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PROTEKSI ISI LAPORAN AKHIR PENELITIAN

Dilarang menyalin, menyimpan, memperbanyak sebagian atau seluruh isi laporan ini dalam bentuk apapun kecuali oleh peneliti dan pengelola administrasi penelitian

LAPORAN AKHIR PENELITIAN

ID Proposal: 445be6d7-d84d-4d45-884c-a4dcceae5597
laporan akhir Penelitian: tahun ke-1 dari 1 tahun

1. IDENTITAS PENELITIAN

A. JUDUL PENELITIAN

Independent Factors and Family Engagement in Childfree Decision Making in Adult Couples

B. BIDANG, TEMA, TOPIK, DAN RUMPUN BIDANG ILMU

Bidang Fokus RIRN / Bidang Unggulan Perguruan Tinggi	Tema	Topik (jika ada)	Rumpun Bidang Ilmu
Kesehatan	-		Ilmu Keperawatan

C. KATEGORI, SKEMA, SBK, TARGET TKT DAN LAMA PENELITIAN

Kategori (Kompetitif Nasional/ Desentralisasi/ Penugasan)	Skema Penelitian	Strata (Dasar/ Terapan/ Pengembangan)	SBK (Dasar, Terapan, Pengembangan)	Target Akhir TKT	Lama Penelitian (Tahun)
Penelitian Kompetitif Nasional			SBK Riset Pembinaan/ Kapasitas	3	1

2. IDENTITAS PENGUSUL

Nama (Peran)	Perguruan Tinggi/ Institusi	Program Studi/ Bagian	Bidang Tugas	ID Sinta	H-Index
SHINTA ALIFIANA RAHMAWATI - Anggota Pengusul	Universitas Muhammadiyah Lamongan	Pendidikan Profesi Bidan	1. Mengidentifikasi dan merumuskan masalah 2. Melakukan studi literatur 3. Menyusun instrumen penelitian dan melakukan uji validitas serta uji reliabilitas	6789044	0

			<ul style="list-style-type: none"> 4. Melakukan uji etik 5. Mengumpulkan data penelitian 6. Menganalisa data 7. Menyusun laporan 8. Melakukan publikasi 		
SUHARIYATI - Ketua Pengusul	Universitas Muhammadiyah Lamongan	Keperawatan	<ul style="list-style-type: none"> 1. Melakukan persiapan dengan koordinasi untuk membuat kesepakatan tim terkait observasi fenomena dan menentukan topik penelitian 2. Mengidentifikasi dan merumuskan masalah 3. Melakukan studi literatur 4. Menyusun instrumen penelitian dan melakukan uji validitas serta uji reliabilitas 5. Melakukan uji etik 6. Mengumpulkan data penelitian 7. Menganalisa data 8. Menyusun laporan 9. Melakukan publikasi 	6714707	0
MASUNATUL UBUDIYAH - Anggota Pengusul	Universitas Muhammadiyah Lamongan	Pendidikan Profesi Ners	<ul style="list-style-type: none"> 1. Melakukan studi literatur 2. Menyusun instrumen penelitian dan melakukan uji validitas serta uji reliabilitas 3. Melakukan uji etik 4. Mengumpulkan data penelitian 5. Menganalisa data 6. Menyusun laporan 7. Melakukan publikasi 	6789198	1

3. MITRA KERJASAMA PENELITIAN (JIKA ADA)

Pelaksanaan penelitian dapat melibatkan mitra kerjasama, yaitu mitra kerjasama dalam melaksanakan

penelitian, mitra sebagai calon pengguna hasil penelitian, atau mitra investor

Mitra	Nama Mitra
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4. LUARAN DAN TARGET CAPAIAN

Luaran Wajib

Tahun Luaran	Jenis Luaran	Status target capaian (accepted, published, terdaftar atau granted, atau status lainnya)	Keterangan (url dan nama jurnal, penerbit, url paten, keterangan sejenis lainnya)
1	Video Kegiatan		
1	Artikel di Jurnal Nasional terakreditasi peringkat 1-6	Submitted	Jurnal Ners https://e-journal.unair.ac.id/index.php/JNERS

Luaran Tambahan

Tahun Luaran	Jenis Luaran	Status target capaian (accepted, published, terdaftar atau granted, atau status lainnya)	Keterangan (url dan nama jurnal, penerbit, url paten, keterangan sejenis lainnya)

5. ANGGARAN

Rencana anggaran biaya penelitian mengacu pada PMK yang berlaku dengan besaran minimum dan maksimum sebagaimana diatur pada buku Panduan Penelitian dan Pengabdian kepada Masyarakat

Total RAB 1 Tahun Rp. 0

Tahun 1 Total Rp. 0

Jenis Pembelanjaan	Komponen	Item	Satuan	Vol.	Biaya Satuan	Total

Tahun 2 Total Rp. 0

Jenis Pembelanjaan	Komponen	Item	Satuan	Vol.	Biaya Satuan	Total

Tahun 3 Total Rp. 0

Jenis Pembelanjaan	Komponen	Item	Satuan	Vol.	Biaya Satuan	Total

6. KEMAJUAN PENELITIAN

A. RINGKASAN

Penelitian dimulai sejak tanggal 23 Juni 2023, setelah penandatanganan kontrak penelitian. Penelitian ini telah lolos uji etik dari lembaga penelitian dan pengabdian masyarakat (LPPM) Universitas Muhammadiyah Lamongan dengan nomor No.0477/EC/KEPK-S2/03/2023. Pengambilan data dilakukan

