Advances in Healthcare Research, 3(1), 2025. 1 - 15
DOI: https://doi.org/10.60079/ahr.v3i1.386

OPEN ACCESS
ISSN Online: 2985-9808

Advances in Healthcare Research
https://advancesinresearch.id/index.php/AHR
This Work is Licensed under a Creative Commons Attribution 4.0 International License

The Impact of Family Planning on Family Welfare

Dian Purnamasari ✉ *Winda Dwi Puspita* [2] *Tri Rikhaniarti* [3]

✉ *Institut Ilmu Kesehatan Pelamonia, Makassar, Sulawesi Selatan, 90113, Indonesia*
[2, 3] *Institut Ilmu Kesehatan Pelamonia, Makassar, Sulawesi Selatan, 90113, Indonesia*

Received: 2024, 09, 17 **Accepted:** 2025, 02, 07
Available online: 2025, 02, 09

Corresponding author: **Dian Purnamasari**
✉ *dianpurnamasari1903@gmail.com*

KEYWORDS

Keywords:
Family Planning, Family Welfare, Maternal and Child Health, Socioeconomic Development.

Conflict of Interest Statement:
The author(s) declares that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

Copyright © 2025 AHR. All rights reserved.

ABSTRACT

Purpose: This study explores the impact of family planning on family welfare, emphasizing its health, economic, and social dimensions. It aims to comprehensively understand how access to family planning services influences household financial stability, maternal and child health outcomes, educational opportunities, and women's empowerment. The study examines barriers to the effective implementation of family planning, particularly in socio-cultural and policy contexts.

Research Design and Methodology: This research adopts a Systematic Literature Review (SLR) approach, synthesizing findings from relevant studies to evaluate the effectiveness of family planning programs. The study integrates theoretical frameworks, including Human Capital Theory, to assess the long-term socio-economic benefits of family planning. Secondary data sources, including peer-reviewed journals and empirical research, were analyzed to identify key trends, challenges, and policy implications.

Findings and Discussion: The findings suggest that family planning has a significant impact on reducing maternal and infant mortality rates, enhancing child health, and improving household financial security by enabling more effective resource allocation. Family planning also contributes to social mobility by increasing access to education and economic opportunities, particularly for women. However, cultural and religious barriers, unequal access to healthcare, and policy gaps remain significant challenges in achieving widespread adoption. Addressing these issues requires community-based interventions, the integration of technology, and policy reforms.

Implications: The study highlights the importance of evidence-based policies in enhancing family planning services, particularly in rural and underserved communities. Governments, NGOs, and the private sector must collaborate to expand access to reproductive healthcare, integrate digital health solutions, and ensure sustainable funding. Future research should explore the role of digital technologies in increasing family planning awareness and accessibility.

Introduction

Family planning has long been recognized as a cornerstone of public health and socio-economic development, playing a crucial role in shaping demographic trends, alleviating poverty, and improving overall well-being. As global populations expand, many nations, particularly those in the developing world, face increasing challenges in sustaining economic growth, ensuring equitable access to healthcare, and maintaining a high quality of life for their citizens. In response, governments and international organizations have prioritized family planning as a means of addressing these challenges

by promoting reproductive health education, facilitating access to contraceptive methods, and advocating for birth control policies (Hardee & Jordan, 2021). Beyond regulating birth rates, family planning makes significant contributions to broader societal advancements, including reductions in maternal and infant mortality, improvements in child nutrition, and women's empowerment through greater autonomy over reproductive choices (Senderowicz & Valley, 2023). Evidence from various countries suggests that a well-implemented family planning program promotes economic stability by enabling families to allocate their financial resources more effectively, invest in higher education, and access better healthcare (Passano et al., 2023). However, despite the well-documented benefits of family planning programs, their effectiveness varies considerably across different socio-cultural contexts. In many developing countries, access to family planning services remains limited due to deep-rooted cultural and religious beliefs that discourage contraceptive use, infrastructural barriers that hinder service delivery, and economic disparities that prevent lower-income populations from benefiting fully (Islam, 2024). These ongoing challenges highlight the necessity of further examining how family planning policies shape family welfare and identifying the structural impediments that prevent their widespread acceptance and adoption.

While extensive research has explored the relationship between family planning and public health, its broader implications on economic stability, gender empowerment, and social mobility remain underexplored. Many studies focus on the immediate health benefits, such as reductions in pregnancy-related complications and improved infant survival rates, while paying less attention to long-term socio-economic outcomes. Moreover, the effectiveness of family planning programs is often evaluated based on national statistics without considering regional disparities, particularly between urban and rural populations. In Indonesia, for example, the national family planning program has successfully contributed to declining fertility rates over the past few decades (Nurjaeni et al., 2021). However, its impact is unevenly distributed, with urban areas exhibiting higher contraceptive use due to better healthcare access and greater public awareness (Ross, 2021). At the same time, rural communities face persistent barriers such as misinformation, social stigma, and limited availability of reproductive health services. Similarly, in Pakistan, family planning interventions have improved maternal and child health outcomes, yet socio-cultural constraints continue to hinder widespread acceptance and adoption (Shah et al., 2025). Funding limitations and policy inconsistencies have created significant obstacles to the sustainability of family planning initiatives in many low-income nations, making it challenging to ensure their long-term effectiveness. These disparities necessitate a more in-depth examination of the intricate relationship between family planning and family welfare, considering the economic, educational, and cultural aspects. A comprehensive analysis of these factors will provide valuable insights into the structural challenges that must be addressed to maximize the benefits of family planning and enhance its role in fostering sustainable development.

Recent studies have highlighted the profound impact of family planning initiatives on individual and societal well-being. Empirical evidence suggests that well-implemented family planning programs significantly improve maternal and infant health, economic stability, and gender empowerment. In Pakistan, family planning interventions have reduced maternal and infant mortality rates, promoting better birth spacing and ultimately contributing to enhanced family welfare (Shah et al., 2025). Similarly, research conducted in Indonesia has established a strong correlation between family planning and improved quality of life among the general population (Utami et al., 2024). Despite these positive outcomes, challenges persist in ensuring widespread adoption of family planning practices. Socio-cultural barriers, limited healthcare accessibility, and unmet contraceptive needs continue to impede the full realization of family planning benefits (Shah et al., 2025). Addressing these obstacles through integrated strategies and evidence-based policymaking is crucial to maximizing the impact of family planning programs and ensuring their long-term sustainability. Family planning is also directly linked to population control and improved child health outcomes. Programs promoting birth spacing and contraceptive use have been found to reduce fertility rates and contribute to lower maternal and infant mortality rates. Research indicates that effective family planning initiatives lead to improved nutrition and overall health for children, underscoring the importance of sustained investment in such programs (Hatcher et al., 2023). Female participation in family planning programs—such as Indonesia’s Safari KB initiative—has increased women’s knowledge

