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FAMILY APPROACH MODEL OF COGNITIVE AND PSYCHOMOTOR CHANGES TO INCREASE THE USE OF LONG-TERM CONTRACEPTIVE METHOD AMONG WOMEN OF REPRODUCTIVE AGE

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ABSTRACT

Background: Centers for Disease Control and Prevention (CDC) stated that family planning (FP) is one of the 10 great public health achievements of the 20th century. FP participants prefer injection and pill as contraception. The use of short-term contraception causes the continuity rate of contraceptive use to decrease. It has an impact on increasing fertility rate. The family approach model has the potential to overcome problems of making decision in the use of the long-term contraceptive method. This study aimed to analyze the effect of family approach model of cognitive and psychomotor on the use of long-term contraceptive method among women of reproductive age.

Subjects and Method: A randomized controlled trial was conducted in Ngampel, Mojoroto, Kediri, East Java, from June to July 2019. A total of 30 women of reproductive age was selected for this study and randomly allocated into 2 groups: (1) 15 women receiving family approach model in the treatment group; and (2) 15 women not receiving family approach model in the control group. The independent variable was family approach. The dependent variables were cognitive and psychomotor aspects. Cognitive and psychomotor variables were measured using a pretested questionnaire. The differences in cognitive and psychomotor scores between the two groups were tested using Mann Whitney test.

Results: Before treatment, the mean scores of cognitive and psychomotor aspects in the treatment group were comparable with those in the control group, and it was statistically non-significant, indicating that the randomization process reached its intended objective. After treatment, the mean scores of cognitive and psychomotor aspects was higher in the treatment group than in the control group, and it was statistically significant. Women of reproductive age in the treatment group were more ready to use the long-term contraceptive method.

Conclusion: The family approach model is effective to improve the cognitive and psychomotor aspects of long-term contraceptive decision making among women of reproductive age. Women with this model are more ready to use the long-term contraceptive method than those without this model.

Keywords: long-term contraceptive method, family approach model, cognitive, psychomotor, women of reproductive age

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