

The Influence of Counseling Toward The Level of Knowledge About Contraception Tool in Family Planning Acceptor in Public Health Centre of Kassi-Kassi Makassar

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Abstract: *The less knowledge of mother about the selection of contraception type that they are going to consume is caused by the less counseling from paramedic particularly midwives. Childbearing age couple who visit the health service centre commonly choose general contraception tool such as pill and injection, it is caused by ineffective counseling about contraception tool. This study aims at knowing the factors of infection in postpartum period. Type of research in analytical survey research with cross sectional study research. Total sample is 55 people who were chosen by using purposive sampling technique. Data collection did by delivering questionnaire as primary data and the data analysis did by using SPSS program and were analyzed with chi square test with level of significance $\alpha=0,05$. Based on the continuity correction, it showed the result of cross test where there is relationship between counseling and the level of knowledge where the value of p a value or $=0,002 < \alpha=0,05$. It is suggested to mother to use contraception which met to their urge and not to focus with one certain contraception tool and use it in long period.*

Keywords: *counseling, level of knowledge, contraception tool*

INTRODUCTION

Background Of The Problem

One of the reasons for the continued high number of Couples of Reproductive Age (CRA) not using contraceptives is due to their lack of information about available contraceptives, including their side effects, shortcomings, and advantages. The lack of information is primarily because healthcare workers, especially midwives, have not been optimal in providing counseling to CRA regarding contraceptive choices. As a result, there is an increase in the population due to the insufficient number of CRA using contraceptives.

According to the current government program in national health, the goal of health development towards a healthy Indonesia has been formulated. It aims to increase awareness, willingness, and ability to live a healthy life for everyone, achieving optimal health through the creation of an Indonesian society where its population lives in an environment with healthy behaviors, possesses the capability to access quality services, and achieves optimal health status (Depkes RI, 2013).

A nation can progress when supported by good health status because it's impossible for a nation to advance if the health status of its population is poor. A country can act

independently and fulfill its important role when its population is in good health. Therefore, a developing country must be supported by a healthy human resource (Depkes RI, 2013).

One of the primary phenomena that significantly influences the success of health development is the effort and still low health status. Hence, there is a need to increase health status by promoting a healthy lifestyle (Prawirohardjo, 2012). To improve health status, emphasis is placed on controlling population growth, one of which is the family planning program. According to Professor Biran Afandi, a prominent figure at the Faculty of Medicine, University of Indonesia, the most effective family planning method to date is hormonal contraception, particularly oral contraception, consisting of combined pills and mini-pills (Taufik, 2012).

LITERATUR RIVIEW

Overview of Family Planning

1. Definition of Family Planning

Family Planning is a movement aimed at forming healthy and prosperous families by controlling birth rates. It involves planning the number of family members through limitations achieved by using contraceptive tools or birth control methods such as condoms, IUDs, spirals, and others (Prawirohardjo, 2012).

Overview of Contraception

1. Definition

- a. Contraception comes from the words 'contra' and 'conception.' 'Contra' means 'against' or 'preventing,' while 'conception' refers to the meeting of a mature egg cell with sperm resulting in pregnancy (Cunningham, 2012).
- b. Contraception is avoiding or preventing pregnancy as a consequence of the meeting between an egg cell and sperm. Therefore, based on the purpose and intent of contraception, those in need of it are couples engaging in sexual differences, both with normal fertility but not desiring pregnancy. Contraception methods vary in their mechanisms but generally function to prevent ovulation, incapacitate sperm, and impede the meeting of egg and sperm cells (Suratun, dkk, 2012).

Overview Of Counseling

1. Definition

Counseling is the process of providing objective and comprehensive information systematically, guided by interpersonal communication skills, guidance techniques, and mastery of clinical knowledge. It aims to help individuals recognize their current

condition, the problems they are facing, and determine solutions or efforts to address these issues (Saifuddin, 2012).

General Overview Of Knowledge

2. Definition Of Knowledge

- a. Knowledge is everything that is known (Depdikbud, 2012).
- b. Essentially, knowledge constitutes all that we know about a particular object, including sciences; thus, science is part of other knowledge areas such as arts and religion. Knowledge is a treasury of mental wealth that directly or indirectly enriches our lives. Each type of knowledge essentially becomes a particular type of question posed (Sumantri, 2011).