pada 4 Juli-18 Agustus 2023. Selanjutnya proses analisis data dilakukan pada tanggal 23 Agustus 2023. Berdasarkan hasil penelitian didapatkan bahwa beberapa faktor yang dianalisis diantaranya adalah faktor kesehatan reproduksi pasangan, karir, pola asu, dan tingkat kesejahteraan keluarga dengan pengambilan keputusan childfree pada pasangan dewasa di Jawa Timur. Desain penelitian yang digunakan pada penelitian ini adalah analitik korelasi dengan pendekatan cross sectional. Berdasarkan hasil penelitian dengan menggunakan teknik accidental sampling didapatkan 150 responden yang terlibat dalam penelitian ini. Hasil analisis menunjukkan variabel pola asuh, masalah kesehatan reproduksi pasangan, karir dan kesejahteraan keluarga signifikan ($p \leq 0,05$) berhubungan dengan pengambilan keputusan childfree.

Hasil penelitian dengan Independent Factors and Family Engagement in Childfree Decision Making in Adult Couples memiliki beberapa target luaran diantaranya adalah luaran utama berupa publikasi artikel di jurnal nasional SINTA 1 pada Jurnal Ners dan luaran tambahan artikel jurnal nasional SINTA 4. Tim peneliti telah menyusun satu artikel ilmiah / manuskrip yang akan disubmit pada jurnal nasional sinta 1 yaitu Jurnal Ners. Peneliti menyusun artikel sesuai dengan guideline for author (GFA) di jurnal ners 1. [JN] AUTHOR INFORMATION PACK - UPDATE MARCH 2022.pdf - Google Drive, yang terdiri dari abstrak, background, method, results, discussion dan conclusion. Artikel sudah dilakukan translate dan proofread di lembaga translate yang tersertifikasi. Peneliti juga menyusun satu artikel ilmiah / manuskrip yang disubmit pada jurnal nasional sinta 4 yaitu Pediomaternal Nursing Journal (PMNJ) sebagai luaran tambahan. Peneliti menyusun artikel sesuai dengan guideline for author (GFA) di jurnal Pediomaternal Nursing Journal (PMNJ) https://docs.google.com/document/d/1SrcS39I_aW2gsh5y_xJdkY037HPbRSt5/edit yang terdiri dari abstrak, background, method, results, discussion dan conclusion. Artikel sudah dilakukan translate dan proofread di lembaga translate yang tersertifikasi.

B. KATA KUNCI

Childfree; family engagement; independent factor

Pengisian poin C sampai dengan poin H mengikuti template berikut dan tidak dibatasi jumlah kata atau halaman namun disarankan ringkas mungkin. Dilarang menghapus/memodifikasi template ataupun menghapus penjelasan di setiap poin.

C. HASIL PELAKSANAAN PENELITIAN: Tuliskan secara ringkas hasil pelaksanaan penelitian yang telah dicapai sesuai tahun pelaksanaan penelitian. Penyajian meliputi data, hasil analisis, dan capaian luaran (wajib dan atau tambahan). Seluruh hasil atau capaian yang dilaporkan harus berkaitan dengan tahapan pelaksanaan penelitian sebagaimana direncanakan pada proposal. Penyajian data dapat berupa gambar, tabel, grafik, dan sejenisnya, serta analisis didukung dengan sumber pustaka primer yang relevan dan terkini.

Penelitian dimulai sejak tanggal 23 Juni 2023, setelah penandatanganan kontrak penelitian. Penelitian ini telah lolos uji etik dari lembaga penelitian dan pengabdian masyarakat (LPPM) Universitas Muhammadiyah Lamongan dengan nomor No.0477/EC/KEPK-S2/03/2023. Pengambilan data dilakukan pada 4 Juli-18 Agustus 2023. Selanjutnya proses analisis data dilakukan pada tanggal 23 Agustus 2023. Berdasarkan hasil penelitian didapatkan bahwa beberapa faktor yang dianalisis diantaranya adalah faktor kesehatan reproduksi pasangan, karir, pola asuh, dan tingkat kesejahteraan keluarga dengan pengambilan keputusan *childfree* pada pasangan dewasa di Jawa Timur. Desain penelitian yang digunakan pada penelitian ini adalah analitik korelasi dengan pendekatan *cross sectional*. Berdasarkan hasil penelitian dengan menggunakan teknik *accidental sampling* didapatkan 150 responden yang terlibat dalam penelitian ini. Hasil analisis menunjukkan variabel pola asuh, masalah kesehatan reproduksi pasangan, karir dan kesejahteraan keluarga signifikan ($p \leq 0,05$) berhubungan dengan pengambilan keputusan *childfree*.