and agency in reproductive decision-making, further improving family welfare (Juwita et al., 2023). Beyond immediate health benefits, family planning contributes to long-term socio-economic gains. Studies reveal that contraceptive use and reproductive health education empower women by enhancing their autonomy in reproductive choices, increasing their access to education, and facilitating greater workforce participation (Hatcher et al., 2023). The role of family planning in poverty alleviation is also evident in research from Uganda, where household welfare improved by 6.4% due to effective family planning measures, with consequential impacts in rural areas (Namuliira et al., 2022). Similarly, in Indonesia, family planning initiatives aim to foster economic, spiritual, and socio-cultural well-being among citizens (Asmidar et al., 2022). The role of counseling in family planning, acceptance, and decision-making has also been widely documented. Postpartum counseling has been found to significantly enhance women's understanding of contraceptive options, leading to higher participation rates (Nurjanah et al., 2022). A study in Indonesia demonstrated that health counseling programs effectively increased women's knowledge about their role in family planning, with awareness levels rising from 71% to 100% following targeted educational interventions (Juwita et al., 2023). These findings highlight the importance of ongoing education and community engagement in promoting the adoption of family planning across diverse cultural contexts.

Despite extensive research on family planning and its impact on maternal and child health, economic stability, and gender empowerment, several research gaps remain in both empirical and theoretical domains. While prior studies have established strong correlations between family planning initiatives and improved health outcomes (Shah et al., 2025; Utami et al., 2024), there is limited exploration of the long-term socio-economic effects, particularly regarding intergenerational wealth accumulation and the broader implications for sustainable development. Most existing literature primarily focuses on the immediate benefits of family planning, such as reduced maternal and infant mortality (Van der Hatcher et al., 2023) and increased female autonomy in reproductive decision-making (Juwita et al., 2023). However, fewer studies have examined how family planning influences economic mobility and household financial stability over multiple generations, which remains critical in assessing its long-term impact on family welfare. While research has highlighted barriers to adopting family planning, including socio-cultural resistance, inadequate healthcare access, and funding constraints (Akib et al., 2024; Shah et al., 2025), there is a lack of comprehensive policy analyses evaluating the effectiveness of different intervention models. Existing studies often examine policy success at the national level but usually overlook regional disparities in accessibility and service delivery, particularly in rural and marginalized communities. Furthermore, while studies acknowledge the role of family planning in poverty alleviation (Namuliira et al., 2022; Asmidar et al., 2022), there remains an insufficient understanding of how variations in family planning policies across different socio-economic contexts influence program outcomes. Addressing these gaps is essential to refining policy frameworks and ensuring that family planning initiatives are more inclusive, sustainable, and responsive to diverse demographic and cultural needs.

This study offers a novel contribution by providing a systematic literature review (SLR) that synthesizes the relationship between family planning and welfare from health and socio-economic perspectives. While previous research has primarily focused on the immediate health benefits of family planning—such as reductions in maternal and infant mortality and improved child health outcomes—there remains a significant gap in understanding its broader, long-term socio-economic implications. Unlike prior studies that examine family planning in isolation from economic mobility and gender empowerment, this research aims to integrate these dimensions to assess how access to reproductive health services influences household financial stability, educational attainment, and workforce participation. Additionally, while several studies acknowledge barriers to adopting family planning programs, there has been insufficient discussion on how variations in socio-cultural norms, healthcare infrastructure, and policy interventions impact program effectiveness across different populations. This study addresses these gaps by systematically analyzing empirical findings, identifying best practices, and evaluating the effectiveness of policies in ensuring equitable access to family planning services. The central research question of this study is: How does family planning impact family welfare beyond its health outcomes? Through an extensive review of existing literature, this study aims to provide a comprehensive understanding of how family planning contributes to

overall family well-being while offering evidence-based recommendations for improving policy frameworks to enhance participation and accessibility in diverse socio-economic and cultural contexts.

Literature Review

Human Capital Theory in Family Planning

Human Capital Theory, first developed by Becker (2009), emphasizes that investments in education, skills, and health are key factors in improving economic productivity and social well-being. This theory emphasizes that individuals are not merely resources but productive assets that require ongoing development through quality education, skill enhancement, and optimal healthcare (Hanushek & Woessmann, 2020). In the context of family planning, this perspective becomes even more critical, as controlling birth rates and spacing pregnancies allow families to allocate resources more efficiently. Families that plan their pregnancies can ensure that each child receives better education and healthcare, ultimately fostering higher economic mobility and national productivity (Heckman & Karapakula, 2019). Empirical research suggests that smaller family sizes facilitate more effective parental investment in child development, leading to improved cognitive skills and better career prospects. Children raised in well-planned households are more likely to receive sufficient nutritional support and healthcare services, significantly enhancing their long-term productivity (Woldehanna, 2010). Beyond individual benefits, the societal impact of family planning extends to labor market efficiency, as healthier and better-educated individuals contribute more effectively to economic growth. Additionally, historical evidence suggests that strategic family planning aligns with cultural shifts toward long-term investment behaviors, reinforcing the intergenerational benefits of human capital accumulation (Galor & Özak, 2016). In this sense, family planning is not merely a reproductive health issue but a fundamental economic strategy that empowers individuals and societies to achieve sustainable growth.

Investments in education, skills, and health are pivotal in enhancing economic productivity and social well-being, as emphasized by Human Capital Theory (Appleton & Teal, 1998). This perspective underscores the importance of developing individuals as productive assets through quality education and healthcare. In family planning, controlling birth rates and spacing pregnancies enable families to allocate resources more effectively, thereby improving the quality of life for each member (Starbird et al., 2016). Research suggests that smaller family sizes enable parents to devote more attention to their children's education and health, resulting in improved academic outcomes and enhanced future economic prospects. For instance, a study in Vietnam found that families with fewer children invested more in each child's education, resulting in higher educational attainment (Dang & Rogers, 2016). Moreover, planned pregnancies lead to improved maternal and child health outcomes, resulting in reduced neonatal mortality rates and increased individual life expectancy. Access to family planning services has been linked to improved health metrics, enhancing individuals' capacity to contribute productively to the economy. From an economic management perspective, families with fewer children can manage their finances more efficiently, save for the future, and invest in productive assets such as advanced education and skill development (Algarni et al., 2024). This efficient resource allocation stabilizes the household economy and creates better economic opportunities for future generations. Thus, family planning is a strategic tool in human capital development, fostering individual and societal economic growth.

