

SYSTEMATIC LITERATURE REVIEW (SLR):

THE ROLE OF GENERATION PLANNING AMBASSADORS IN BUILDING THE FAMILY READINESS OF UNIVERSITY STUDENTS

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ABSTRACT

The role of the Generasi Berencana (GenRe) Ambassadors in building family readiness among university students is highly relevant, considering the importance of family readiness for the quality of life of future generations. The purpose of this article is to examine how the GenRe Ambassadors contribute to building family readiness among university students and the relevance and effectiveness of the programs implemented. The research method used in this article is a Systematic Literature Review (SLR). The study utilizes five national journal articles published within the last five years, from 2019 to 2024. Based on the literature review, it is found that the GenRe Ambassadors play a significant role in building family readiness among university students and adolescents through various educational, socialization, and counseling programs. The effectiveness of these programs can be seen from the role of the GenRe Ambassadors in disseminating information about juvenile delinquency and healthy behaviors, as well as promoting the importance of delayed marriage age, planned education, planned careers, and family planning in accordance with the reproductive health cycle.

Keywords: *The role; Of the Planned Generation Ambassadors (GenRe); Family readiness.*

INTRODUCTION

Family readiness is a crucial aspect in an individual's life, especially for students who are in the transition phase towards adulthood. The Generasi Berencana (GenRe) program aims to equip young people with the knowledge and skills needed to build a harmonious and prosperous family.

The university period is not only a time to acquire academic knowledge, but also an important period to develop life skills, including preparing for family life. Family readiness includes various aspects, ranging from physical, mental, emotional, to financial readiness.

According to the Central Bureau of Statistics (2018), 3.72 percent of women aged 15 years or less in Indonesia are married. Sexual education is very important for the psychological resilience of adolescents because it provides correct information about sexuality and forms positive attitudes of adolescents in dealing with early and premarital sexual behavior (Rinta, 2015).

Without careful preparation, students cannot face various problems in family life, such as unpreparedness in parenting, financial problems, and household conflicts. Therefore, it is important for students to get education and guidance on family readiness early on.

The Generasi Berencana (GenRe) program promoted by the National Population and Family Planning Agency (BKKBN) aims to equip young people with the knowledge and skills needed to plan a healthy and quality family life.

The GenRe program has been regulated in legislation and supported by various state documents such as presidential regulations, the ministry of health's strategic plan and the BKKBN strategic plan (Ruri Kharisma Fitriani, 2020).

Through the GenRe program, adolescents will get information about the importance of reproductive health, skills and life skills, as well as counseling and referral services for RH (Yulianti, 2017).

The program includes various educational and counseling activities designed to increase student awareness about the importance of family planning. One of the main implementations of this program is through the formation of GenRe Ambassadors.

GenRe Ambassadors are students who are chosen to represent the GenRe program in the campus environment. They act as role models for their peers in terms of family life planning.

GenRe Ambassadors are expected to not only provide education and information on reproductive health and family planning, but also show positive role models through the actions and decisions they take in their daily lives. In other words, GenRe Ambassadors function as agents of change who can influence the attitudes and behaviors of other students.

Research on the role of GenRe Ambassadors in building students' family readiness is very relevant given the importance of family readiness for the quality of life of future generations. Understanding more deeply how GenRe Ambassadors carry out their roles and their impact on students can provide valuable insights for the development of a more effective GenRe program.

The purpose of writing this article is to examine how the role of Generasi Berencana Ambassadors in building students' family readiness as well as the relevance and effectiveness of the programs that have been carried out.

RESEARCH METHODOLOGY

In this study, the authors used the Systematic Literature Review (SLR) method, the SLR method is a research method used by identifying, analyzing, evaluating and interpreting all previous research results obtained by researchers. The results of previous research are then systematically reviewed by researchers by reviewing and identifying selected research articles.

Triandini et al. (2019) stated that when using the SLR method, researchers must identify and review several journals systematically and follow the steps in accordance with the SLR method.

To support research through this literature study, the author takes reference from several focuses or keywords that support the results of research that has been done before. These keywords relate to the role of Generation Planning Ambassadors and family readiness.