Tulisan ini berupaya mengkaji faktor pola asuh, masalah kesehatan reproduksi pasangan, karir dan tingkat keluarga sejahtera pada pasangan dewasa dalam memutuskan *childfree*. Sebagian besar pasangan memilih *childfree* dengan rata-rata usia dua puluhan. Hal tersebut sesuai dengan penelitian sebelumnya bahwa sebagian besar orang dewasa yang tidak memiliki anak melaporkan bahwa mereka memutuskan *childfree* di usia dua puluhan (Neal & Neal, 2022). Temuan penelitian ini menunjukkan bahwa pola asuh sebagai faktor utama yang mempengaruhi pasangan dewasa memutuskan *childfree*. Banyak orang yang memilih tidak memiliki anak karena pengalaman masa kecilnya yang buruk dengan orang tuanya (Rizka et al., 2021) dan juga keluarga besar (Bimha & Chadwick, 2016). Keluarga sebagai salah satu faktor penting dalam mesosistem nantinya dapat mempengaruhi ekosistem dan makrosistem, dengan kata lain faktor-faktor dalam setiap sistem mempunyai dampak terhadap perkembangan anak di masa depan (Chen, 2023). Temuan kami mengungkapkan bahwa pasangan yang memiliki masalah kesehatan reproduksi mempunyai peluang lebih besar untuk memutuskan *childfree*. Beberapa pasangan mengatakan bahwa masalah fisik merupakan indikator terpenting seseorang untuk memiliki anak (Rizka et al., 2021). terhadap kehamilan, kelahiran, potensi komplikasi, dan pengasuhan anak juga menjadi penyebab pasangan *childfree* (Höglund & Hildingsson, 2022). Masalah kesehatan pasangan merupakan salah satu faktor independen yang tidak bisa dihindari yang mendasari pasangan untuk memutuskan *childfree*. Pasangan yang memilih *childfree* banyak terjadi di kalangan pegawai swasta. Adanya ketidaksesuaian antara kehidupan kerja dan peran sebagai orang ibu, di kalangan perempuan menjadi salah satu penyebab pasangan untuk memilih *childfree* (Hašková & Pospíšilová, 2020). Pasangan yang memilih tidak memiliki anak karena mereka telah memprediksi dampak ketika memiliki anak akan mempengaruhi percepatan pada karir mereka, (Bimha & Chadwick, 2016), sehingga mereka memilih tidak memiliki anak dengan tetap berupaya untuk mempertahankan karir yang baik (Erkaya & Ustunel, 2023). Pasangan yang sama-sama berkarir pada dasarnya berorientasi pada pekerjaan bebas dari beban mempunyai anak sehingga merasa memperoleh keseimbangan hidup (Boiarintseva et al., 2022). Temuan kami salah satu penyebab *childfree* adalah kesejahteraan keluarga. Pendidikan tinggi pasangan memberikan peluang di pasar tenaga kerja, hal tersebut dapat memberikan keuntungan dalam meningkatkan kesejahteraan keluarga (Hašková & Pospíšilová, 2020). Studi lain juga mengungkapkan pasangan yang tidak memiliki anak cenderung memiliki pendidikan yang lebih baik (Erkaya & Ustunel, 2023; Klímová Chaloupková & Hašková, 2020), memiliki pekerjaan dengan gaji yang lebih tinggi (Erkaya & Ustunel, 2023).

D. STATUS LUARAN: Tuliskan jenis, identitas dan status ketercapaian setiap luaran wajib dan luaran tambahan (jika ada) yang dijanjikan. Jenis luaran dapat berupa publikasi, perolehan kekayaan intelektual,

hasil pengujian atau luaran lainnya yang telah dijanjikan pada proposal. Uraian status luaran harus didukung dengan bukti kemajuan ketercapaian luaran sesuai dengan luaran yang dijanjikan. Lengkapi isian jenis luaran yang dijanjikan serta mengunggah bukti dokumen ketercapaian luaran wajib dan luaran tambahan melalui BIMA.

Hasil penelitian dengan *Independent Factors and Family Engagement in Childfree Decision Making in Adult Couples* memiliki beberapa target luaran diantaranya adalah luaran utama berupa publikasi artikel di jurnal nasional SINTA 1 pada Jurnal Ners dan luaran tambahan artikel jurnal nasional SINTA 4. Tim peneliti telah menyusun satu artikel ilmiah / manuskrip yang disubmit pada jurnal nasional sinta 1 yaitu Jurnal Ners. Peneliti menyusun artikel sesuai dengan *guideline for author* (GFA) di jurnal ners [1. JNJ AUTHOR INFORMATION PACK - UPDATE MARCH 2022.pdf - Google Drive](#), yang terdiri dari abstrak, background, method, results, discussion dan conclusion. Artikel sudah dilakukan translate dan proofread di lembaga translate yang tersertifikasi.

Peneliti juga menyusun satu artikel ilmiah / manuskrip yang disubmit pada jurnal nasional sinta 4 yaitu *Pedimaternal Nursing Journal* (PMNJ) sebagai luaran tambahan. Peneliti menyusun artikel sesuai dengan *guideline for author* (GFA) di jurnal *Pedimaternal Nursing Journal* (PMNJ) https://docs.google.com/document/d/1SrcS39I_aW2gsh5y_xJdkYO37HPbRSt5/edit yang terdiri dari abstrak, background, method, results, discussion dan conclusion. Artikel sudah dilakukan translate dan proofread di lembaga translate yang tersertifikasi.

E. PERAN MITRA: Tuliskan realisasi kerjasama dan kontribusi Mitra baik *in-kind* maupun *in-cash* (untuk Penelitian Terapan, Penelitian Pengembangan, PTUPT, PPUPT serta KRUP). Bukti pendukung realisasi kerjasama dan realisasi kontribusi mitra dilaporkan sesuai dengan kondisi yang sebenarnya. Bukti dokumen realisasi kerjasama dengan Mitra diunggah melalui BIMA.

Skema penelitian ini adalah Penelitian Dosen Pemula (PDP) sehingga tidak ada mitra yang terlibat dalam penelitian. Penelitian hanya melibatkan responden yang direkrut secara sukarela dan disesuaikan dengan etika penelitian.