Family planning is crucial in reducing poverty and enhancing social mobility by providing families with more significant economic opportunities (Banks, 2024). Research suggests that families with controlled birth rates can allocate resources more effectively, leading to improved financial outcomes. For instance, Connor et al. (2024) found that exposure to community poverty negatively impacts children's future economic mobility in rural America, suggesting that interventions such as family planning could help mitigate these effects. Additionally, a study by Dang & Rogers (2016) in Vietnam demonstrated that smaller family sizes allow for increased investment in each child's education, thereby enhancing human capital development. However, it is essential to recognize that family planning alone cannot address all dimensions of poverty. Tong (2024) notes that comprehensive approaches are necessary to tackle the multifaceted challenges of global poverty and

health disparities. Moreover, the relational experience of poverty can exacerbate challenges in family planning and health autonomy (Seale, 2017). Therefore, while family planning is vital for economic betterment, it should be integrated with broader social and economic policies to reduce poverty and promote social mobility effectively.

Family Planning

Family planning enhances public health and social well-being by enabling individuals and couples to control fertility and make informed reproductive decisions. According to Utomo et al. (2025), Indonesia's national family planning program has significantly reduced fertility rates over the past few decades, demonstrating its effectiveness in promoting reproductive autonomy and maternal health. The integration of contraceptive services, reproductive health education, and maternal care has allowed families to plan pregnancies under optimal health and financial conditions, thereby reducing health risks associated with unintended pregnancies. In Nepal, research by Atuhairwe et al. (2023) highlights that access to family planning services in the post-abortion period has directly contributed to lower maternal mortality rates, reinforcing the critical role of comprehensive reproductive health policies. Beyond maternal health benefits, family planning policies have also contributed to socioeconomic stability. Atuhaire et al. (2023) found that Uganda's equitable access to maternal health services has improved household welfare by reducing the financial burden of unplanned pregnancies, particularly in rural areas. Similarly, in Indonesia, the introduction of national health insurance in 2014 has facilitated cost-effective contraceptive use, making family planning services more accessible to lower-income groups (Suwantika et al., 2021). These findings underscore that family planning is not merely a health intervention but a strategic component of socioeconomic development. Ensuring widespread access to these services through evidence-based policies can further promote gender equality, improve child health outcomes, and enhance economic resilience in developing nations.

Family planning plays a fundamental role in improving public health by reducing unintended pregnancies, which directly contributes to lowering maternal and infant mortality rates. Goossens et al. (2018) suggest that well-planned pregnancies allow women to maintain their health before, during, and after childbirth, minimizing medical complications and increasing the likelihood of healthy births. Furthermore, birth spacing facilitated by contraceptive use has been associated with optimal child growth and reduced risks of chronic diseases related to early-life malnutrition (Cahill et al., 2018). These findings underscore the broader health benefits of family planning, extending beyond fertility control. In addition to maternal and child health, family planning initiatives contribute significantly to reproductive health by preventing sexually transmitted infections (STIs) and reducing unsafe abortion rates. Fischer et al. (2018) indicate that improved access to contraception and reproductive health education plays a crucial role in lowering unintended pregnancy rates, which in turn decreases the demand for unsafe abortion procedures. The impact of family planning programs extends beyond individual health outcomes to societal well-being, as evidenced by national policies that integrate reproductive healthcare into broader development goals. Programs such as Indonesia's Keluarga Berencana (KB) have successfully reduced fertility rates and enhanced healthcare accessibility, illustrating how strategic investments in family planning yield long-term public health benefits (Starbird et al., 2016). Ensuring equitable access to these services remains crucial for fostering sustainable health and economic growth.

Family planning is crucial in enhancing household economic stability by enabling families to allocate resources more efficiently. Studies indicate that smaller family sizes contribute to higher per capita income, allowing parents to invest more in their children's education and future opportunities (Laszlo et al., 2024). Economic policies that integrate reproductive health programs have demonstrated significant success in reducing financial burdens on families. Research in Uganda has found that effective family planning interventions contribute to poverty reduction by promoting more equitable household income distribution and improved resource management (Ariho & Kabagenyi, 2020). Beyond economic advantages, family planning empowers women by increasing their autonomy in reproductive decisions, ultimately enhancing their participation in higher education and the workforce. Evidence suggests that when women have access to contraceptive

options, they are more likely to complete their education and secure stable employment (Jejeebhoy & Sathar, 2024). This empowerment effect extends beyond individuals to national economies, as increased female labor force participation leads to higher GDP growth and overall societal well-being. Additionally, disparities in access to modern contraceptive methods remain a barrier in many developing nations, where socio-demographic and economic factors influence reproductive health choices (Vizheh et al., 2021). Addressing these inequalities through policy interventions and education programs is crucial for maximizing the economic and social benefits of family planning, ensuring long-term sustainability and inclusive development.

Family Welfare

Family welfare is a multifaceted concept encompassing economic stability, access to healthcare, child well-being, education, and social resilience. The ability of a family to maintain financial security directly affects its capacity to provide for children's education, healthcare, and future economic opportunities (Friedline et al., 2021). Research has shown that families with planned births allocate resources more effectively, resulting in better access to essential services and reduced financial stress. In Indonesia, family planning programs have contributed to lower fertility rates, which in turn have had a positive impact on household economic conditions (Nurjaeni et al., 2021). Beyond economic stability, family planning has a significant effect on maternal and child health. A well-structured family welfare system promotes access to healthcare services, which in turn improves maternal health outcomes and reduces infant mortality rates. Studies in Pakistan highlight that socio-cultural barriers hinder the adoption of family planning, affecting the overall well-being of mothers and children (Shah et al., 2025). Additionally, research in Uganda indicates that households utilizing family planning services experience a notable improvement in their overall welfare, particularly in rural areas where economic hardships are more pronounced (Namuliira et al., 2022). These findings underscore the need for policies that integrate family planning with social welfare initiatives to maximize economic, health, and social benefits for families across diverse cultural and economic contexts.