RESEARCH METHOD

This research is an Analytical Observational study with a Cross-Sectional Study design, which is an epidemiological study design that investigates the relationship between diseases and exposure (research factors) by observing the exposure and disease status simultaneously in individuals from a single population at one time or period

RESEARCH RESULTS AND DISCUSSION

Research Location

1. Geographical Location

Kassi-Kassi Makassar Community Health Center is situated at Jl. Tamalate I No.43, Rappocini sub-district, Makassar, covering the areas of Banta-Bantaeng, Rappocini, Tamalate, with the following boundaries:

Research Findings

1. Characteristics of Respondens

Table 4.1
Frequency Distribution Based on Mother's Age at Kassi-Kassi Makassar Community Health Center Year 2020

Age	Frequency (f)	Percentage(%)
20-35 years old	49	89,1
< 20 and > 35 years old	6	10,9
Jumlah	55	100

Source: Primary Data 2020

Table 4.1 shows that out of 55 respondents, based on age, there were 49 individuals (89.1%) between 20-35 years old (healthy reproduction), and those below 20 and above 35 years old (unhealthy reproduction) were 6 individuals (10.9%).

a. Education

Table 4.2
Frequency Distribution Based on Education at Kassi-Kassi Makassar Community Health Center Year 2020

Education	Frequency (f)	Percentage (%)
Not Educated	1	1,8
SD	7	12,7
SMP	8	14,5
SMA	32	58,2
SI	7	12,7
Total	55	100

Source: Primary Data 2020

Table 4.2 shows that out of 55 respondents, based on education, there were 32 individuals with a high school education (58.2%), and the fewest were those with no education, totaling 1 individual (1,8%).

b. Occupation

Table 4.3
Frequency Distribution Based on Occupation at Kassi-Kassi Makassar Community Health Center Year 2020

Occupation	Frequency (f)	Percentage (%)
Housewife	41	74,5
Entrepreneur	6	10,9
Employee	4	7,3
Civil Servant	4	7,3
Total	55	100

Source: Primary Data 2020

Table 4.3 shows that out of 55 respondents, based on occupation, there were 41 housewives (74.5%), and the fewest were employees and civil servants, totaling 4 individuals (7,3%).

c. Contraceptive Methods Used

Table 4.4
Frequency Distribution Based on Contraceptive Methods Used at Kassi-Kassi Makassar Community Health Center Year 2020

Contraceptive methods used	Frequency (f)	Percentage (%)
Pill	14	25,5
Injection	24	43,6
Implant	14	25,5
IUD	3	5,5
Total	55	100

Source: Primary Data 2020

Table 4.4 shows that out of 55 respondents, based on the contraceptive methods used, injections were the most common, with 24 individuals (43.6%), and the fewest used IUD, totaling 3 individuals (5,5%).

2. Univariate Analysis

a. Counseling

Table 4.5
Frequency Distribution Based on Acceptors' Counseling at Kassi-Kassi Makassar Community Health Center Year 2020

Counseling	Frequency (f)	Percentage (%)
Yes	34	61,8
No	21	38,2
Total	55	100

Source: Primary Data 2020

Table 4.5 shows that out of 55 respondents, based on counseling, the majority received it, totaling 34 individuals (61.8%), while 21 individuals (38.2%) did not receive it.

b. Level of Knowledge

Table 4.6
Frequency Distribution Based on Acceptors' Level of Knowledge about Contraceptive Devices at Kassi-Kassi Makassar Community Health Center Year 2020

Level of Knowledge	Frequency (f)	Percentage (%)
Good	29	52,7
Poor	26	47,3
Total	55	100

Source: Primary Data 2020

Table 4.6 shows that out of 55 respondents, based on the level of knowledge, the majority had good knowledge, totaling 29 individuals (52.7%), while 26 individuals (47.3%) had poor knowledge.

3. Bivariate Variables

Table 4.7
Analysis of the Influence of Counseling on Acceptors' Level of Knowledge about Contraceptive Devices at Kassi-Kassi Makassar Community Health Center in 2020

Counseling	Knowledge				Total		Value
	Good		Poor		N	%	
	n	%	n	%			
Yes	24	43,6	10	18,2	34	61,8	p=0,001
No	5	9,1	16	29,1	21	38,2	
Total	29	52,7	26	47,3	55	100	

Source: Primary Data 2020

According to Table 4.7, out of 34 acceptors who received counseling, 24 individuals (43.6%) had a good level of knowledge, while 10 individuals (18.2%) had poor knowledge. Meanwhile, out of 21 acceptors who did not receive counseling, 16 individuals (29.1%) had poor knowledge, and 5 individuals (9.7%) had a good level of knowledge. Based on the data processing and analysis using the chi-square test, there is an influence of counseling on the acceptors' level of knowledge, where the p-value is 0.001, or $p < \alpha$.

Discussion

The research findings indicate that out of 34 acceptors who received counseling, 24 individuals (43.6%) had a good level of knowledge, while 10 individuals (18.2%) had a poor level of knowledge. Meanwhile, out of 21 acceptors who did not receive counseling, 16 individuals (29.1%) had a poor level of knowledge, and 5 individuals (9.7%) had a good level of knowledge.

Based on the data processing and analysis using the chi-square test, there is an influence of counseling on the acceptors' level of knowledge, where the p-value is 0.001, or $p < \alpha$

Counseling is the process of providing objective and comprehensive information systematically, using a blend of interpersonal communication skills, guidance techniques, and clinical knowledge mastery, to help an individual recognize their current condition, the problems they are facing, and determine a way out or efforts to address those issues.

