

Survey on Knowledge of Women in Reproductive Age About Long-Term Contraceptive Methods

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Survey on Knowledge of Women in Reproductive Age About Long-Term Contraceptive Methods

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ABSTRACT

Keywords:

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Long-term contraceptive methods are very effective for couples in reproductive age, because the side effects and failures are very minimal. However, data obtained from the East Java Provincial Health Office, community participation in using long-term contraceptive methods is still below the target, which is 22.21% of the target of 22.85%. The purpose of this study was to describe the knowledge of women in reproductive age about long-term contraceptive methods. This was a cross-sectional study conducted in Ngampel village, Mojoroto District, Kediri, East Java, in June - July 2019. The total of 30 women in reproductive age were selected using purposive sampling technique. The research instrument uses a questionnaire, and the type of data taken is quantitative data. The results showed that of the 30 respondents, 6 respondents (20%) have good knowledge, 14 respondents (46.67%) have sufficient knowledge, and 10 respondents (33.33%) have less knowledge. The results of this study can be used as basic data by health workers that women in reproductive age still need to improve their knowledge through communication, information and education methods about long-term contraceptive methods.

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1. INTRODUCTION

UU Number 52 of 2009 concerning Population Development and Family Development mentions the importance of the complete human development of Indonesia, covers all dimensions and aspects of life, including population development and family development.^[1] The problem of population and family planning in Indonesia is already so complex and has become a national issue that must be resolved. The Family Planning Program is closely related to the health status of women's health. Therefore, the family planning program has a population dimension and a health dimension. From the health aspect, Family planning programs are an important component of reproductive health. The 2017 SDKI shows that the trend of using modern contraception slightly decreased from 57.9 percent to 57.2 percent, although the use of long-term methods is increasing mainly due to the increased use of implants. Long-term contraceptive methods are very effective for couples of childbearing age, because the side effects and failures are very minimal. However, data obtained from the East Java Provincial Health Office, community participation in using long-term contraceptive methods is still below the target, which is 22.21% of the target of 22.85%.^[2]

The total population of Indonesia in 2018 has reached 265 million people, even projected to reach 284 million people in 2025.^[3] Indonesia's population growth rate in 2017 was 1.34%, which means around 3-4 million babies are born every year. This figure is higher than 2015 at 1.31% and 2016 at 1.27%. The population growth rate is still relatively high due to the high

total birth rate (TFR).^[4] Data from the results of the Indonesia Demographic and Health Survey (SDKI) in 2017 showed a total birth rate (TFR) of 2.4 children per woman. This means that every female resident gives birth to an average of 2.4 children during her lifetime.^[4]

The use of contraception in Indonesia is quite high and is considered to have reached the hard core. However, the use of Long-term contraceptive methods is still low in scope due to the lack of public interest in using Long-term contraceptive methods and can be motivated by many factors.^[5] To further increase contraceptive use requires a focused and strategically effective approach. Efforts to promote long-term contraceptive methods must take into account that the decision to use long-term contraceptive methods is a big decision for family planning acceptors, consistent messages from motivators or health workers are very important to encourage and ensure the adoption of long-term contraceptive methods. From this description, the researcher is interested in knowing the description of the knowledge of Women of Childbearing Age (WUS) about Long-term contraceptive methods.

II. METHOD

The research design used is descriptive with a cross sectional approach. The research was conducted in Ngampel Village, Mojoroto District, Kediri City in June – July 2019. The research population is all women of childbearing age, with purposive sampling technique obtained a total of 30 respondents. The inclusion criteria of this study include women of childbearing age who are willing to be respondents, using DMPA injectable contraception and non-hormonal contraception, physically and mentally healthy. The exclusion criteria consisted of women of childbearing age who were pregnant, have a history of infectious disease, hereditary diseases such as diabetes mellitus, hypertension, heart disease, or asthma. The research variable is the single variable, namely the knowledge of women of childbearing age about long-term contraceptive methods. The research instrument uses a questionnaire, and the type of data taken is quantitative data. The ethics of this research include informed consent, anonymous, and maintaining confidentiality by giving each respondent a code. The ethical test was conducted at the Dharma Husada Nursing Academy, Kediri on June 24, 2019, with Reg. No : 003 / KEPK-DHARMA HUSADA / 2019.