Family health is pivotal in determining overall household well-being, particularly in ensuring the long-term stability of economic and social structures. Maternal and child health are essential indicators of family welfare, as healthier mothers are better equipped to care for their children and create an optimal environment for their development (Ferede Gebremedhin et al., 2022). Research has shown that access to effective family planning programs contributes to reducing maternal and infant mortality rates while also decreasing the likelihood of high-risk pregnancies. In Indonesia, structured family planning initiatives have significantly improved child health outcomes, including lower rates of malnutrition and improved birth weight statistics (Santoso et al., 2024). Beyond individual health benefits, the broader societal impact of family planning is reflected in increased life expectancy and enhanced productivity among working-age populations. Access to quality healthcare services has been linked to higher workforce participation and economic resilience, particularly in low-income communities. In Uganda, households participating in family planning interventions reported improved overall welfare, primarily due to enhanced access to maternal healthcare and reduced healthcare expenditures (Namuliira et al., 2022). However, socio-cultural barriers continue to hinder the widespread adoption of these services, as observed in Pakistan, where misconceptions about contraceptive use contribute to lower participation rates and poorer maternal health outcomes (Ahmed et al., 2024). Addressing these gaps through policy-driven healthcare accessibility remains essential to fostering sustainable improvements in family welfare

Family welfare promotes household emotional and psychological stability, particularly by mitigating stress and enhancing overall well-being. Families with strong financial foundations and effective family planning strategies tend to experience lower levels of financial anxiety, leading to improved mental health and stronger familial bonds (Price et al., 2010). Families with economic stability can allocate more resources to healthcare, education, and psychological support, creating a more nurturing environment for children. Molina (2021) suggests that economic hardships often contribute to work-family conflicts, leading to increased tension and reduced marital satisfaction. These stressors, if unaddressed, can negatively impact child development, as children in financially

unstable households tend to experience higher levels of emotional distress and lower academic performance. Beyond financial security, access to strong social support networks significantly enhances family resilience. Families that engage with community-based support systems, such as mental health programs and parental counseling services, report lower levels of psychological distress and stronger adaptive coping mechanisms (Vladislav et al., 2024). Peleg & Peleg (2025) emphasized the significance of family resilience in coping with external stressors, noting that emotionally stable households exhibit higher problem-solving abilities and more effective conflict resolution. Strengthening policies that provide equitable access to mental health services, family counseling, and financial literacy programs is essential in ensuring that all families, particularly those in vulnerable socioeconomic conditions, can build long-term resilience and stability.

Research Design and Methodology

Study Design

This research employs a qualitative study design, utilizing the Systematic Literature Review (SLR) method, to analyze the impact of family planning on family welfare. The SLR approach was chosen to systematically collect, evaluate, and synthesize existing studies from reputable academic sources. By examining prior research, this study aims to identify key themes, trends, and knowledge gaps regarding the role of family planning in economic stability, healthcare access, and psychological well-being. The systematic approach ensures objectivity and reliability in assessing the collective findings from diverse academic contributions.

Sample Population or Subject of Research

The study focuses on peer-reviewed journal articles, academic books, and conference proceedings published between 2015 and 2025 that examine the relationship between family planning and family welfare. Only publications from established academic publishers such as Elsevier, Emerald, Wiley, and Springer are considered to maintain research credibility. The inclusion criteria require that the studies employ empirical, theoretical, or conceptual frameworks that discuss economic security, maternal and child health, education, and psychological resilience in family planning. Studies that lack substantial empirical or theoretical contributions are not peer-reviewed, or duplicate existing findings are excluded from the review process.

Data Collection Techniques and Instrument Development

The research gathers data from academic databases, including Scopus, Web of Science, and Google Scholar, using targeted search terms such as "family planning," "economic stability," "maternal and child health," and "family welfare." A multi-stage selection process was applied, beginning with title and abstract screening to assess relevance and followed by full-text analysis to ensure that only high-quality studies were included. A structured data extraction framework was employed to categorize studies based on their research methodology and findings and to identify knowledge gaps.

Data Analysis Techniques

The extracted data were analyzed using thematic analysis, which identified core themes related to the role of family planning in enhancing family welfare. The findings were further assessed through a comparative analysis, which allowed for the identification of similarities, contradictions, and emerging trends across different studies. Content analysis techniques were also employed to identify areas that require further research. This synthesis provides a comprehensive perspective on how family planning affects the economic, social, and psychological aspects of family welfare, thereby contributing to evidence-based policymaking and academic discourse.

Findings and Discussion

Findings

Family planning is crucial in enhancing household health outcomes, particularly in reducing maternal and infant mortality rates. Research consistently shows that planned pregnancies, spaced

appropriately, significantly decrease the likelihood of complications during childbirth. These complications include conditions such as pre-eclampsia, hemorrhage, and sepsis, which are major contributors to maternal mortality, particularly in low-resource settings (Shah et al., 2025). Additionally, longer birth intervals are associated with improved maternal health, as they allow the mother sufficient time to recover physically and emotionally before the subsequent pregnancy. This spacing also reduces the risks associated with short-term pregnancies, such as premature birth and low birth weight. When pregnancies are planned and spaced, they result in healthier children with improved birth weights, enhanced cognitive development, and a lower likelihood of infant mortality. For example, children from families who utilize family planning services often have better nutrition, a more muscular immune system, and increased access to regular health check-ups (Utami et al., 2024). Moreover, family planning plays a critical role in improving reproductive health by reducing the incidence of sexually transmitted infections (STIs), unsafe abortions, and pregnancy-related complications. Ensuring that families have access to family planning resources, including counseling and contraceptives, empowers women to make informed decisions about their reproductive health, contributing to better overall family health and reduced healthcare costs in the long term.

Family planning programs have a significant socio-economic impact by promoting economic stability and improving household financial management. By allowing families to plan the number of children they have, family planning enables parents to allocate resources more efficiently. This resource management helps families to prioritize expenditures on essential needs, such as healthcare, education, and housing. Families with fewer children can save more money and invest in long-term financial goals, such as purchasing assets or establishing businesses, thereby strengthening their economic security over time (Algarni et al., 2024). This practice significantly contributes to increased household income and improved quality of life, as families can invest in education, skill development, and healthcare without the stress of supporting many dependents. In addition, family planning programs promote gender equality by giving women more control over their reproductive decisions, which can have far-reaching impacts on women's education and employment opportunities. Research indicates that empowering women with reproductive health choices allows them to participate more fully in the workforce and educational opportunities, leading to higher economic independence and stronger family economies. Studies show that women who practice family planning can invest in their careers and contribute significantly to the national economy (Vladislav et al., 2024). This empowerment, in turn, enhances family welfare and can have long-term benefits for communities, reducing economic disparities.

