning sheets in achieving targeted objectives and enhancing the quality of healthcare interactions. The integration of role-play, criteria-based assessment, feedback systems, and client input facilitated a comprehensive evaluation that fostered continuous learning and the improvement of cadre competence.

Discussion

The research findings provide an in-depth analysis of the execution and evaluation of the family planning counseling program for healthcare cadres, with a key focus on the use of turning sheets as a tool. According to the findings of interviews and observations, the organized counseling program was painstakingly created to give cadres the knowledge and abilities needed to use turning sheets during counseling sessions. This is in line with previous researches which found that organized public counseling program were effective to improve participants' knowledge and skills (Buzarudina, 2013; Ekawati et al., 2022; Jabar et al., 2021; Suryadi et al., 2022).

A well-rounded counseling experience was guaranteed by the program's holistic approach, which included both theoretical and practical elements. Cadres were exposed to numerous learning techniques that catered to different learning styles via didactic sessions, interactive workshops, and role-playing exercises. With the help of this strategy, cadres were able to master both the fundamentals of family planning counseling and the ability of seamlessly fusing client concerns with sheet turning. Role-playing situations provided a secure atmosphere for practice, enabling cadres to hone their abilities in a supervised setting and get helpful

criticism for ongoing development. The variety of learning method during the counselling sessions was proven to be an effective way to gain better understanding and learning results (Avessina et al., 2018).

The cadres were given learning materials that emphasized the program's depth. The turning sheets served as visual aids by providing crucial information regarding contraceptive treatments in an easily readable way. To ensure that customers could understand the information offered, these sheets were created to cater to people with varied levels of medical understanding. The turning sheets were accompanied by training manuals that instructed cadres in the usage of the turning sheets as well as client-centered counseling and efficient communication methods. These manuals were thorough tools that provided cadres with step-by-step instructions for integrating turning sheets into counseling sessions. By providing cadres with realistic tasks and scenarios to practice using turning sheets during mock counseling sessions, interactive workbooks greatly improved the learning experience. The conversion of theoretical information into useful abilities was made easier by this active participation. The active participation was proven to be effective to create cadres' engagement in the counselling learning process (Matzembacher et al., 2019). Additionally, the development of the cadre was greatly aided by the use of feedback and assessment systems. Cadres developed their confidence in their ability to use turning sheets successfully by identifying areas for growth through peer criticism and self-evaluation.

The counselling program's effectiveness and quality were greatly influenced by the choice of resource speakers. Together, these speakers—who included seasoned healthcare professionals, experts in reproductive health, experts in communication and education, trainers with training experience, and public health professionals—contributed a wealth of knowledge. A well-rounded training program that included both the technical requirements of employing turning sheets and broader skills necessary for effective family planning counseling was made possible by their varied points of view. High quality resource speakers have a positive and significant influence on the learning results (Deans et al., 2019).

During counseling sessions, turning sheets has shown to be an effective instrument that dramatically boosts staff skill and confidence. The well-organized visual aids made it possible for cadres to communicate information clearly and respond to client enquiries. The turning sheets provided a structure for counseling engagements, enabling cadres to steer dialogues and address client concerns with skill. The use of proactive familiarization with the turning sheets and customised explanations helped to solve problems like the requirement for customized material and sporadic technical issues. A thorough method was used to evaluate the family planning counseling process, with role-play, criteria-based assessment, peer and trainer feedback, client satisfaction surveys, and knowledge assessment all playing significant roles. The iterative nature of assessment and adjustment made sure that the training program kept changing and getting better depending on feedback and areas that needed improvement.

CONCLUSION

In conclusion, the incorporation of turning sheets into the program for family planning counseling showed how effective it may be in boosting communication, client involvement, and cadre competency. Healthcare cadres were significantly better prepared for effective family planning counseling thanks to the planned counselling program, which included a

variety of learning methods and materials as well as the knowledge of resource speakers. The evaluation procedure, which was based on actual simulations and customer comments, made sure that the program's impact was continually improved. This study offers insightful information on the use of visual aids in healthcare counseling, promoting a client-centered strategy that equips people with the knowledge they need to make choices regarding their reproductive health.

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