



Mother's Knowledge And Husband Support On Using Long Term Contraceptive Method In Lolang Public Health Center, Manggarai Regency

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ABSTRACT

In order to achieve the controlled and managed population growth, government launched a Family Planning Program for Reproductive Age Couples. Within the program, the use of long term contraceptive method is the most effective measure for the Family Planning. Based on WHO data in 2017, 58% of reproductive age couple choose modern contraceptive method, greater than traditional method which were around 5%. In Lolang Public Health Center, the number of long term contraceptive method user is as much as 17,02% and non-long term contraceptive method user is as much as 82,8%. These data indicates that the majority of contraceptive method used by reproductive age couple is non-long term contraceptive method. This study aims to analyze the relationship between mother's knowledge and husband's support on using long term contraceptive method in Lolang Public Health Center, Manggarai Regency. This study is a descriptive correlational study using cross sectional design. The sampling method using simple random sampling with 101 respondents. The independent variables in this study are mother's knowledge and husband's support and the dependent variable is the use of lon term contraceptive method. Data analysis conducted univariately and bivariately using chi square test ($\alpha=0,05$). The study result indicates that the majority of respondents have poor knowledge as much as 64,4% with p value 0.001 and unsupported by the husband to use long term contraceptive method as much as sebesar 58,4% with p value 0.000. Based on this study, it is concluded that there is a significant correlation between mother's knowledge and husband's support toward the use of contraceptive methods within the Family Planning program.

Keywords: Mother's Knowledge; Husband Support; Family Plan; Long Term Contraceptive Method

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INTRODUCTION

In the effort to control population growth, government develop Family Plan program since 1970 in order to meet the community needs of qualified reproductive care while reducing maternal mortality rate, infant and children mortality rate and the management of reproductive problems in order to achieve better family quality. Thus, Family Plan for Reproductive Age Couple is one of the effort to manage the population growth ¹.

The decreasing of maternal mortality rate can be achieved through the increasing of Family Plan participation in the community of reproductive age couple. Long term contraceptive method within Family Plan program is the most effective method of program continuity. The use of long term contraceptive method is predicted by several factors such as the quality and accessibility of Family Plan service, the limited resources, provider competency and knowledge. These limitations compel the Family Plan acceptor to choose non long term contraceptive method because it is considered practical ².

Long term contraceptive method is defined as contraceptive method used for more than 2 years, known as the most effective and efficient method to birth spacing and delaying pregnancy or preventing birth for more than 3 years, this method including IUD, implant and sterilization (female/male) ³. According to Indonesian Demographic and Health Survey, the majority of contraceptive method used by reproductive age couple in Indonesia is modern contraceptive method. Population, Family Plan and Development Program recommend the use of long term contraceptive method to be used mainly in the Family Plan Program such as Intra Uterine Device (IUD), implant, and female/male sterilization ⁴.

Based on the data from WHO in 2017, 58% reproductive age population choose the modern contraceptive method compares to traditional contraceptive method (5%) ⁵. The data from Indonesian Ministry of Health in 2017 indicates that within 23.606.218 reproductive age couples whom the Family Plan acceptor, 17.45% of them use long term contraceptive method. Data obtained from Nusa Tenggara Timur Provincial Health Office, long term contraceptive method user in NTT during 2015-2017 is fluctuating each year. In 2015, the user of long term contraceptive method is as much as 30.2% and non-long term contraceptive method user is as much as 69.8%. In 2016, the user of long term contraceptive method is as much as 29.07% and non-long term contraceptive method user is as much as 70.03%. In 2017, the user of long term contraceptive method is as much as 31.0% and non-long term contraceptive method user is as much as 69.0%. Based on these data, the user of non-long term contraceptive method is higher. The Family Plan Program Acceptor data obtained from Lolang Public Health Center indicates that the percentage of reproductive age couple who use long term contraceptive method is around 17.02% and non-long term contraceptive method is higher with 82.8%.

According to Irianto the decision of using contraceptive method is affected by three factors namely predisposing factors (from the individual) such as knowledge, attitude, age, number of children, perception, education level, economy status and demographic variables; enabling factors such as health facilities, information sources and resources availability; reinforcing factors such as family and community support ⁶.