Based on counseling theory, it is the process of providing objective and comprehensive information systematically, guided by interpersonal communication skills, guidance techniques, and mastery of clinical knowledge. Its aim is to assist an individual Recognizing their current condition, the problems they are facing, and determining a way out or efforts to address those issues (Saifuddin, 2012).

The purpose of counseling is to assist clients in selecting and deciding on the type of contraception to be used according to their preferences (Saifuddin, 2012). The aim of counseling is to help clients perceive their issues more clearly so that they can independently choose their path (Fitriasari, 2012).

Through effective contraceptive counseling, clients can firmly decide on their contraceptive choices according to their own preferences and will not regret their decisions later. Effective counseling enhances the success of family planning and encourages clients to use contraceptives for a longer duration. Recognizing their current condition, the problems they are facing, and determining a way out or efforts to address those issues (Saifuddin, 2012).

The goal of counseling is to assist clients in choosing and deciding on the type of contraception to be used according to their preferences (Saifuddin, 2012). The objective of counseling is to help clients see their issues more clearly so that they can independently choose their path (Fitriasari, 2012).

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The goal of counseling is to assist clients in choosing and deciding on the type of contraception to be used according to their preferences (Saifuddin, 2012). The objective of counseling is to help clients see their issues more clearly so that they can independently choose their path (Fitriasari, 2012).

Through effective and steady contraceptive counseling, clients can confidently decide on their contraceptive choices according to their own preferences and will not regret their decisions later.

Good counseling enhances family planning success and encourages clients to use contraceptives for a longer duration as well reflecting the quality of service provided (Sheilla, 2012).

Through effective and steady contraceptive counseling, clients can confidently decide on their contraceptive choices according to their own preferences and will not regret their decisions later. Good counseling enhances the success of family planning and encourages clients to use contraceptives for a longer duration, reflecting the quality of service provided (Sheilla, 2012).

Knowledge essentially encompasses all that we know about a particular object, including sciences; thus, science is part of other knowledge areas such as arts and religion. Knowledge is the treasury of mental wealth that directly or indirectly enriches our lives. Each type of knowledge essentially becomes a specific type of question posed (Sumantri, 2011).

Based on research results aligned with existing theories, the lack of participation of Couples of Reproductive Age (CRA) as family planning acceptors can be attributed to several factors including counseling, economic status, education, spousal support, side effects, and religion (Handayani, 2012). Among these factors, counseling is considered to have a significantly high influence on the participation of CRA as family planning acceptors.

Many prospective acceptors still face difficulties in choosing the type of contraception. This is not due to a lack of available contraceptive methods but rather stems from unawareness regarding the various advantages and disadvantages of the side effects of each contraceptive method. In line with the dangers of the population paradigm and the decline in fertility adopting an approach focused on reproductive health and reproductive rights, there is freedom to choose a contraceptive method. Given this, contraceptive methods

have been developed to provide options. However, when considering the existing acceptor data, a majority tend to choose a specific method .

The issue lies in the aspect of selecting contraceptive methods.

The aspects that need attention are whether the choice of contraceptive device is based on considerations of the advantages, disadvantages, effectiveness, and efficiency of each method. Therefore, every prospective acceptor fundamentally should have good knowledge about contraception.

Based on research conducted by Tumini (2010) at the Ngunut Tulungagung Community Health Center, the research results revealed a difference in knowledge between acceptors who received counseling and those who did not, with a value of $p=0.001$.

Research by Endah (2015) at the Melati II Yogyakarta Community Health Center showed a difference in the average level of knowledge before and after counseling with a value of $p=0.003$.

A study conducted by Yanik (2015) in Blora Regency found a positive and statistically significant relationship between the level of knowledge and counseling methods concerning the selection of contraceptive devices.

Based on research conducted by Purnama Dewi Amri (2014) at the Jumpandang Baru Makassar Community Health Center, there was no relationship found between counseling and mothers' knowledge regarding the selection of contraceptive devices.

CLOSING

Conclusion

1. Based on the research conducted, the following conclusions can be drawn:
2. Based on counseling, a higher number of acceptors received counseling, totaling 34 individuals (61.8%).
3. Based on the level of knowledge, a higher number of acceptors had good knowledge, totaling 29 individuals (52.7%).
4. There is an influence of counseling on the acceptors' level of knowledge about contraceptive devices, as indicated by the chi-square test with a value of $p=0.001$.

Recommendations

1. Clients Encourage mothers to undergo counseling before choosing a contraceptive method, as well as seek information about the chosen contraceptive method, including its type, benefits, advantages, disadvantages, and potential side effects.

2. Healthcare Professionals Healthcare providers, particularly midwives, should enhance services for family planning acceptors and deepen counseling for mothers.
3. Healthcare Facilities Improve service quality, especially in providing counseling to clients, and offer comprehensive facilities to support family planning services.
4. Future Researchers Serve as input for future research to explore different variables

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