F. KENDALA PELAKSANAAN PENELITIAN: Tuliskan kesulitan atau hambatan yang dihadapi selama melakukan penelitian dan mencapai luaran yang dijanjikan, termasuk penjelasan jika pelaksanaan penelitian dan luaran penelitian tidak sesuai dengan yang direncanakan atau dijanjikan.

Kegiatan penelitian ini dibagi menjadi beberapa tahapan mulai dari penyusunan instrumen penelitian hingga capaian luaran penelitian berupa artikel ilmiah. Proses penyusunan instrumen, uji validitas dan reliabilitas dan proses pengurusan nomor etik berjalan dengan lancar sesuai dengan skema yang telah ditentukan oleh peneliti. Permasalahan terjadi pada saat proses pengambilan data yang dilakukan secara online, 2 minggu setelah kueioner disebar melalui sosial media didapatkan hasil 0 responden yang mengisi, selanjutnya tim peneliti melakukan pendekatan secara komprehensif dan aktif kepada komunitas *child free* yang tergabung dalam group online seperti di telegram, instagram dan facebook. Satu bulan setelah dilakukan pendekatan secara aktif didapatkan bahwa 150 pasangan telah bersedia secara sukarela untuk bergabung sebagai responden penelitian.

G. RENCANA TAHAPAN SELANJUTNYA: Tuliskan dan uraikan rencana penelitian di tahun berikutnya berdasarkan indikator luaran yang telah dicapai, rencana realisasi luaran wajib yang dijanjikan dan tambahan (jika ada) di tahun berikutnya serta *roadmap* penelitian keseluruhan. Pada bagian ini diperbolehkan untuk melengkapi penjelasan dari setiap tahapan dalam metoda yang akan direncanakan termasuk jadwal berkaitan dengan strategi untuk mencapai luaran seperti yang telah dijanjikan dalam proposal. Jika diperlukan, penjelasan dapat juga dilengkapi dengan gambar, tabel, diagram, serta pustaka yang relevan. Pada bagian ini dapat dituliskan rencana penyelesaian target yang belum tercapai.

Berdasarkan indikator luaran yang ditargetkan adalah wajib publikasi artikel di jurnal nasional SINTA 1 dan luaran tambahan SINTA 4, peneliti masih menunggu proses accepted. Video hasil penelitian bisa diakses di link <https://drive.google.com/drive/folders/1K9h7ARivyyqfnmpcBxAUwqXAuJP3e3yd3?usp=sharing>

H. DAFTAR PUSTAKA: Penyusunan Daftar Pustaka berdasarkan sistem nomor sesuai dengan urutan pengutipan. Hanya pustaka yang disitasi pada laporan akhir yang dicantumkan dalam Daftar Pustaka.

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3. Chen, Y. (2023). The Psychological Impact of Authoritarian Parenting on Children and the Youth. *Proceedings of the 2022 2nd International Conference on Modern Educational Technology and Social Sciences (ICMETSS 2022)*, 888–896. <https://doi.org/10.2991/978-2-494069-45-9>
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6. Höglund, B., & Hildingsson, I. (2022). Perceptions and imagined performances of pregnancy, birth and parenting among voluntarily child-free individuals in Sweden. *Sexual and Reproductive Healthcare*, 31(January). <https://doi.org/10.1016/j.srhc.2022.100696>
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9. Rizka, M., Yeningsih, K., Mutmainnah, & Yuhariati. (2021). Childfree Phenomenon in Indonesia. *Proceedings of The 11th Annual International Conference (AIC) on Social Sciences. Banda Aceh: September 29-30, 2021*, 336–341.

INDEPENDENT FACTORS AND FAMILY ENGAGEMENT IN CHILDFREE DECISION MAKING IN ADULT COUPLES

ABSTRACT

Childfree is the current trend and has increased worldwide. The decision to have children is a complicated one. This study aims to analyze independent factors and family involvement as determinants of child freeness in adult couples in East Java, Indonesia. This research is a correlation analysis with a cross sectional approach. The population of this study were all adult couples (18-45 years) who had not had children. The sample determined was 150 couples using the rule of the thumb. The sampling technique used by researchers is accidental sampling. The independent variables that will be studied include the partner's reproductive health, career, breastfeeding patterns and level of family welfare. The dependent variable in this study is childfree decision making. Questionnaires are distributed online. The analysis method uses a logistic regression test. The test showed that parenting style, partner's reproductive health problems, career and family welfare were significantly ($p \leq 0.05$) related to childfree decision making. Authoritarian parenting is the main factor related to childfree decision making. Even though it is against existing norms, a person is free to decide to be childfree.

KEYWORDS

Childfree; family engagement; independent factor

INTRODUCTION

Childfree is a couple without children because of the choice of either biological or adopted children (Neal and Neal, 2021). Childfree is different from childless couples who want children but can't yet have them, or couples who don't have children yet but plan to have children in the future (Boiarintseva, 2018; Boiarintseva, Ezzedeen and Wilkin, 2022). The childfree phenomenon is starting to be widely discussed among the general public and has given rise to many pros and cons in society (Rizka *et al.*, 2021). Childfree has become an increasingly prominent part of couples' lives in developed countries, and recently it has spread to developing countries, especially in Indonesia.

The prevalence of childfree has increased in many parts of the world. A recent Pew Research Center survey revealed that around 44% of adults aged 18-49 say they are not very willing or at all likely to have children someday, an increase since 2018 (Brown, 2021). Studies in the United States, the prevalence of childfree is one-fifth (21.64%) of the population (Neal and Neal, 2022b), while a study in Michigan childfree accounted for a quarter of the adult population (Neal and Neal, 2021). In Australia between 1996 and 2016, the proportion of couples wanting a child decreased from 54% to 49%, and this figure is expected to decline to 48% by 2041 (Iyengar, 2023).