One of the factors predicting mothers on deciding contraceptive method is husband support ⁷. If mother belief that their husband support the use of contraception, the probability of them to use contraceptive method is higher, however, if mother hesitate to discuss the use of contraceptive method to their husband or the husband decide the contraceptive method for them, the probability of using contraceptive method is lower ⁸.

Based on the initial study conducted to 10 reproductive age couple who's the acceptor of Family Plan program in Polindes Lolang, 3 reproductive age couple (30%) state the desire to use implant long term contraceptive method, while 7 reproductive age couples (70%) want to use non-long term contraceptive method such as birth control injection and pills. The low rate of long term contraceptive method use is caused by the fear of side effect and the insertion procedure. Besides, the lack of support from the husband is also the important factor.

Based on the problem identified above, this study aims to explore the relationship between mother's knowledge and husband support towards the use of long term contraceptive method in Lolang Public Health Center, Manggarai Regency.

METHODS

This study is a descriptive correlational study using cross sectional design. This study was conducted in Lolang Public Health Center in July 2021. The population of this study is the Family Plan program acceptor in Polindes Lolang. Sampling method used simple random sampling with 101 respondents. The data collected using mother's knowledge and husband's support questionnaire. Data then were analyzed using univariate and bivariate analysis (chi square test with $\alpha=0.05$).

RESULT

Table 1. Frequency Distribution Based on Maternal Characteristics

Category	n	%
Umur Ibu		
<20 Years	19	18.8
20-35 Years	48	47.5
>35 Years	34	33.7
Education		
Primary school	49	48.5
Junior high school	34	33.7
Senior High School	16	15.8
College	2	2.0
Parity		
1-2 children	49	48.5
≥ 3 children	52	51.5
Total	101	100

Based on table 1. It is identified that the majority of respondents were in the 20-35 years old age category (47.5%). Respondent's educational background were mostly elementary school (48.5%) and the number of children or parity were mostly ≥ 3 children (51.5%).

Table 2. Frequency Distribution Based on Mather's Knowledge

Knowledge	n	%
Good	36	35.6
Less	65	64.4
Total	101	100

Based on table 2. It is identified that the majority of respondents have poor knowledge as much as 65 respondents (64.4%). While respondents with good knowledge category is as much as respondents (35.6%).

Table 3. Frequency Distribution Based on Husband's Support

Husband Support	n	%
Support	42	41,6
Not support	59	58,4
Total	101	100

Based on table 3. It is identified that the majority of respondents do not obtain support from their husband to use long term contraceptive method as much as 59 respondents (58.4%). While the respondents with husband support to use long term contraceptive method is as much as 42 respondents (41.6%).

Table 4. Frequency Distribution Based on Long Term Contraceptive Method

Contraceptive Method	n	%
Long Term Contraceptive	19	18.8
Non-Long Term Contraceptive	82	81.2
Total	101	100

Based on table 4. It is identified that the majority of contraceptive method used by respondents is non-long term contraceptive method as much as 82 respondents (81.2%) and the user of long term contraceptive method is as much as 19 respondents (18.8%).

Table 5. The Relationship Between the Knowledge Mother with Long Term Contraceptive Choice

Knowledge	Contraceptive Method				P Value
	Long Term Contraceptive		Non-Long Term Contraceptive		
	n	%	n	%	
Good	13	6.8	23	29.2	0.001
Less	6	12.2	59	52.8	
Total	19	19.0	82	82.0	

Based on table 5. It is indicating that from 36 respondents with good knowledge, the user of long term contraceptive method is as much as 13 respondents (6.8%), while the user of non- long term contraceptive method is as much as 23 respondents (29.2%). Meanwhile, out of the 65 respondents with poor knowledge, the user of long term contraceptive method is as much as 6 respondents (12.2%) and the user of non- long term contraceptive method is as much as 59 respondents (52.8%). The statistic test showed p value 0.001 <0.05, indicates that there is the significant relationship between mother’s knowledge and the use of long term contraceptive method.

