

## THE INFLUENCE OF MIDWIFE'S INFORMATION ON CHOICE OF CONTRACEPTION DEVICES

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### ABSTRAK : PENGARUH INFORMASI BIDAN TERHADAP PEMILIHAN ALAT KONTRASEPSI

Latar Belakang: Kontrasepsi merupakan pengaturan kehamilan dengan menggunakan alat atau metode dengan tujuan mencegah kehamilan. Tidak banyak pula WUS yang memilih untuk tidak menggunakan alat kontrasepsi apapun, dikarenakan pengetahuan WUS terhadap efek samping alat kontrasepsi. Sedangkan WUS yang menggunakan alat kontrasepsi banyak sekali memiliki ragam pilihan terhadap alat kontrasepsi yang akan atau sedang digunakannya, banyak sekali faktor yang mempengaruhi WUS dalam memilih alat kontrasepsi salah satunya adalah informasi bidan.

Tujuan: Penelitian ini bertujuan untuk mengetahui pengaruh informasi bidan terhadap pemilihan alat kontrasepsi

Metode : Metode penelitian ini menggunakan metode kuantitatif analitik dan metode pengambilan sampel dengan simple random sampling. Penelitian ini dilakukan di klinik Azki Medika Kec. Rengat dengan jumlah sampel 95 orang. Penelitian dilakukan pada bulan Januari-Maret 2024

Hasil: Hasil penelitian yang didapat adalah untuk informasi bidan mayoritas responden mengatakan sudah Lengkap sebanyak 58.8 %. Sedangkan untuk pemilihan alat kontrasepsi, mayoritas memilih karena informasi bidan sebanyak 61.1 %. Hasil analisis berdasarkan Uji statistik *Chy Square* nilai  $p < 0,05$ .

Kesimpulan: Berdasarkan hasil uji statistik, ada pengaruh yang signifikan antara informasi bidan terhadap pemilihan alat kontrasepsi.

Saran: Diharapkan bagi tenaga kesehatan khususnya bidan dapat meningkatkan pemberian informasi terkait Keluarga Berencana terhadap calon akseptor KB.

Kata Kunci : Informasi; Bidan, Informasi, Kontrasepsi

### ABSTRACT

Background: Contraception is the management of pregnancy using devices or methods with the aim of preventing pregnancy. There are also not many WUS who choose not to use any contraceptives, due to WUS' knowledge of the side effects of contraceptives. Meanwhile, WUS who use contraceptives have a wide variety of choices regarding the contraceptives they will or are currently using, there are many factors that influence WUS in choosing contraceptives, one of which is midwife information.

Objective: This study aims to determine the influence of midwife information on the choice of contraceptives

Method: This research method uses quantitative analytical methods and sampling methods using simple random sampling. This research was conducted at the Azki Medika clinic, Kec. Rengat with a sample size of 95 people. The research was conducted in January-March 2024

Results: The research results obtained were that for midwife information, the majority of respondents said it was complete, 58.8%. Meanwhile, for the choice of contraceptives, the majority chose because of the midwife's information, 61.1%. The analysis results are based on the *Chy Square* statistical test with a  $p$  value  $< 0.05$ .

Conclusion: Based on the results of statistical tests, there is a significant influence between midwife information on the choice of contraceptives.

Suggestion: It is hoped that health workers, especially midwives, can increase the provision of information related to family planning to prospective family planning acceptors.

Keywords: Midwife; Information; Contraception

## INTRODUCTION

Population growth that cannot be controlled has many impacts on the population itself, including poor health levels resulting from lack of food and nutrition, low public education, and increasing unemployment rates. To suppress or reduce the rate of population growth, the government implemented a program called the Family Planning (KB) movement. The family planning program has a strategic, comprehensive and fundamental meaning in creating small, happy and prosperous families. (Dedi Kurniawan and Fenti Dewi Pertiw, 2021)