Family planning has a profound impact on social mobility and educational opportunities, as it enables families to allocate their resources more effectively towards the education and development of each child. Families with fewer children can allocate more resources per child, ensuring that each child receives higher-quality education, better nutrition, and access to essential learning materials. As a result, children from smaller families tend to perform better academically and have better long-term career prospects. This investment in education helps break the cycle of poverty, as children with access to quality education are more likely to secure well-paying jobs and make positive contributions to the economy (Ariho & Kabagenyi, 2020). Furthermore, family planning enables families to provide their children with the time and resources necessary to develop essential skills, pursue higher education, and achieve significant career success. Studies indicate that children from families that practice birth spacing are more likely to complete higher levels of education and have better job opportunities than those from families with many children, where resources are often stretched thin (Dang & Rogers, 2016). Additionally, family planning promotes economic mobility by ensuring the next generation has better opportunities to improve their social and financial standing. This improvement in educational attainment and career success enhances overall social mobility, enabling individuals to surpass the poverty threshold and ultimately benefit society.

Despite the known benefits, the successful implementation of family planning programs faces numerous barriers. One significant challenge is socio-cultural resistance. In many cultures, particularly in traditional and religious communities, the use of contraception is viewed as contrary to social or spiritual beliefs, which can result in a low adoption rate of family planning methods. Research shows that in Pakistan, for example, cultural norms that emphasize large family sizes limit

the acceptance of family planning, especially in rural areas. Women in these regions face societal pressure and sometimes stigmatization when choosing to use contraception (Ahmed et al., 2024). In addition, limited access to reproductive health services is another challenge that hinders the success of family planning programs. Many rural areas, particularly in low-income countries, suffer from a lack of healthcare infrastructure, which prevents individuals from accessing family planning services and contraceptive methods. The absence of trained healthcare professionals and inadequate supply chains also hinders the effectiveness of family planning programs (Atuhaire et al., 2023). Finally, despite government initiatives, policy implementation gaps persist, including inadequate funding, lack of public awareness campaigns, and insufficient integration of family planning services into the broader national health policies. These gaps must be addressed to ensure that family planning programs reach all individuals, regardless of their geographic location or socioeconomic status, thereby maximizing their effectiveness.

Several best practices have been identified to address the challenges in implementing family planning. Community-based approaches are considered highly effective in overcoming socio-cultural resistance. Involving local community leaders, religious figures, and healthcare professionals in family planning programs helps to reduce stigma and increase acceptance. Evidence shows that programs incorporating community engagement tend to achieve higher participation rates aligning with local values and concerns (Cahill et al., 2018). Furthermore, integrating digital technologies into family planning programs has expanded access to contraceptive methods and health education. Mobile health apps, telemedicine services, and online platforms for contraceptive counseling are effective in reaching remote populations, particularly in underserved regions. Another key recommendation is adopting evidence-based policies considering local socio-cultural, economic, and political contexts. Governments should collaborate with NGOs, private sector organizations, and international agencies to ensure sustainable implementation of family planning programs. Effective policies should promote access to quality reproductive healthcare services, education, and contraceptive methods while also addressing social and economic disparities. These strategies will enhance the reach and effectiveness of family planning programs, resulting in improved family welfare and long-term societal benefits.

Discussion

The findings of this study indicate that family planning programs have a broad and significant impact on family welfare, encompassing health, social, and economic aspects. The analysis suggests that access to family planning services enables couples to make informed reproductive decisions, thereby reducing the risk of maternal and infant health complications. The ability to space pregnancies adequately has been shown to lower maternal mortality rates by minimizing the likelihood of high-risk pregnancies and unsafe deliveries. Mothers who have sufficient time to recover between pregnancies experience improved overall health outcomes, reducing the risks associated with frequent childbirth. Additionally, infants born to mothers who have planned pregnancies and adequate birth spacing tend to have higher survival rates and face fewer health challenges, such as malnutrition and low birth weight, which are common among children born in rapid succession. These findings reinforce the fundamental notion that family planning is not merely a demographic control tool but a crucial public health intervention that directly enhances the well-being of both mothers and children. Effective family planning programs contribute to healthier communities by preventing unintended pregnancies, reducing the burden on healthcare systems, and ensuring that children grow up in environments conducive to optimal development. Therefore, integrating family planning services into national healthcare frameworks remains a crucial policy priority to enhance maternal and child health outcomes.

Furthermore, this study finds that families with access to family planning services tend to exhibit more excellent economic stability compared to those who do not utilize contraception methods. This aligns with economic family theories that suggest that having fewer children allows families to allocate resources more efficiently, ensuring that financial, educational, and healthcare needs are met without excessive financial strain. Households that engage in family planning are better equipped to invest in their children's future by providing access to higher-quality education, healthcare, and

extracurricular opportunities that enhance their long-term economic prospects. Families that plan their reproductive decisions are more likely to escape financial hardship and accumulate savings, making them less vulnerable to economic shocks. The financial stability achieved through family planning is particularly crucial in lower-income households, where an unplanned increase in family size can lead to food insecurity, inadequate access to healthcare, and lower educational attainment for children. Moreover, planned families can allocate their financial resources strategically, allowing for long-term investments such as homeownership and small business development, which further enhances their economic resilience. These findings suggest that family planning should be viewed not only as a public health issue but also as a key instrument in reducing economic disparities and promoting financial well-being across different socioeconomic groups.

This study also finds that women who have access to family planning services exhibit higher levels of autonomy in decision-making, particularly in regard to reproductive health and workforce participation. Women who can effectively plan their pregnancies are more likely to pursue higher education, develop professional skills, and enter the workforce, contributing to household income and overall family welfare. The ability to delay or space childbirth empowers women by giving them greater control over their career trajectories, leading to increased participation in formal employment and entrepreneurship. This, in turn, enhances their financial independence and contributes to gender equality in both domestic and professional settings. Additionally, participation in family planning has been linked to improved psychological well-being among women, as it reduces the stress associated with unplanned pregnancies and allows them to make informed decisions about their health and future. Women who have reproductive autonomy report higher levels of life satisfaction and self-efficacy, reinforcing the broader socio-economic benefits of ensuring universal access to contraception. These findings align with the broader gender empowerment discourse, which posits that reproductive rights and access to family planning are essential for achieving more significant social and economic equity for women. The ability to plan pregnancies is not only a health-related issue but also a determinant of women's long-term opportunities in education and economic engagement.