Childfree does not develop if there is no socio-cultural acceptance in society. Childfree is still a controversial phenomenon that can cause moral anger (anger, disapproval, and disgust) towards people who choose not to have children, because they are considered to violate social roles (Maftei, Corneliu and Maria, 2021), partners are also perceived as less mature, more materialistic, more selfish (Helm, Kemper and White, 2021). Negative stereotypes attached to couples who choose to be childfree, experience negative stigmatization, are ignored by others, are ignored in discussions about work-life balance, are not given access to voluntary sterilization by doctors (Boiarintseva, 2018; Koropecj-cox *et al.*, 2018; Boiarintseva, Ezzedeen and Wilkin, 2022; Ruegemer and Dziengel, 2022; Lemke, Mollen and Buzolits, 2023). Couples who choose to be childfree experience negative stigma from the environment. Society considers childfree to violate existing norms in society. People perceive childfree couples as having more negative traits such as psychological fulfillment, compassion for others, and less empathy than couples who have children (Boiarintseva, 2018; Boiarintseva, Ezzedeen and Wilkin, 2022). Childfree couples experience significantly less

environmental satisfaction than others (Neal and Neal, 2022a), some couples feel they have lower morals and are less liked (Ekelund and Ask, 2021). Although some of them report life satisfaction, they are aware of the stigma in society (Stahnke, Blackstone and Howard, 2020).

Couples who choose childfree state that they have no other goals in marriage (Neal and Neal, 2022b), this decision was made by themselves and this decision came without any major reason. Couples choose childfree because they are not ready to be parents (Rizka *et al.*, 2021), medical reasons, age, partner not wanting children, desire to live a more flexible life, have more time for hobbies and recreation (Szelewa, 2022), desire to attain higher education, socio-economic barriers, employment, workplace discrimination (Koropecjy-cox *et al.*, 2018) and living without children after marriage can prevent overpopulation (Hanandita, 2022) and environmentally friendly (Nakkerud, 2021). Male partners (69%) are more likely to say this than female partners (59%) (Brown, 2021). The prevalence of men chooses childfree more (23.82%) than women (18.2%), because women are more hesitant to choose childfree given the high social pressure regarding motherhood. In addition, religiosity was identified as a significant factor related to fertility behavior around the world (Götmark and Andersson, 2020), where religious affiliation, religious attendance, religious salience, and their respective impacts are related to negative childfree attitudes (Uecker *et al.*, 2022).

In various countries there is a lot of research on factors related to childfree, both independent factors from the couple themselves and family factors, but in Indonesia research on childfree factors is still limited, especially in East Java. Based on this, the aim of this research is to determine the relationship between reproductive health factors of couples, level of family welfare, parenting and career patterns and childfree decision making in adult couples in East Java.

MATERIALS AND METHODS

Desain penelitian yang akan digunakan pada penelitian ini adalah analitik korelasi dengan pendekatan cross sectional. Penelitian ini bertujuan mengetahui hubungan faktor kesehatan reproduksi pasangan, karir, pola asu, dan tingkat kesejahteraan keluarga dengan pengambilan keputusan childfree pada pasangan dewasa di Jawa Timur, dari bulan Juni-Agustus 2023.

Populasi dari penelitian ini adalah seluruh pasangan dewasa (18-45 tahun) yang belum memiliki anak. Penentuan besar sampel dalam penelitian multivariat ini menggunakan rule of the thumb, dengan sampel minimal 100-150 responden. Besar sampel yang ditentukan yaitu 150 pasangan. Teknik sampling yang digunakan peneliti adalah accidental sampling.

Variabel independen yang akan diteliti meliputi faktor kesehatan reproduksi pasangan, karir, pola asu, dan tingkat kesejahteraan keluarga. Variabel dependen dalam penelitian ini adalah pengambilan keputusan childfree. Pengumpulan data penelitian yang akan dilakukan menggunakan tingkat kesejahteraan keluarga dari BKKBN dan kuesioner yang dibuat peneliti. Peneliti sudah mendapat layak etik No.0477/EC/KEPK-S2/03/2023 dari Lembaga Etik Universitas Muhammadiyah Lamongan. Peneliti akan melakukan penelitian dengan membagikan kuesioner secara online ke responden. Setelah data terkumpul peneliti akan mengolah data tersebut menggunakan SPSS, analisa data menggunakan uji regresi logistik.

RESULTS

The characteristics of the respondents in this study showed that out of 150 couples who did not have children, they preferred being childfree (72.0%). Couples have an average age of marriage of 4 years, the average age of the husband is 29 years and the average age of the wife is 27 years. Most of the husband and wife's education is higher education respectively 53.3% and 48.0%, husband and wife's work as private employees respectively 36.0% and 50.0%, most couples have an extended family type (51.3%) (Table 1). The test showed that the four independent variables were significantly ($p \leq 0.05$) related to childfree decision making (Table 2). Parenting style is related to childfree decision making. Spouse health problems related to childfree decision making. Career related to childfree decision making. Family welfare related to childfree decision making.