The Family Planning Program is an activity that aims to adjust the child's conception age, manage pregnancy gaps, and help freely reproduce quality family knowledge. Another source says that family planning is an effort to space out or plan the number of children and the spacing of pregnancies by using contraception. (Badrun Munandar, 2017). Choosing the right contraceptive device is an important factor in family planning program efforts. (Rendys Septalia and Nunik Puspitasari, 2016). Family planning services and information are a key intervention in efforts to improve the health of women and children and are a human right. (Inggit Pratiwi and Ulfa Fadilla R, 2020)

According to WHO (World Health Organization) in 2020, contraception is the act of helping individuals or couples achieve certain goals, avoid unplanned childbirth, and have children according to their wishes. (Yati Nur Indah Sari et al., 2019). Many factors influence family planning acceptors in choosing contraceptives (Dewi Astuti and Holiday Ilyas, 2015). Rikesdas 2018 shows data that 66% use family planning in Indonesia. There has been an increase in the prevalence of contraceptive use in Indonesia but it is still far from the government's target. (Eva Safitriani et al., 2022)

The National Family Planning Program is an effort to meet the community's need for quality family planning and reproductive health services, reducing maternal mortality and infant mortality (MMR and IMR) as well as overcoming reproductive health problems in order to build quality children's lives. According to BPS 2022 data, 55.36% of couples of childbearing age (PUS) are using contraception. It is estimated that in 2022 the prevalence of contraceptive use by married women is projected to be 62.2%. The percentage will continue to rise until it reaches 64.4% in 2030. Meanwhile, modern contraception such as sterilization, pills, spiral/IUD, birth control injections, birth control implants, condoms, and lactational amenorrhea methods (MAL) are more often chosen

by married women in Indonesia. The prevalence of modern contraceptive use is projected to be 59.7% in 2022. The figure will continue to grow until it reaches 61.9% in 2030. (Elsa, 2023)

The contraceptive method most often chosen by couples of childbearing age (PUS) is short-term contraception such as pills and injections compared to long-term contraceptive methods (MKJP). (Mirawati et al., 2024). Contraception including MKJP is IUD/IUD, Implant, MOP and MOW. Based on the choice of type of contraceptive device, the majority of family planning participants actively used contraceptive injections (62.42%), pills (13.99%), implants (11.4%), IUD (7.71%), MOW (0.52%), and MOP (0.03%). (Erlina F Santika, 2023) Education and information regarding MKJP is of course the government's obligation so that it can be conveyed and accepted by the public so as to increase interest in using MKJP. (Kemenkes RI, 2021)

One of the permanent or stable contraceptives and a long-term method that is rarely used is implants. (Erma Sugiana et al., 2021). Based on research by Eminur (2016), exposure to sources of information about MKJP is related to interest in MKJP. The more exposure to information received is identified with the greater number of individuals receiving health promotion. (Eminur Itri Sari, 2016). When compared with other contraceptive devices, implants are contraceptive devices that are equally as long-term effective as IUDs or spirals. (Eva Safitriani et al., 2022). The implant is a long-term contraceptive method (MKJP) in the form of an implant made from a type of plastic rubber containing hormones, installed in the upper arm. Implants can be used for a long term of 3-5 years and are reversible. The advantage of the contraceptive implant is that it is highly effective at 99% in preventing pregnancy for 3 years (implant failure rate, 1 per 100 women per year in the first 3 years), this is the same as the effectiveness of the IUD, but the implant has a smaller percentage of failure, namely 0.05%, while the IUD has a failure percentage of 0.8%. (Husna Farianti Amran, 2019)

The quality of implementing good family planning services has not yet fully reached all regions of the archipelago. Because there are several things that influence couples of childbearing age in choosing contraceptives, such as the source of information received, education, socio-economics, culture, religion, women's status and husband's support. This is because each contraceptive method or device chosen has different effectiveness (Anita Lontaan et al., 2014). Sources of information related to increasing acceptor knowledge about contraceptives.

