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Education On Mother's Anxiety And Husband's Support For The Election Of Akdr Family Planning In Dusun 1 Pekik Nyaring Central Bengkulu

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Abstract. According to data from the World Health Organization (WHO), more than 100 million couples use contraceptives in the world using effective contraceptives, with 75% using hormonal contraceptives and 25% using non-hormonal contraceptives. Contraception in the world in 2019 reached 89%, while in 2020 there was an increase to 92.1%. In Africa, it is recorded that 82% of the population does not use contraception. In Southeast, South and West Asia, as many as 43% use contraception (WHO, 2021). Data from the World Health Organization (WHO) for 2020 shows that users of IUD contraceptives throughout the world are still below injectable contraceptives, pills, condoms and implants, especially in developing countries. Exposure to IUDs was below 10%, namely 7.3%, and other contraceptive devices was 11.7%. According to Pekik Nyaring Community Health Center data, it was found that the number of IUD users was only 17 people, with a preliminary survey in hamlet 1 Pekik Nyaring numbering 0. Therefore, the author chose IUD/IUD KB counseling. Provide education to women of childbearing age (WUS) and provide knowledge about IUD/IUD contraception, explain the installation of the IUD contraceptive, how it works, types of IUD, mechanism, benefits, side effects, indications and installation time, provide questionnaires to mothers/ Suburban age women regarding the implementation of socialization carried out offline in the 1 Pekik Nyaring hamlet hall, attended by 33 residents in 1 Pekik Nyaring hamlet. This activity was attended by the cadres. The residents who were actively present in the IUD/AKDR intrauterine contraceptive education program activities. The socialization activities regarding Intrauterine Contraception Methods in the community in Dusun 1 Pekik Nyaring were proven to be effective in increasing knowledge, this was indicated by the results of the pretest and posttest which showed an increase in previous community knowledge. and after the socialization. This activity has an increasingly significant impact because the socialization participants are health cadres who are active in activities related to maternal and child health in the community and are active in inviting residents to pay more attention to health, especially family planning and women's reproductive health.

Keywords: PKM, KB AKDR, WUS

INTRODUCTION

The use of contraceptives in the world according to data from the World Health Organization (WHO) more than 100 million couples use contraceptives that have effectiveness, with 75% using hormonal contraceptives and 25% using non-hormonal users. contraception in

the world in 2019 reached 89%, while in 2020 there was an increase to 92.1%. In Africa, 82% of the population did not use contraception. In Southeast, South, and West Asia, 43% use contraception (WHO, 2021). Data from the World Health Organization (WHO) in 2020 shows that IUD users worldwide are still below injectables, pills, condoms and implants, especially in developing countries. The percentage of IUDs below 10% is 7.3%, and other contraceptives are 11.7%.

At present, it is estimated that the use of IUD/AKDR contraceptives, 30% in China, 13% in Europe, 5% in the United States, 6.7% in other developing countries (Nurmalita, 2020). The prevalence of couples of reproductive age (PUS) participating in family planning in Indonesia is 22,061,905 PUS (57.4%) out of 38,409,722 PUS. Based on provincial distribution, the highest prevalence rate of family planning use is South Kalimantan while the lowest is Papua (15.4%). The pattern of choosing the type of modern contraceptive method in 2021 shows that most acceptors choose to use 59.9%, followed by pills at 15.8%, while for AKDR acceptors only 8% (Kemenkes, 2022). The percentage of women of childbearing age (WUS) aged 15-49 years who are using modern family planning tools to delay or prevent pregnancy in Bengkulu Province in 2018 was 63.81%, in 2019 it was 63.30%, and in 2020 it was 61.58% (BPS, 2020) while those who are using Long Term Contraceptive Methods (MKJP) to delay or prevent pregnancy in Bengkulu province in 2018 was 14.44%, in 2019 it was 16.71%, in 2020 it was 14.43%, and in 2021 it was amounted to 13.74% (BPS, 2020, & BPS 2021).

According to data from the Pekik Nyaring Health Center, the number of IUD users is only 17 people, with a preliminary survey in hamlet 1 pekik nyaring numbering 0. Therefore the author chose IUD / IUD family planning counseling..

RESEARCH METHODS

a. Activity Linkage

This community service activity was carried out at the Village Hall of Dusun 1 Pekik Nyaring. This activity is an activity that is considered very important to inform or conduct counseling about contraception in the uterus (IUD / IUD).

b. Activity Schedule

Carried out on Sunday, June 2, 2024.

c. Place of Implementation

Carried out at the Hall of Dusun 1 Pekik Nyaring.

d. Activity Method

Conduct counseling to women of childbearing age (WUS) and provide knowledge about IUD / IUD contraception, explain the installation of IUD contraceptives, how it works, types of IUDs, mechanisms, benefits, side effects, contraindications indications and installation time, provide questionnaires to mothers / women of childbearing age about knowledge of IUD contraceptives.

RESULTS AND DISCUSSION

Implementation Of The IUD/AKDR Contraceptive Counseling Activity Program

1. Time

The IUD/AKDR intrauterine device counseling program activities were carried out during the KKN-PPM period of the Faculty of Health Sciences, Dehasen University Bengkulu, which began on Saturday, June 1, 2024.