Table 1. Characteristics of adult couples in East Java (n=150)

Characteristics of adult couples	n	%	Mean (SD)
Husband's age			29 (5,35423)
Wife's age			27 (5,07483)
Marriage duration			4 (3,11398)
Husband's education			
Higher education	80	53.3	
Senior high school	40	26.7	
Junior high school	25	16.7	
Elementary school	5	3.3	
Wife's education			
Higher education	72	48.0	
Senior high school	61	40.7	
Junior high school	10	6.7	
Elementary school	7	4.7	
Husband's job			
Farmers/Fishermen	11	7.3	
Businessman	54	36.0	
Private employees	54	36.0	
Civil servants	31	20.7	
Wife's job			
Housewife	30	20.0	
Farmers/Fishermen	8	5.3	
Businessman	22	14.7	
Private employees	75	50.0	
Civil servants	15	10.0	
Type of family			
Commuter family	14	9.3	
Nuclear family	59	39.3	
Extended family	77	51.3	

Table 2. Analysis of Independent Factors And Family Engagement In Childfree Decision Making In Adult Couples in East Java (n=150)

Variables	Childfree decision making		Sig	OR	95% C.I	
	Yes	No			Lower	Upper
Parenting						
Otoriter	68	14	0.000	59.669	9.788	363.767
Permasif	32	7	0.003	9.940	2.179	45.356
Demokratif (<i>ref</i>)	8	21				
Couples reproductive health problems						
Yes	85	3	0.002	0.122	0.032	0.463
No (<i>ref</i>)	41	21				
Career						
Yes	68	41	0.009	0.026	0.002	0.399
No (<i>ref</i>)	40	1				
Prosperous family						
Prosperous I (<i>ref</i>)	16	4				
Prosperous II	32	20	0.031	0.339	0.049	2.332
Prosperous III	36	12	0.016	1.579	0.351	7.096
Prosperous III Plus	24	6	0.042	0.118	0.021	0.667

Logistic regression analysis of independent factors and family involvement in childfree decision making in adult couples in East Java is presented in the form of odds ratios (OR) in Table 2. The odds of couples deciding to be childfree are 59.669 times higher for those with authoritarian parenting

styles. In addition, couples who have reproductive health problems have a 0.122 times greater chance of deciding to be childfree. Couples who choose a career are 0.026 times more likely to decide to be childfree than couples who do not prioritize careers. In terms of the level of prosperous families, it was found that prosperous families III had a 1,579 greater chance of deciding to be childfree.

DISCUSSION

This paper seeks to examine parenting factors, reproductive health problems of partners, career, and level of family well-being in adult couples deciding whether to have children. Most couples choose childfree with an average age of twenty. This is in accordance with previous research showing that the majority of adults who do not have children reported that they decided to be childfree in their twenties (Neal and Neal, 2022b). The age of twenty is an adult age where a person can make decisions about what he wants in his life. Even though there has been a change in norms, they consider childlessness a viable option. Couples consider a husband-wife relationship that does not want children to be a healthy relationship because the presence of children is not considered a hallmark of marriage (Utamidewi *et al.*, 2022), some of them have good and satisfying lives (Stahnke, Blackstone and Howard, 2020). For married couples, being a parent is a predictor of satisfaction in marriage, while this is not in line with the childfree couple's lifestyle (Chehreh *et al.*, 2021).

The findings of this study indicate that parenting style is the main factor influencing adult couples to decide to be childfree. Many people choose not to have children because of bad childhood experiences with their parents (Rizka *et al.*, 2021) and also extended family (Bimha and Chadwick, 2016). The family is an important factor in the mesosystem that can influence the ecosystem and macrosystem; in other words, the factors in each system have an impact on the child's future development (Chen, 2023). The authoritarian parenting style shows less enthusiasm, but a higher level of control. Parents are often insensitive to their children's needs and expect children to obey their parents' orders, and sometimes give children punishment. Authoritarian parenting style has a negative impact on children as adults, such as decreasing their social and emotional abilities (Fonseca, Moreira and Canavarro, 2020); lower children's self-esteem, lower psychological flexibility, psychological maturity, and mental health disorders (Chen, 2023). We assume that the authoritarian parenting style they received as a child causes psychological problems; they are worried about transmitting the toxic to their offspring because they realize that they are mentally incapacitated, so they choose to be childfree.

Our findings reveal that couples who have reproductive health problems also have a greater chance of deciding to be childfree. Some couples say that physical problems are the most important indicator for someone to have children (Rizka *et al.*, 2021). If a couple feels physically unable to produce offspring, they immediately choose to be childfree without trying. Some may have certain physical conditions that make them unable or incapable of having a child. Couples who have genetic disorders on both the husband's and wife's sides decide to be childfree in the hope that the child who will be born will not have the same disorder. They feel it would be too selfish to require that children born in the future have the same health problems they are currently experiencing (Höglund and Hildingsson, 2022). Diseases of the reproductive organs also underlie a couple's decision to be childfree, such as infertility. Infertility is a critical problem in a couple's life, it's defined as the inability to conceive despite frequent unprotected sex for at least a year for most couples (Chehreh *et al.*, 2021). The problem of infertility is an obstetric and gynecological disease but is also considered a biological-psychosocial-social problem. Loss of reproductive ability for both husband and wife has an impact on levels of worry and stress (Neal and Neal, 2021). Psychological disorders, such as depression and post-traumatic stress affect their choice to be childfree (Höglund and Hildingsson, 2023). Fear of pregnancy, birth, potential complications, and childcare are also causes of childfree couples decisions (Höglund and Hildingsson, 2022). Spouse's health problem is one of the unavoidable independent factors that underlies couples to decide to be childfree.