Knowledge will later determine a person's health behavior (Suci Oktavianah et al., 2023). The information provided by midwives is a message or collection of messages consisting of ordered sequences of symbols, or meanings that can be interpreted from the message or collection of messages. Information can be recorded or transmitted. These can be recorded as signs, or as wave-based signals. So the information that is usually carried out by the midwife with the client/PUS is also called counseling. (Titis Martyas, 2017)

Counseling is ideally provided to achieve specific goals arising from an individual's needs in various areas of personal and social, learning and professional practice. The attitude of staff in providing good counseling is to treat patients well, interact with staff and patients, health workers will provide appropriate and correct information to patients. In other words, don't provide too much unnecessary information (Titis Martyas, 2017). By conducting counseling, it means that officers help clients in choosing and deciding on the type of contraception to use according to their choice, besides that it can make clients feel more satisfied. (Nurhikmah et al., 2022)

One of the main factors why women of childbearing age do not use family planning in populations with low contraceptive prevalence is lack of knowledge or information about contraception. Knowledge about contraception influences the choice and use of contraception, but knowledge about contraception will have a more significant influence on contraceptive use if prospective acceptors receive adequate information about specific methods of contraception. Complete information about contraceptive methods from service providers can increase the acceptor's trust in the service provider (Safitri and Rani, n.d.). Ramariani and Arista (2022) explained that the low level of respondent participation in contraceptive use was influenced by public misinformation or misreporting about contraception and side effects. When people receive inaccurate information, they will be reluctant to try, let alone interested in using contraception (Ramariani and Arista, 2022). Research conducted in 2022 stated that as many as 51.9% of women had moderate motivation to use contraception. (Sinta Kiki Amelia and Yektiningtyastuti, 2024)

**RESEARCH METHODS**

The research method uses a quantitative research strategy (using a questionnaire with items that are assessed numerically). This research will

look at the factors that influence the choice of contraceptives. The factors that influence the choice of contraceptives are: one of them is "The influence of midwife information". The selection of quantitative methods is used to obtain existing facts and seek overall completeness regarding the influence between the variables studied. This research was conducted at the Azki Medika Clinic, Rengat District, Indragiri Hulu Regency in January-March 2024. The sample in this study was 95 women of childbearing age who visited the AZKI Medika Clinic. Samples were taken using consecutive sampling as many as 95 respondents. Instruments in research are tools that will be used in data collection. The instruments used were questionnaires and observation sheets. The type of data in this research is quantitative data, namely primary data to find out the reasons for choosing the contraceptive method used, where this variable is divided into 2 categories, namely. For the midwife information variable, it is categorized: complete information:  $\geq$  mean and incomplete information  $<$  mean. The contraceptive choice variable is categorized into: choosing because the midwife's information:  $\geq$  mean, choosing because other information  $<$  mean. Meanwhile, for data analysis using the Chy Square statistical test. If the p.value  $<0.05$  then the test states there is a significant correlation between the independent variable and the dependent variable, but if the p.value  $\geq 0.05$  then the test states there is no significant correlation between the independent variable and the dependent variable.

**RESEARCH RESULTS**

The variables in this research consist of independent variables and dependent variables. The independent variable in this study is midwife information while the dependent variable is the reason for choosing a contraceptive device. The results of data processing in this research were analyzed using Chy Square. Data processing and analysis used the Statistical Package for Social Science (SPSS) software version 26.0. Based on the data obtained in the 2 groups, the following results were obtained:

**Table 1**  
**Frequency distribution of completeness of information provided by midwives**

Kelengkapan Informasi	Jumlah	Persentase
Informasi Lengkap	68	71.6
Informasi	27	28.4

Based on table 2, it can be seen that the majority of midwife information provided was in the complete category, 68 people (71.6%).

From table 2 above, it can be seen that of the 95 respondents, the majority chose contraceptives based on information from the midwife, namely 69 people (72.6%).

**Table 2**  
Frequency distribution of reasons for selecting contraceptives

Alasan Pemilihan Kontrasepsi	Jumlah	Persentase
Karena Bidan	69	72.6
Informasi Lain	26	27.4

**Table 3**  
Results of statistical tests on the relationship between midwife information and the choice of contraceptives

Alasan Pemilihan Alat Kontrasepsi	Informasi Bidan		Total	P Value
	Lengkap	Tidak Lengkap		
Karena Bidan	56	13	69	0.001
Karena Informasi Lain	12	14	26	

Based on table 3, it can be seen that 56 respondents said they received complete information and chose contraceptives because they came from midwives, and 12 people said they chose contraceptives from other sources of information. Based on statistical tests, there is an influence between midwife information on the choice of contraceptives. This is proven by the p value (0.001). based on the Chy Square statistical test, the p value is <0.05, which means there is a relationship between the independent variable and the dependent variable.