2. Location

The IUD/AKDR contraceptive counseling program activities were carried out at the Pekik Nyaring Hamlet 1 Hall. On this occasion, the author organized the IUD / IUD intrauterine device counseling program activities.

3. Implementation

The implementation of the IUD/AKDR intrauterine device counseling program is a mandatory activity of KKN-PPM students of the Faculty of Health Sciences, Dehasen University Bengkulu. This implementation aims to increase the knowledge of mothers / women of childbearing age about the installation of contraceptives in the uterus IUD / IUD, how it works, and more enthusiasm in using contraceptives.

Results Of IUD/IUD Intrauterine Contraceptive Device Extension Program Activities

The results of counseling activities on "the use of contraceptive IUD / IUD in pekik nyaring in hamlet 1" showed an increase in knowledge on iud birth control acceptors about understanding, various contraceptives, disadvantages, advantages of contraceptives chosen. This shows the number of audience questions verbally to the speaker / extension officer. Because of the cooperative officers and audience from the beginning of the counseling until completion, the reason for the active participation of the audience is the curiosity of the IUD directly. The material presented by the extension officer to the audience to be understood. At the counseling held at the hamlet hall 1 pekik nyaring not have any obstacles when doing counseling takes place.

The implementation of socialization was carried out offline at the dusun 1 pekik nyaring hall, attended by 33 residents in dusun 1 pekik nyaring. This activity was attended by bu kader. According to Notoadmodjo (2007), that health workers and other personnel are drivers or reinforcers of healthy behavior in the community to achieve health, then health workers should be involved in providing education to the community. This activity is in line with the results of research conducted by Wahyuningsih and Fatmawati (2019), which shows that there is a relationship between cadre support and interest in using IUD contraceptives.

As a form of activity evaluation, participants were directed to fill out a pretest before the activity began, then distributed socialization aids in the form of leaflets. Socialization activities were followed by participants in an orderly and enthusiastic manner, as evidenced by critical questions related to the material provided during the question and answer session and discussion. Finally, this activity was closed by filling out the posttest.

Table 1 Research Results

Knowledge	Pre-Test		Post-Test	
	Frequency	%	Frequency	%
Good	12	38.3	28	87.7
Enough	15	44.7	3	7.3
Not enough	5	17.0	2	5.0
Amount	33	100%	33	100%

The table above is a breakdown of pretest and posttest results of socialization residents. From the table, it can be seen that there was an increase in value before being given socialization of maternal knowledge with a good category of 38.3% and after being given training increased to a good category of 87.7% with an average from pretest (22.60 ± 11.30) to posttest (26.37 ± 12.13). This is in line with previous studies which state that the counseling technique was chosen because it is an interactive way of delivering material with audiences compared to the group discussion method (Masturo, U and Kholisotin, 2020).

Health workers are very influential in influencing the interest of PUS to use IUD contraception. The source of information (cadre support) will be one of the factors that most influence the interest of PUS in the use of IUD contraception (Wahyuningsih, D, 2019). In addition, good knowledge is also a factor that motivates a person to decide to use a

contraceptive method that suits the conditions and needs of WUS (Harini, Lusiana, & Widatiningsih, 2019). In order to get a good understanding, it needs to be supported by delivering information in an informative way. Therefore, one of these community service activities is a means of empowering the community through the method of delivering information in providing education.

According to Notoatmodjo (2011), states that one of the factors that determine a person's health behavior is the level of knowledge of the number of participants who become family planning acceptors who come and get this service is influenced by several things, apart from the level of education that prevents upwards, age is also influenced by parietas and experience. The education of participants is very sufficient as a basis for understanding the ins and outs of family planning so that their knowledge increases and with this good knowledge encourages participants to behave to decide on the selection and installation of contraceptives which in turn have the behavior of visiting health services to use contraceptives.



Figure 1 Activity Documentation

CONCLUSION

Socialization activities on the Intra-Uterine Contraceptive Method to the community in Dusun 1 Pekik Nyaring proved to be effective in increasing knowledge, this was indicated by the results of the pretest and posttest which showed an increase in community knowledge before and after socialization.

This activity has a significant impact because the participants of the socialization are health cadres who are active in activities related to maternal and child health in the community and active in inviting residents to pay more attention to health, especially family planning and women's reproductive health.

SUGGESTIONS

1. Increase the awareness of couples of childbearing age about IUD contraception through Knowledge, Information, and Education (IEC) sessions held at posyandu (Integrated Health Post), PKK (Family Welfare Movement) meetings, recitation, monthly routine meetings in hamlet 1 pekik nyaring.
2. It is important to offer counseling training to Health cadres so that they can effectively promote the use of IUDs at posyandu, as well as during activities such as pengajian and PKK meetings.
3. One strategy to socialize the IUD is to provide counseling to pregnant women during antenatal check-ups and through counseling. This can be done using effective tools such as flipcharts, visual aids, and informative leaflets.
4. Promotion of free IUD insertion.
5. Providing up-to-date training methods for officers who have not attended any training sessions. In addition, we continue to improve the skills of officers by offering refreshers to those who have completed the training.

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