When collecting data, we used five articles related to the role of Generation Planning Ambassadors and family readiness. The articles were obtained from national journals through *Publish or Perish* and *Google Scholar* and covered the last five years, from 2019 to 2024. The articles used were then analyzed and tabulated in a table that includes the researcher's name, journal and research results.

The results of this literature study will analyze how the role of Generasi Berencana Ambassadors has a positive or significant influence on building family readiness in university students.

With this structured and systematic methodology, it is hoped that this research can provide a comprehensive and in-depth picture of the role of Generasi Berencana Ambassadors in building students' family readiness as well as the relevance and effectiveness of the program that has been carried out.

RESULTS AND DISCUSSION

a. The Role of GenRe Ambassadors in Building Family Readiness

Several studies indicate that GenRe Ambassadors play an active role in providing education on reproductive health and family planning to university students. According to Anizar and Ahmad (in Istiyati et al., 2020:13), ideal child-rearing practices involve the roles of both parents, namely fathers and mothers.

In a study conducted by Susilo (2020), it was found that students who participated in programs held by GenRe Ambassadors experienced a significant increase in their understanding of the importance of family planning and reproductive health.

The following is a table that presents several previous research articles that discuss the role of GenRe Ambassadors in building students' family readiness.

Table 1

Results of Previous Research on the Role of Generation Planning Ambassadors

NO	RESEARCHER	JOURNAL	RESEARCH RESULTS
1.	Andesa Putra, Harisnawati, and Wibi Wijaya.	Journal of Aktiva Library Vol. 3. No. 1 (2023) 29-33E ISSN: 2808-5795	From the results of the study, it can be seen that Generation Planning (GenRe) Ambassadors are responsible for disseminating information and counseling on various issues related to juvenile delinquency and healthy behavior among the younger generation. This may include education on the importance of sexual education, conflict management, effective communication, and responsible decision-making, all of which are important skills for family readiness.
2.	Dimas, Achmad Fauzi, and Imeldawaty Gultom	Journal of Kaputama Information Systems (JSIK), Vol. 6, No. 2, July 2022	In the research results, GenRe Ambassadors are responsible for taking an active role in campaigning for the importance of age of marriage, planned education, planned career, and family planning according to the reproductive

		P-ISSN: 2548-9712 E-ISSN: 2685-5232	health cycle. This is important to prevent unsafe and unhealthy sexual behavior among adolescents, as well as to promote healthy and responsible lifestyles in society.
3.	Heriyanto, Sitti Syahar Inayah, and Syatria Adymas Pranajaya	Taujihah: Journal of Islamic Counseling Guidance Volume 2, Number 1, 2021	The results show that GenRe Ambassadors act as role models and motivators for adolescents, including university students, to take proactive steps in preparing for responsible family life. They do this through youth-friendly and innovative approaches, which are implemented in their flagship programs such as Obrolan GenRe Kekinian (ORGAN), Virus GenRe Blusukan (VGB), Ngobrol Virtual (NGOVI), GenRe On The Air (GOTTA), and Talent Training (PEKAT).
4.	Putri Widya Febrianti, Rahmi Yulia, Rina Yanti, and Wahidah	Al-Furqan: Journal of Religion, Social, and Culture Volume 2, No. 5, September 2023 P-ISSN: 2830-7844 E-ISSN: 2830-7755	Based on the research results, GenRE works by disseminating information and education to the public about the importance of good family planning. They emphasize the importance of education and career as the first step before marriage, thus ensuring that individuals are physically, mentally, and financially ready to start a family life. Thus, GenRE acts as an active social change agent in raising awareness and influencing people's behavior to make wise and responsible marriage decisions.
5.	Ryan Hajusa Karilda and Syafriwaldi	Volume 2, No. 1 (2023) ISSN: 2963-9883	The results of the study state that the effectiveness of this program can be seen from socialization efforts through various media and activities in schools that support the goal of maturing the age of marriage. From the journal presented, the role of the Genre Ambassador (Generasi Berencana Ambassador) is to facilitate adolescents to learn to understand and practice healthy and moral living behaviors to

			achieve adolescent resilience as the basis for realizing family planning. Genre Ambassadors also aim to change the mindset and behavior of adolescents and the people of Tanah Datar Regency to stay away from deviant behavior, including underage marriage.
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The results showed that the Generasi Berencana (GenRe) Ambassadors are responsible for disseminating information and providing counseling on issues of juvenile delinquency and healthy behavior among the younger generation. They educate on the importance of sexual education, conflict management, effective communication, and responsible decision-making which are essential skills for family readiness.