Despite the evident benefits of family planning, this study also reveals several challenges associated with its implementation, particularly those related to social and cultural factors. In many communities, resistance to contraceptive use persists due to deeply entrenched religious and cultural beliefs that view large families as a moral or social obligation. These perceptions often create barriers to the adoption of family planning programs, making it difficult to achieve widespread acceptance. Additionally, limited access to reproductive healthcare services, particularly in rural and underserved areas, continues to hinder the effectiveness of family planning initiatives. Many women, especially those in remote locations, face logistical and financial constraints that prevent them from obtaining contraceptives or receiving reproductive health counseling. Healthcare infrastructure gaps, shortages of trained medical professionals, and inconsistent funding further exacerbate these issues, limiting the reach and impact of existing family planning programs. Addressing these barriers requires a culturally sensitive approach that involves community leaders, religious figures, and local health advocates to promote greater acceptance of family planning services. Furthermore, policy efforts should focus on expanding healthcare accessibility through mobile health units, digital health platforms, and government-subsidized family planning programs to ensure equitable access across all socio-economic and geographic groups. While the theoretical advantages of family planning are well-documented, practical challenges in implementation remain significant and necessitate targeted interventions to maximize the benefits of these programs.

Regarding the theoretical framework supporting the findings of this study, human capital theory, as proposed by Becker (2009), serves as a crucial foundation for explaining how family planning contributes to overall family welfare. This theory asserts that investment in education, health, and skill development is fundamental to individual productivity and long-term economic growth. Family planning plays a crucial role in this process by enabling families to allocate their resources more effectively, ensuring that each child receives a higher quality of education and access to better healthcare services. By reducing the financial strain associated with unplanned pregnancies, families can focus on providing educational opportunities that enhance their children's future earning

potential and socio-economic mobility. Moreover, parents with fewer dependents can invest in skill development and professional growth, further reinforcing economic stability at the household level. Human Capital Theory aligns with findings demonstrating a positive correlation between family planning and women's empowerment. Women with greater control over their reproductive choices are more likely to pursue higher education, participate in the workforce, and contribute economically to their households. This enhances individual well-being and national economic development, as a well-educated and healthy workforce drives productivity and innovation. Prior studies have demonstrated that effective family planning policies lead to long-term financial benefits, as educated individuals tend to earn higher incomes and accumulate wealth more efficiently (Appleton & Teal, 1998). Therefore, ensuring widespread access to family planning services is crucial for promoting sustainable economic growth and enhancing societal well-being.

Compared to previous research, the findings of this study demonstrate consistency with various studies conducted in different countries, reinforcing the broader impact of family planning on family welfare. For instance, research by Ariho and Kabagenyi (2020) in Uganda found that family planning has a significant impact on reducing maternal and infant mortality rates while also improving household well-being. Similarly, Utami et al. (2024) conducted a study in Indonesia, revealing that family planning programs are closely linked to improved health and economic outcomes. These findings align with the results of this study, which highlight the role of family planning in promoting financial stability, enhancing access to healthcare, and fostering higher educational attainment for children. Furthermore, Namuliira et al. (2022) provided empirical evidence indicating that families utilizing family planning services experienced a 6.4% increase in overall economic welfare, particularly in rural areas where financial hardships are more pronounced. These findings confirm that family planning is not merely a population control mechanism but also an essential strategy for enhancing families' overall quality of life by enabling better resource allocation and long-term financial planning.

However, some findings diverge from previous studies, highlighting contextual differences in the effectiveness of family planning programs. Research conducted by Ahmed et al. (2024) in Pakistan revealed that despite the well-documented benefits of family planning, contraceptive adoption remains significantly low due to substantial social and religious barriers. This suggests that the success of family planning programs is not universal but is highly dependent on cultural contexts, societal norms, and local attitudes toward reproductive health. These differences underscore the need for culturally sensitive approaches and flexible policy frameworks that address specific social barriers hindering the adoption of family planning methods. Given these variations, future interventions should integrate community-driven initiatives and culturally inclusive policies to enhance the acceptance and effectiveness of family planning (Jejeebhoy & Sathar, 2024).

The practical implications of this study’s findings are extensive, particularly in public health policy and socio-economic development strategies. One of the most significant implications is the urgent need to expand access to family planning services in remote and underserved areas. Ensuring that individuals and couples have accurate information and unrestricted access to reproductive healthcare is essential in enhancing family welfare. This can be achieved by strengthening healthcare infrastructure, training healthcare professionals, and utilizing technology-driven solutions, such as telemedicine, to reach communities with limited access to medical facilities. Digital health platforms can play a crucial role in providing consultations, contraceptive education, and reproductive health services, thereby bridging the gap in healthcare accessibility. Additionally, community-based education campaigns should be intensified, leveraging the influence of religious leaders, community figures, and healthcare providers to foster greater acceptance of family planning programs and dispel common misconceptions. Collaboration between government institutions and the private sector ensures that financial barriers do not hinder access to reproductive health services. Establishing subsidized or cost-free family planning programs for low-income households can significantly enhance participation rates and promote long-term economic stability. Policy interventions must be evidence-based, considering social, cultural, and economic factors to ensure the sustainability and effectiveness of family planning initiatives. Research has consistently shown that well-structured family planning programs improve reproductive health outcomes and contribute to broader economic

and social advancements by enabling families to allocate resources more efficiently. Considering these findings, this study underscores the need for family planning programs to be viewed as more than just a reproductive health measure; they should be recognized as a fundamental driver of overall family well-being.

Conclusion

This study has explored the multifaceted impact of family planning on family welfare, focusing on its health, economic, and social dimensions. The findings underscore that family planning plays a pivotal role in reducing maternal and infant mortality rates, improving child health outcomes, and empowering women by giving them greater control over their reproductive choices. Furthermore, access to family planning services enables families to allocate resources more efficiently, enhancing financial stability, increasing investment in education, and improving overall quality of life. While previous studies have highlighted the health benefits of family planning, this research extends the discussion by demonstrating its broader socio-economic implications. The study also acknowledges the challenges in implementing family planning programs, including cultural and religious barriers, limited access to healthcare in rural areas, and insufficient policy coordination. These challenges highlight the need for culturally sensitive interventions and targeted policy measures to enhance program effectiveness.

The contribution of this study lies in its comprehensive analysis of family planning, which extends beyond traditional reproductive health benefits and offers a more integrated perspective on its role in socioeconomic development. This research provides valuable insights for policymakers, healthcare providers, and development agencies by bridging the gap between health, financial well-being, and education. The practical implications of these findings suggest that expanding access to family planning services, particularly in underserved regions, can significantly enhance national health outcomes and economic productivity. Furthermore, integrating technology, such as digital health platforms and telemedicine, can facilitate access to reproductive health services, ensuring that more families benefit from planned and healthier pregnancies. From a managerial perspective, governments and private sectors should collaborate to create sustainable, evidence-based policies that support family planning initiatives, reduce financial barriers, and promote community-based educational campaigns. These strategies will enhance public health and contribute to broader socio-economic progress.