Couples who choose childfree are common among private employees. The mismatch between work life and the role of mother among women is one of the reasons why couples choose to be childfree

(Hašková and Pospíšilová, 2020). Couples who choose not to have children, because they have predicted the impact of having children on their career acceleration (Bimha and Chadwick, 2016), do so while still trying to maintain a promising career (Erkaya and Ustunel, 2023). Couples who have the same career are basically work oriented free from the burden of having children so they feel they have a balanced life (Boiarintseva, Ezzedeen and Wilkin, 2022). Previous research shows that families consider that the decision to have children is also a factor that needs to be considered because this is related to work involvement, especially after the COVID-19 pandemic (Çemberci *et al.*, 2022). In particular, studies show that the additional duties and responsibilities for parents, especially mothers, when having children will add to the extra burden of household work and childcare, so most couples still often discuss and choose not to have children (Chung *et al.*, 2021). This is in line with previous research, that working women who have children aged 0-5 years find many challenges and difficulties in maintaining a balance of work-life patterns (Del Boca *et al.*, 2020). This has an impact on the level of closeness to extended family, parents without children were found to be less involved in family activities than those with children (Smith and Dumas, 2017).

Our findings are that one of the causes of childfree is prosperous family. Previous research has revealed that some couples choose to be childfree because they are afraid of running out of money and don't want to lead a difficult life (Rizka *et al.*, 2021). This is different from our finding that most couples who choose childfree have a level III prosperous family, which means that families have met basic needs, psychological needs, and developmental needs so that economic conditions are met and couples can still save. Our assumption is when viewed from the characteristics of the respondents, most of them choose careers and they also have higher education, perhaps this is what encourages child freeness, on the other hand, parenting is the most dominant factor. Previous research has revealed that couples with higher education are at higher risk of missing out on the opportunity to become parents, therefore they prefer not to have children. Spouse's higher education provides opportunities in the labor market, this can provide benefits in increasing prosperous family (Hašková and Pospíšilová, 2020). Another study also revealed that couples who do not have children tend to have better education (Klímová Chaloupková and Hašková, 2020; Erkaya and Ustunel, 2023), have a job with a higher salary (Erkaya and Ustunel, 2023). Even though they have a high level of prosperous family, it is possible that adult couples prefer to be childfree.

CONCLUSIONS

The analysis identified four determinants of childfreeness, including parenting style, partner's reproductive health problems, career and family welfare. Authoritarian parenting is the main predictor of childfree decision making in adult couples. Even though it is against existing norms, a person is free to decide to be childfree.

Acknowledgement

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Conflict of Interest

All authors have no conflict of interest related to this study.

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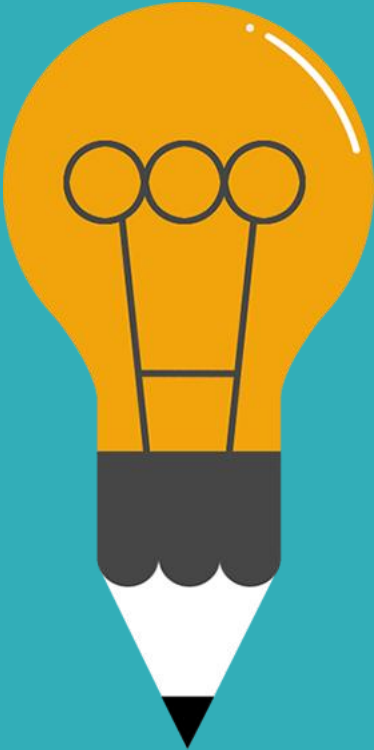
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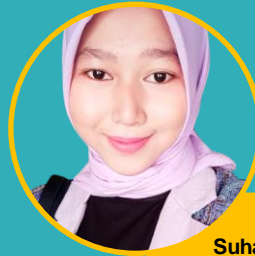
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PENELITIAN DOSEN PEMULA

Independent Factors and Family Engagement in Childfree Decision Making in Adult Couples di Jawa Timur



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**Universitas Muhammadiyah Lamongan
2023-2024**

Latar Belakang

“

Childfree

menjadi tren saat ini dan meningkat di seluruh dunia. Keputusan untuk memiliki anak merupakan sebuah keputusan yang rumit. Prevalensi anak-anak yang tidak mempunyai anak telah meningkat di banyak belahan dunia. Childfree masih menjadi fenomena kontroversial yang dapat menimbulkan kemarahan moral dan dianggap melanggar peran sosial.

”

P

enelitian ini bertujuan untuk menganalisis faktor independen dan keterlibatan keluarga sebagai determinan kebebasan anak pada pasangan dewasa di Jawa Timur, Indonesia.

STATE OF ART DAN KEBARUAN

Konstruksi Masyarakat tentang Hidup Tanpa Anak Setelah Menikah

Tiara Hanandita (2022)

Desain penelitian: Studi fenomenologi

Sampel: 3 orang, usia 20-25 tahun

Hasil: Pasangan memilih tidak ingin memiliki anak karena faktor finansial, mental, karir, tujuan menikah ingin hidup dengan pasangan, dan mencegah over population .

Who wants to have just one child and who wants to remain childless? The factors behind men's and women's low-fertility intentions

Hana Hasková dan Kristýna Pospíšilová (2020)

Desain penelitian: Cross sectional

Sampel: 4.010 laki-laki dan perempuan, usia 25–60 tahun

Hasil: Faktor yang berkaitan dengan rencana tidak memiliki anak adalah jenis kelamin, usia, tempat tinggal, pendidikan, pasangan, pengalaman masa kecil dan pola asuh.