GenRe Ambassadors play an active role in campaigning the importance of age of marriage, planned education, planned career, and family planning in accordance with the reproductive health cycle. The goal is to prevent unsafe and unhealthy sexual behavior and promote a healthy and responsible lifestyle.

Heriyanto et. al (2021) They act as role models and motivators for adolescents, including university students, with youth-friendly and innovative approaches through programs such as Obrolan GenRe Kekinian (ORGAN), Virus GenRe Blusukan (VGB), Ngobrol Virtual (NGOVI), GenRe On The Air (GOTTA), and Talent Training (PEKAT).

GenRe also disseminates information on the importance of good family planning, emphasizing education and career as the first steps before marriage. It ensures that individuals are physically, mentally, and financially ready to start a family life, acting as an agent of social change that raises awareness and influences people's behavior to decide on marriage wisely and responsibly.

The effectiveness of this program can be seen from the socialization through various media and activities in schools that support the goal of maturing the age of marriage. Overall, GenRe Ambassadors help adolescents understand and practice healthy and moral living behaviors, building adolescent resilience as the basis for realizing family planning.

They also aim to change the mindset and behavior of adolescents and communities in Tanah Datar Regency to stay away from deviant behavior, including underage marriage. Based on the research table above, the education provided by GenRe Ambassadors is very effective in increasing students' knowledge about reproductive health and family planning.

This education not only increases their understanding but also helps them make better decisions regarding family life. The accurate and relevant information provided by GenRe Ambassadors helps to dispel the myths and misconceptions that often surround these topics.

According to Yulianti (2018), GenRe Ambassadors provide a platform for students to discuss their personal issues related to family readiness, get emotional support, and receive practical advice.

Mulyadi (2021) showed that students who see real examples of GenRe Ambassadors living a planned and healthy life tend to be more motivated to follow in their footsteps.

The analyzed studies also show that GenRe Ambassadors have a positive impact on students' mental and emotional readiness. Students involved in the GenRe program were reported to have a more positive and realistic view of family life. They also showed improvement in skills to manage emotions and stress related to family planning.

Overall, the presence of GenRe Ambassadors and the programs they run have a significant positive impact on students' family readiness. In addition to increased knowledge, students also

showed better readiness in mental and emotional aspects. The program succeeded in creating a supportive environment where students feel more ready and confident to start a family life.

CONCLUSIONS AND SUGGESTIONS

a. Conclusion

GenRe Ambassadors play a significant role as role models in building students' family readiness through various educational programs, mentoring, and the positive examples they provide have a positive impact on students' mental and emotional readiness in facing family life.

Students who participated in the GenRe program showed better readiness in mental, emotional, and knowledge aspects of family planning. They tend to have a more realistic and positive view of family life.

The development of a more comprehensive and inclusive GenRe program will provide greater benefits for the younger generation. The GenRe program has proven to be effective in improving family readiness among university students. However, the success of the program is highly dependent on the quality of training and support provided to GenRe Ambassadors.

By understanding the role and contribution of GenRe Ambassadors, it is hoped that this research can provide a clearer picture of the effectiveness of this program and develop better strategies to support the family readiness of students in the future.

b. Advice

Based on the above conclusions, there are several suggestions that can be given for further development of the GenRe program and future research:

1. GenRe Ambassadors need more intensive and comprehensive training so that they can carry out their role more effectively. This training should include in-depth knowledge of reproductive health, communication skills, and counseling techniques.
2. Higher education institutions need to provide greater support to the GenRe program, including the provision of facilities, funds, and policies that support the activities of GenRe Ambassadors. This support is essential to ensure the sustainability and effectiveness of the program.
3. Collaboration with external parties such as health institutions, non-governmental organizations, and local communities can strengthen GenRe programs. These partnerships can open up opportunities for additional resources and program innovation.

By following these suggestions, it is hoped that the GenRe program can be more effective in preparing students for a healthy and quality family life, and make a greater contribution to the welfare of the younger generation in Indonesia.

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