## DISCUSSIONS

In table 1 above, of the 95 women of childbearing age who were respondents, the majority of respondents said they received information from midwives regarding contraception in the complete category, 68 people (71.6%). We know that the information a person receives greatly influences that person's attitude in doing something.

Based on research conducted by Farida Aryani (2013), around 71.1% of midwives play a role in the initial counseling given to DMPA injection acceptors (Farida Aryani, 2013).

The success of counseling is closely related to the counselor's attitude/behavior which can be influenced by providing information, in one study there was a significant influence between providing counseling as a source of information on the level of knowledge and attitudes of acceptors in choosing contraceptives. (Novita Eka Kusuma Wardani et al., 2019) . Providing information by midwives to clients is also part of counseling. In research, Siti (2022) stated that as health workers they can improve the counseling skills of acceptors so that they can realize the success of health service programs,

especially in the field of family planning. This will ultimately increase the acceptor's knowledge so that the acceptor can choose the contraceptive device well. (Siti Amallia and Yessy Octa Fristika, 2022)

In table 2, the results obtained are that the majority of respondents chose contraception based on the information obtained from midwives, namely 69 people (72.6%). This line is in accordance with research conducted by Ririen Hardani (2022) who stated that the majority of respondents said that the source of information in choosing which contraceptive to use came from information from midwives, 108 respondents (31%) and the 2018 research also stated that the data obtained shows that the source of information most used by family planning acceptors as a consideration in choosing contraceptives is the source of information from midwives, 59 respondents (84.3%). Meanwhile, research conducted in 2019 concluded that the majority of sources of information obtained by acceptors were from health workers, namely midwives and it was also stated that there was a significant relationship between the source of information for couples of childbearing age (PUS) and the use of contraception (Siska Santikasari and Puji Laksmi, 2019). Accurate information will usually be obtained from experts in certain fields. A more appropriate source of information about contraception is midwives. Meanwhile, informants for Puskesmas services at family planning clinics include doctors, pharmacists, midwives, nurses, PLKB and health cadres to provide detailed and clear information about pregnancy and contraception (Ririen hardani et al., 2022). Many things are done so that information can be conveyed well to potential acceptors, providing information to acceptors can be provided via WEB.

A WEB-based information system has advantages including that family planning acceptors can access information about family planning anytime and anywhere and are able to increase the work efficiency and effectiveness of related parties (Sinta Maria and Sifa Febrianty Lubis, 2020)

In table 3, it can be seen that there is an influence between the information provided by midwives on the choice of contraceptives for family planning acceptors. Many factors influence a person's choice of contraception, including: sources of information, family planning outreach activities. This aims to ensure that potential acceptors can increase their knowledge, attitudes and awareness of the importance of using contraception (Ratna et al., 2023). Based on research in 2020, it is stated that the description of choosing a postpartum contraceptive can be influenced by factors such as education, knowledge, husband's support, health workers and access to information (Jati Budi Utami et al., 2020). In theory, the more information obtained, the higher the frequency of contraceptive use. The incomplete information received causes a lack of knowledge of potential acceptors in choosing the type of family planning. (Ratna et al., 2023). The information provided by midwives greatly influences clients in making decisions. Based on research conducted by researchers, the respondents in this study, namely family planning acceptors, received information related to family planning in complete categories and this influenced acceptors in using contraception. The acceptor said that the contraception used was because the source of the information received came from the midwife's information. This is supported by research by Putra et al (2020) which states that understanding family planning information has a significant influence on the choice of contraceptive use among women of childbearing age. (Putra et al., 2020).

## CONCLUSION

Based on the results of statistical tests, there is a significant influence between midwife information and the choice of contraceptives, where the P-value is  $<0.05$  ( $P=0.001$ ).

## SUGGESTION

It is hoped that health workers, especially midwives, can increase the provision of information related to family planning to prospective family planning acceptors.

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