III. RESULTS AND DISCUSSION

Results

Table 1 shows the characteristics of the respondents including age, education and family income. Table 2 shows specific data on the Survey on Knowledge of Women of Childbearing Age About long-term contraceptive methods.

Table 1. The characteristics of the respondents

Characteristics	Category	Frequency	Percentage
Age	20-30 years old	8	26.7%
	31-40 years old	9	30.0%
	>40 years old	13	43.3%
Education	Primary school	1	3.3%
	Junior high school	8	26.7%
	Senior High School	18	60.0%
	College	3	10.0%
Family income	< Rp. 500 thousand	10	33.3%
	Rp. 500 thousand s.d. Rp. 2 million	14	46.7%
	>Rp. 2 million	6	20.0%

Source : Research results

Table 2 Knowledge Survey of Women of Childbearing Age About Long-Term Contraception Methods

Knowledge	Frequency	Percentage (%)
Good	6	20,00
Enough	14	46,67
Not Enough	10	33,33
	30	100,00

Source : Research results

Discussion

From table 2, it can be seen that the highest knowledge of women of childbearing age about Long-Term Contraception is in the sufficient category (46,67%).

Long Term Contraception Method is a method of contraception that is known to be effective because it can provide protection from the risk of pregnancy for a long period of time between three to ten years. consisting of the Women's Operation Method (MOW), the Male Operational Method (MOP), the Intrauterine Contraceptive Device (IUD) and the implant or known as the KB implant, which is an under the skin contraceptive device (AKBK) with a validity period of three years.^[5] When it comes to long-term contraceptive methods in Indonesia, it is still less popular than contraceptive methods such as pills, injections, and condoms.^[6] Respondents' knowledge of long-term contraceptive methods is the respondent's understanding of the meaning, types, functions and benefits, use and side effects of long-term contraceptive methods. From the results of knowledge, it was found that most of the respondents had sufficient knowledge about long-term contraceptive methods. Knowledge of long-term contraceptive methods is influenced by the existence of several factors supporting knowledge around the respondents, including education, occupation and age.^[7] In terms of age, the majority of respondents are >40 years old (43.3%), while in terms of education are senior high schools (60.0%). This has a big influence on their choice of using contraception. Long-term contraceptive methods are less popular among respondents because the majority are afraid of the installation process and its effects on health. The existence of erroneous information about long-term contraceptive methods has a big influence on decisions to use long-term contraceptive methods. The intervention of the closest person is one of the biggest factors in influencing the acceptor's decision to use contraception. From the closest people such as spouse, parents, relatives or friends, the acceptors get stories that are not necessarily true. For example, there is information that the use of an IUD will require surgery in the genital area, the presence of a foreign object in the uterus will cause disease, and the fear of experiencing contraceptive failure, the baby born will have abnormalities. Table 1 also shows that 46.7% family income is included in the income range of Rp. 500 thousand s.d. Rp. 2 million, and 33.3% included in the range < Rp. 500 thousand. Income also influences the decision to use long-term contraceptive methods. They consider that using long-term contraceptive methods is expensive, when in fact it is cheaper than pill and injectable contraception which costs money every month. Long-term contraceptive methods can actually be the main choice in the use of contraception due to lower failure rates and relatively cheaper costs because there is a family planning safari program which is a free family planning program promoted by the government to reduce birth rates. The results of this study can be used as basic data by health workers that women of childbearing age still need to improve their knowledge through communication, information and education (IEC) methods about long-term contraceptive methods.

IV. CONCLUSION

Knowledge of women of childbearing age about Long-Term Contraception is in the sufficient category (46,67%). The results of this study can be used as basic data by health workers that women of childbearing age still need to improve their knowledge through communication, information and education (IEC) methods about long-term contraceptive methods.

V. ACKNOWLEDGMENT

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