Human fertility in relation to education, economy, religion, contraception, and family planning programs

Frank Götmark dan Malte Andersson (2020)

Desain penelitian: Studi etnografi

Sampel: 7567 responden

Hasil: Religiusitas diidentifikasi sebagai faktor signifikan yang terkait dengan perilaku fertilitas di seluruh dunia

The diversity of pathways to childlessness in the Czech Republic: The union histories of childless men and women

Jana Klímová Chaloupkova dan Hana Hařsková (2020)

Desain penelitian: Survey

Sampel: 1020 responden

Hasil: Histori pasangan (lama tinggal bersama), pendidikan dan tahun kelahiran berkaitan dengan jalur tidak memiliki anak.

Independent Factors and Family Engagement in Childfree Decision Making in Adult Couples

Suhariyati, Shinta, A. Rahmawati dan Masunatul Ubudiyah (2023)

Desain penelitian: korelasi analitik dengan pendekatan cross sectional

Teknik sampling: Accidental sampling

Variabel: faktor kesehatan reproduksi pasangan, karir, pola asu, tingkat kesejahteraan keluarga dan pengambilan keputusan childfree

Sampel: 150 pasangan

Analisa data: Regresi logistik

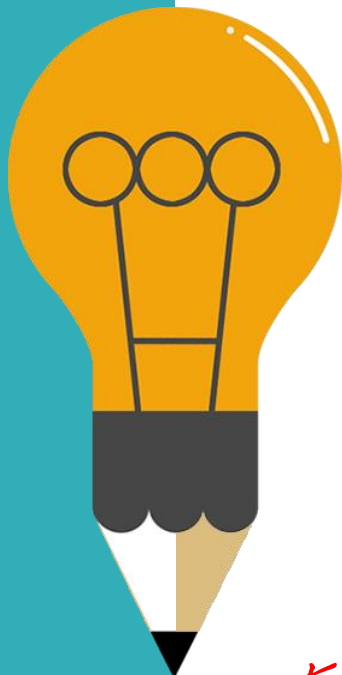
Metode Penelitian & Hasil Penelitian



Desain penelitian ini korelasi dengan pendekatan cross sectional. Populasi penelitian ini adalah seluruh pasangan dewasa (18-45 tahun) yang belum mempunyai anak. Sampel yang ditentukan sebanyak 150 pasangan dengan menggunakan *rule of the thumb*. Teknik pengambilan sampel yang digunakan peneliti adalah Accidental Sampling. Variabel independen yang akan diteliti antara lain kesehatan reproduksi pasangan, karir, pola menyusui dan tingkat kesejahteraan keluarga. Variabel terikat dalam penelitian ini adalah pengambilan keputusan bebas anak. Kuesioner disebarakan secara online. Metode analisis menggunakan uji regresi logistik.



Hasil penelitian menunjukkan bahwa gaya pengasuhan, masalah kesehatan reproduksi pasangan, karir dan kesejahteraan keluarga berpengaruh signifikan ($p \leq 0,05$) terhadap pengambilan keputusan bebas anak.



LUARAN → ARTIKEL



*Independent Factors and Family Engagement in
Childfree Decision Making in Adult Couples*

Jurnal Ners

Submission: 8 September 2023

LUARAN WAJIB



*Happy or Unhappy? Factors, Impact and Life Satisfaction in
Women Choosing Childfree: a Literature Review*

Pedimaternal Nursing Journal

Submission: 22 November 2023

LUARAN WAJIB

Kesimpulan

Pola asuh otoriter merupakan faktor utama yang berhubungan dengan pengambilan keputusan bebas anak. Meski bertentangan dengan norma yang ada, namun seseorang bebas memutuskan untuk tidak mempunyai anak.

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Nama : SUHARIYATI S.Kep, M.Kep

Alamat : SAMPANGAN

berdasarkan Surat Keputusan Nomor 0557/E5.5/AL.04/2023 dan Perjanjian / Kontrak Nomor 183/E5/PG.02.00/2023 mendapatkan Anggaran Penelitian Independent Factors and Family Engagement in Childfree Decision Making in Adult Couples Sebesar 13,900,000

Dengan ini menyatakan bahwa :

1. Biaya kegiatan Penelitian di bawah ini meliputi :

No	Uraian	Jumlah
01	Bahan Binder klip besar, materai 10.000, staples, amplop putih, paper klip, gunting, note book spiral, flashdisk, map dokumen, bopoin gel, bantex, lem kertas, stick note, lem keras, isi staples, zoho from, kertas HVS, tinta printer	3,070,000
02	Pengumpulan Data Konsumsi rapat penyusunan kuesioner, transport pengambilan data, konsumsi rapat hasil uji validitas, honorarium sekretariat peneliti, konsumsi rapat persiapan penelitian, honorarium pembantu peneliti	3,990,000
03	Analisis Data(Termasuk Sewa Peralatan Honorarium pengelola data, konsumsi rapat koding	1,770,000
04	Pelaporan, Luaran Wajib dan Luaran Tambahan Biaya translation, biaya proofreading, biaya publish artikel, konsumsi rapat penyusunan artikel, konsumsi rapat laporan akhir	5,070,000
05	Lain-lain	0
	Jumlah	13,900,000

2. Jumlah uang tersebut pada angka 1, benar-benar dikeluarkan untuk pelaksanaan kegiatan Penelitian dimaksud.

Demikian surat pernyataan ini dibuat dengan sebenarnya.

Lamongan, 09-12-2023



Ketua

(SUHARIYATI S.Kep, M.Kep)

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