Despite its valuable contributions, this study has limitations that should be acknowledged. The research relies on secondary data sources and literature synthesis, which, while comprehensive, may not fully capture regional variations in family planning implementation and its outcomes. Additionally, socio-cultural differences across populations may influence the effectiveness of policy interventions, necessitating further localized research. Future studies should consider conducting empirical investigations through primary data collection, including longitudinal studies and qualitative interviews, to gain a deeper understanding of the lived experiences of individuals and families who use family planning services. Moreover, expanding research on integrating digital technologies in family planning could clarify how modern innovations can improve service delivery and accessibility. Given the ongoing global shifts in healthcare and socio-economic development, future research should continue to explore the evolving role of family planning in promoting sustainable development and reducing inequalities in access to reproductive health services.

References

Ahmed, F., Malik, N. I., Bashir, S., Noureen, N., Ullah, S., Ahmed, J. B., Mansoor, T., & Tang, K. (2024). “An obedient wife never says ‘no’ to her virtual god.” High fertility conceptions and barriers to contraceptive use among mothers of Southern Pakistan: a qualitative study. *BMC Public Health*, *24*(1), 2157. https://doi.org/10.1186/s12889-024-19484-9

Algarni, M. A., Ali, M., & Ali, I. (2024). The role of financial parenting, childhood financial socialization, and childhood financial experiences in developing financial well-being among adolescents in their later life. *Journal of Economic and Administrative Sciences*, *ahead-of-*

print(ahead-of-print). https://doi.org/10.1108/JEAS-07-2023-0194

Appleton, S., & Teal, F. (1998). *Human capital and economic development*. African Development Bank Group.

Ariho, P., & Kabagenyi, A. (2020). Age at first marriage, age at first sex, family size preferences, contraception and change in fertility among women in Uganda: analysis of the 2006–2016 period. *BMC Women's Health*, *20*(1), 8. https://doi.org/10.1186/s12905-020-0881-4

Asmidar, C., Masni, M., Stang, S., Salmah, U., Bustan, N., & Wahiduddin, W. (2022). Influence of family planning program implementation on the level of family welfare in Wundulako District Kolaka. *International Journal of Health Sciences*, *I*, 8268–8282. https://doi.org/10.53730/ijhs.v6ns1.6848

Atuhaire, P., Kiracho-Ekirapa, E., & Mutenyo, J. (2023). How equitable is utilization of maternal health services in Uganda? Implications for achieving universal health coverage. *BMC Health Services Research*, *23*(1), 1–12. https://doi.org/10.1186/s12913-023-09749-1

Atuhairwe, S., Hanson, C., Tumwesigye, N. M., Gemzell-Danielsson, K., & Byamugisha, J. (2023). Second trimester post-abortion family planning uptake and associated factors in 14 public health facilities in Central Uganda: a cross-sectional study. *Contraception and Reproductive Medicine*, *8*(1), 1–9. https://doi.org/10.1186/s40834-022-00199-4

Banks, J. A. (2024). *Prosperity and parenthood: A study of family planning among the Victorian middle classes*. Taylor & Francis.

Becker, G. S. (2009). *Human capital: A theoretical and empirical analysis, with special reference to education*. University of Chicago press.

Cahill, N., Sonneveldt, E., Stover, J., Weinberger, M., Williamson, J., Wei, C., Brown, W., & Alkema, L. (2018). Modern contraceptive use, unmet need, and demand satisfied among women of reproductive age who are married or in a union in the focus countries of the Family Planning 2020 initiative: a systematic analysis using the Family Planning Estimation Tool. *Lancet*, *391*, 870–882. https://doi.org/10.1016/ S0140-6736(17)33104-5

Connor, D. S., Xie, S., Uhl, J. H., Talbot, C., Hester, C., Jaworski, T., Gutmann, M., Leyk, S., & Hunter, L. (2024). Spatial poverty dynamics and social mobility in rural America. *Population, Space and Place*, *30*(8), e2802. https://doi.org/10.1002/psp.2802

Dang, H.-A. H., & Rogers, F. H. (2016). The Decision to Invest in Child Quality over Quantity: Household Size and Household Investment in Education in Vietnam. *The World Bank Economic Review*, *30*(1), 104–142. https://doi.org/10.1093/wber/lhv048

der Hatcher, V., Williams, M., Dorin, P., & Switzer, K. (2023). Catalyzing Sustainable Development: Assessing the Impact of Family Plan-ning Programs on Population Control, Reproductive Health, and Gender Empowerment. *Law and Economics*, *17*(2), 111–130. https://doi.org/10.35335/laweco.v17i2.4

Ferede Gebremedhin, A., Dawson, A., & Hayen, A. (2022). Evaluations of effective coverage of maternal and child health services: A systematic review. *Health Policy and Planning*, *37*(7), 895–914. https://doi.org/10.1093/heapol/czac034

Fischer, S., Royer, H., & White, C. (2018). The impacts of reduced access to abortion and family planning services on abortions, births, and contraceptive purchases. *Journal of Public Economics*, *167*, 43–68. https://doi.org/https://doi.org/10.1016/j.jpubeco.2018.08.009

Friedline, T., Chen, Z., & Morrow, S. (2021). Families' Financial Stress & Well-Being: The Importance of the Economy and Economic Environments. *Journal of Family and Economic Issues*, *42*(1), 34–51. https://doi.org/10.1007/s10834-020-09694-9

Galor, O., & Özak, Ö. (2016). The Agricultural Origins of Time Preference. *American Economic*

Review, *106*(10), 3064–3103. https://doi.org/10.1257/aer.20150020

Goossens, J., Beeckman, D., Van Hecke, A., Delbaere, I., & Verhaeghe, S. (2018). Preconception lifestyle changes in women with planned pregnancies. *Midwifery*, *56*, 112–120. https://doi.org/https://doi.org/10.1016/j.midw.2017.10.004

Hanushek, E. A., & Woessmann, L. (2020). *The economic impacts of learning losses*. OECD Publishing. https://doi.org/10.1787/21908d74-en

Hardee, K., & Jordan, S. (2021). Advancing Rights-Based Family Planning from 2020 to 2030. *Open Access Journal of Contraception*, *12*(null), 157–171. https://doi.org/10.2147/OAJC.S324678

Heckman, J. J., & Karapakula, G. (2019). *Intergenerational and intragenerational externalities of the Perry Preschool Project*. National Bureau of Economic Research. https://doi.org/10.3386/w25889