Table 6. The Relationship Between the Husband’s Support with Long Term Contraceptive Choice

Husband Support	Contraceptive Method				P Value
	Long Term Contraceptive		Non-Long Term Contraceptive		
	n	%	n	%	
Support	15	7.9	27	34.1	0.000
Not Support	4	11.1	55	47.9	
Total	19	19.0	82	82.0	

Based on table 6. It is identified that out of 42 respondents with husband support and use long term contraceptive method as much as 15 respondents (7.9%), while the user of non- long term contraceptive method is as much as 27 respondents (34.1%). Meanwhile out of 59 respondents without husband support, the user of long term contraceptive method is as much as 4 respondents (11.1%) an the user of non-long term contraceptive method is as much as 55 respondents (47.9%). Statistic test

result shows the p value $0.000 < 0.05$, indicates the significant correlation between husband support and the use of long term contraceptive method.

DISCUSSION

This study result denote the significant relation between mother's knowledge and the use of long term contraceptive method in Lolang Public Health Center with value 0.001. It is also identified the majority of respondents have poor knowledge (64.4%). Knowledge is the basic factors of behavior and plan of an individual. The appropriate knowledge of Family Plan program and each contraceptive method could increase the community participation to the program ⁹.

This study result is in line with a study by Widyarni, that identifies the relation between knowledge and the use of long term contraceptive method knowledge with value 0.001¹⁰. A study by Laksmi, also identify the significant relationship between knowledge and the use of long term contraceptive method. Women of reproductive age with good knowledge tend to use long term contraceptive method 1.9 times higher than women of reproductive age with poor knowledge . The higher respondent's knowledge represents the broader insight make them more adaptive to newer innovation and able to make decision accordingly ¹¹. Another study also identify that there is significant relation between knowledge and the use of intrauterine contraceptive with value 0.000 ¹². The low rate of long term contraceptive method use possibly caused by the misunderstanding of the contraceptive method ¹³.

Based on the study by Crede, the women in South Africa is avoiding the use of long term contraceptive method because they are afraid of insertion procedures of long term contraceptive method as it is an invasive procedure ¹⁴.

According to researcher assumption, the majority of mother choose to use non- long term contraceptive method because they have inadequate information on long term contraceptive method, thus they prefer the birth control pills or injection than to use implant or IUP. The lack of knowledge and understanding develops into the lower rate of long term contraceptive method use.

This study showed the significant relationship between husband's support and the use of long term contraceptive method with value 0.000. The majority of respondents use non- long term contraceptive method as much as 81.2%. This study is in line with the study by Sitepu, showed that respondents with husband support have 6.1 times more chance to use IUD than respondent without husband support ¹⁵.

Respondents without their husband's support tend to have lower interest to use IUD ¹⁶. According to Friedman (1998), there are four (4) type of husband support to the mother/wife namely emotional support, reward/judgemental support, instrumental support and informative support. Husband's support

can be interpreted into attentive attitude showed by positive cooperation, doing housechores together and provide moral and emotional support to wife's career or occupation¹⁷.

Based on the researcher assumption, husband's support as head of the family is an important factor influencing mother's interest to choose long term contraceptive method. The greater husband's support to their wife/ to use long term contraceptive method, the greater their wife interest to use the contraceptive method. Husband's support encourages wife to choose the appropriate contraceptive method. Meanwhile, the lack of husband's support oftentimes develops into the inability of wife's independent and proper decision making.

CONCLUSION AND SUGGESTION

This study identifies that the majority of respondents have poor knowledge of long term contraceptive method (64.4%) and do not obtain husband's support to use long term contraceptive method (58.4%). Statistical analysis of mother's knowledge obtain value $0.001 < 0.05$ and husband's support obtain value $0.000 < 0.05$, thus the alternative hypothesis is accepted, meaning there is significant relationship between mother's knowledge and husband's support on using long term contraceptive method. This study result is expected to be an information source to improve mother's knowledge on long term contraceptive method, thus the more mother use it. Respondent's husband is encouraged to support their wife to use appropriate contraceptive method in order to space the pregnancy. The health workers is expected to improve the health education and counseling on long term contraceptive method to every reproductive age couples with husband's active participation, in order to achieve husband's proper understanding of procedures and benefit of long term contraceptive method.

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