Islam, M. R. (2024). Exploring Family Planning Strategies. In *Family Planning and Sustainable Development in Bangladesh: Empowering Marginalized Communities in Asian Contexts* (pp. 23–43). Emerald Publishing Limited. https://doi.org/10.1108/978-1-83549-164-520241003

Jejeebhoy, S. J., & Sathar, Z. (2024). Revisiting women's empowerment and contraception. *Population and Development Review*, *50*(S2), 597–623. https://doi.org/10.1111/padr.12688

Juwita, S., Argaheni, N. B., Marni, A. S., & Hutajulu, M. (2023). The Role of Women in Improving Family Welfare through Family Planning Safari Program: The Role of Women in Improving Family Welfare through Family Planning Safari Program. *Community Development Journal*, *7*(2), 113–119. https://doi.org/10.33086/cdj.v7i2.4165

Laszlo, S., Majid, M. F., & Renée, L. (2024). Conditional cash transfers and women's reproductive choices. *Health Economics*, *33*(2). https://doi.org/10.1002/hec.4768

Molina, J. A. (2021). The Work–Family Conflict: Evidence from the Recent Decade and Lines of Future Research. *Journal of Family and Economic Issues*, *42*(1), 4–10. https://doi.org/10.1007/s10834-020-09700-0

Namuliira, P., Lokina, R. B., & Pantaleo, I. (2022). Household welfare perspective of family planning utilization in Uganda. *African Sociological Review/Revue Africaine de Sociologie*, *26*(1), 26–52. https://doi.org/10.57054/asr.v26i1.3977

Nurjaeni, N., Sawangdee, Y., Pattaravanich, U., Holumyong, C., & Chamratrithirong, A. (2021). The role of structural and process quality of family planning Care in Modern Contraceptive use in Indonesia: a multilevel analysis. *BMC Public Health*, *21*(1), 1790. https://doi.org/10.1186/s12889-021-11858-7

Nurjanah, S., Adriana, N. P., Pratiwi, E. N., & Apriani, A. (2022). The Effect of Counseling on Family Planning Acceptors in Decision Making on Contraceptive Devices during the Postpartum Period. *Formosa Journal of Science and Technology*, *1*(5), 593–602. https://doi.org/10.55927/fjst.v1i5.1277

Passano, P., Choi, M. A., & Matusiewicz, M. (2023). How Can Girls' Education and Family Planning Improve Community Resilience to Climate Change in the Sahel? *The Journal of Population and Sustainability*, *7*(2), 59–88. https://doi.org/10.3197/jps.63799953906869

Peleg, O., & Peleg, M. (2025). Is Resilience the Bridge Connecting Social and Family Factors to Mental Well-Being and Life Satisfaction? *Contemporary Family Therapy*, *47*(1), 87–101. https://doi.org/10.1007/s10591-024-09707-x

Price, S. J., Price, C. A., & McKenry, P. C. (2010). *Families & change: Coping with stressful events and transitions*. Sage.

Ross, J. A. (2021). Contraceptive use, access to methods, and program efforts in urban areas.

Frontiers in Global Women's Health, *2*, 636581. https://doi.org/10.3389/fgwh.2021.636581

Santoso, A. B., Riniwati, H., Asmara, R., Hidayati, B., & Salah, A. K. (2024). Family Planning Education to Advance SDGs with Insights on Fertility and Stunting Reduction. *Journal of Nonformal Education*, *10*(2), 468–481. https://doi.org/10.15294/jone.v10i2.3525

Seale, E. (2017). The Relational Experience of Poverty: Challenges for Family Planning and Autonomy in Rural Areas. *Poverty & Public Policy*, *9*(3), 331–354. https://doi.org/10.1002/pop4.181

Senderowicz, L., & Valley, T. (2023). Fertility Has Been Framed: Why Family Planning Is Not a Silver Bullet for Sustainable Development. *Studies in Comparative International Development*. https://doi.org/10.1007/s12116-023-09410-2

Shah, N., Jehajo, N., & Hussain, H. M. (2025). Family Planning Effects On Maternal And Child Health In Pakistan-A Narrative Review. *Insights-Journal of Health and Rehabilitation*, *3*(3 (Health & Rehab)), 34–40.

Starbird, E., Norton, M., & Marcus, R. (2016). Investing in Family Planning: Key to Achieving the Sustainable Development Goals. *Global Health, Science and Practice*, *4*(2), 191–210. https://doi.org/10.9745/ghsp-d-15-00374

Suwantika, A. A., Zakiyah, N., Puspitasari, I. M., & Abdulah, R. (2021). Cost-Effectiveness of Contraceptive Use in Indonesia after the Implementation of the National Health Insurance System. *Journal of Pregnancy*, *2021*(1), 3453291. https://doi.org/10.1155/2021/3453291

Tong, M. (2024). *Multifaceted Social Work Practices in Tackling Deep Poverty BT - Multidimensional Practice of Social Work for Poverty Alleviation in China* (M. Tong (ed.); pp. 87–139). Springer Nature Singapore. https://doi.org/10.1007/978-981-97-9681-6_3

Utami, R., Sampurna, R. H., & Amirulloh, M. R. (2024). Implementation of the family planning program to improve the quality of life of community residents at Cibeureum, Sukabumi city-Indonesia. *Malahayati International Journal of Nursing and Health Science*, *7*(1), 52–59. https://doi.org/10.33024/minh.v7i1.242

Utomo, B., Rahayu, S., Liyanto, E., Romadlona, N. A., Nuryana, D., Aryanty, R. I., Hidayat, M., Sariastuti, A., Gayatri, M., & Magnani, R. (2025). The Indonesian national family planning program: progress and remaining challenges in implementing a rights-based approach. *International Journal of Human Rights in Healthcare*, *18*(1), 1–16. https://doi.org/10.1108/IJHRH-06-2023-0049

Vizheh, M., Muhidin, S., Behboodi Moghadam, Z., & Zareiyan, A. (2021). Women empowerment in reproductive health: a systematic review of measurement properties. *BMC Women's Health*, *21*(1), 424. https://doi.org/10.1186/s12905-021-01566-0

Vladislav, E. O., Marc, G., Paica, C.-I., & Pop, O. (2024). Family resilience in a social-ecological context–emotional difficulties and coping strategies. *Frontiers in Psychology*, *15*, 1421745. https://doi.org/10.3389/fpsyg.2024.1421745

Woldehanna, T. (2010). *Productive Safety Net Program and children's time use between work and schooling in Ethiopia*. Springer.