

Knowledge of Postpartum Mother And Husband's Support Regarding Postpartum Birth Control In Tembuku II

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ABSTRACT

Background: The Postpartum Birth Control/Family Planning Method is an effort to prevent pregnancy by using contraceptive devices and drugs immediately after giving birth up to 42 days/6 weeks after giving birth. The achievement of Postpartum Birth Control/Family Planning in Tembuku II Public Health Center in 2023 was 17.54%, it's still under the target.

Purpose: This study aims to determine the knowledge of postpartum mothers and husbands' support regarding the use of postpartum Birth Control/Family Planning in Tembuku II Public Health Center, Bangli Regency.

Method: This type of research is quantitative descriptive using a cross-sectional approach. The study was conducted from March to May 2024 with a sample of 56 postpartum mothers. Data collection and retrieval was using a questionnaire with a Likert scale.

Result: The results of the study found that 22 people (39.28%) had proper knowledge, 30 people (53.58%) had sufficient knowledge, and 4 people (7.14%) had insufficient knowledge. Meanwhile, husbands' support was found to be good support of 31 people (55.35%), and husbands' support was sufficient of 25 people (44.65%).

Conclusion: The conclusion of the study found that most of mothers had sufficient knowledge and supported by their husbands. In improving postpartum birth control/family planning achievement, it is necessary to pay more attention to the mother's knowledge and husband's support.

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INTRODUCTION

Indonesia is a country with the largest population, ranking fourth in the world. Indonesia currently has a population of 270.20 million. The average growth is 3.26 million per year according to the 2020 population census (Badan Pusat Statistika, 2020). Indonesia with a high birth rate will increase the Maternal Mortality Rate (MMR). The Maternal Mortality Rate in 2022 reached 305/100,000 live births, far from the target. The Sustainable Development Goals (SDGs) are 183/100,000 live births in 2024 and less than 70/100,000 live births in 2030. The highest causes of maternal death are bleeding and hypertension. Accelerating the reduction in MMR is achieved by ensuring that all pregnant women have access to quality health service (Kemenkes RI, 2021).

Maternal mortality rates can be reduced if mothers can plan the reproductive process optimally and get pregnancy, childbirth, postpartum and family planning services according to expectations and quality. Based on data from the Directorate General of Public Health, Ministry of Health in 2022, around 30 percent of MMR occurs due to bleeding, and around 25 percent due to hypertension in pregnancy or preeclampsia and 12 percent infection. Therefore, a strategy is needed to reduce MMR, namely by planning pregnancy or Family Planning (contraception). The use of postpartum contraception in postpartum mothers can effectively delay pregnancy if used at the right time with adequate contraceptive methods according to the mother's condition and needs. The use of postpartum contraception can prevent pregnancies that are too close and unplanned pregnancies. The use of postpartum contraception has not shown results according to expectations. with the target of achieving active KB of 80% of postpartum mothers using postpartum contraception. The achievement of postpartum contraception in Bali Province in 2023 was 61.9% (BKKBN, 2024). Postpartum family planning achievement in Bangli Regency is 33.8% in 2022 (Dinas Kesehatan Bangli, 2022), Meanwhile, the achievement of postpartum family planning at the Tembuku II Health Center in 2021 was 7.7%, which was the second lowest achievement in Bangli Regency, in 2022 it was 20.3% and in 2023 it was 17.54%.

Low achievement of postpartum family planning has an impact on the incidence of Unitended pregnancies (UPs) in postpartum mothers. Mothers with KTD are faced with the same risky things. Therefore, postpartum family planning is very important as a strategic effort in reducing MMR, also IMR and also reducing the Total Fertility Rate (TFR). Efforts must be made to increase the achievement of postpartum family planning. Health promotion efforts about the importance of postpartum family planning programs in regulating the spacing and number of pregnancies need to be continuously improved. Postpartum mothers should have used contraception before their partners engage in sexual activity. A mother who has just given birth is usually easy to persuade to use contraception, so the time after giving birth is the most appropriate and strategic time to invite a mother to use contraception.

Based on Results of the 2022 National Socio-Economic Survey (Susenas) Health and Housing Module found that the reasons for mothers who gave birth in the last two years and did not use postpartum contraception were because they were afraid of side effects (27.10 %), fertility reasons (13.89%), using traditional contraception (12.49 percent), and other reasons (46.52%). Other reasons referred to here also include not agreeing with contraception, not knowing, not knowing the contraception device/method,

and others. Postpartum contraception is an effort to prevent pregnancy by using contraceptive devices and drugs immediately after giving birth up to 42 days/6 weeks after giving birth. Improving postpartum contraception services greatly supports the goals of health development supported by the large number of new prospective contraception participants (pregnant and postpartum women) who have been in contact with health workers (Winarningsih et al., 2024).

The results of the study stated that husband's knowledge and support influenced the choice of postpartum contraception (Suharti et al., 2023). Besides that, Yulihah, Ginting and Istiana (2023) in his research also stated that both variables have an influence on the choice of family planning, especially the use of IUDs. The postpartum family planning program did not run because of the lack of support from the husband, resulting in a lack of use of contraceptives in mothers after giving birth (postpartum). In the use of contraceptives, the wife must plan together with her husband because basically the wife will feel comfortable and safe if she has received approval in terms of using contraceptives. The use of one of the wife's contraceptives must be supported by her husband so that there are no problems in the family.

The results of a preliminary study of postpartum mothers at the Tembuku II Health Center in Bangli Regency, out of 8 postpartum mothers who gave birth at the Tembuku II Health Center, 2 said they did not know about postpartum contraception, 3 did not get permission from their husbands, 3 were afraid and not ready to use contraception and planned to use contraception after 42 days. This study aims to determine the knowledge of postpartum mothers and their husbands' support for the use of postpartum contraception at the Tembuku II Health Center in Bangli Regency.

METHOD

The research method used in this study is quantitative descriptive research using a cross-sectional approach. The sample of this study was all postpartum mothers in March, April and May 2024 at the Tembuku II Health Center, Bangli Regency, as many as 56 respondents.

The inclusion criteria in this study include postpartum mothers who are willing to be research respondents and postpartum mothers who are able to read and write, while the exclusion criteria are postpartum mothers who are being treated for conditions that are not good (fever, infection, breast swelling and mental instability).

The research instrument used a questionnaire consisting of respondent characteristics, maternal knowledge about postpartum family planning (25 questions) and husband's support (28 questions). Data analysis in this study was univariate analysis by knowing the distribution description of dependent and independent variables using the Likert scale formula. This study has obtained ethical approval from the Chairperson of the Ethics Commission of the Ministry of Health Polytechnic of Denpasar with the number DP.04.02 / F.XXXII.25 / 0544/2024.

RESULTS

Table 1. Respondent Characteristics

| Characteristics | Frequency (f) | Percentage (%) |
|-----------------|---------------|----------------|
| Age | | |
| < 20 Years | 2 | 3,58 |
| 21 -35 Years | 48 | 85,71 |

| | | |
|---------------------|----|-------|
| > 35 Years | 6 | 10,71 |
| Education | | |
| Primary Education | 21 | 37,50 |
| Secondary Education | 33 | 58,93 |
| Higher Education | 2 | 3,57 |
| Total | 56 | 100 |

Source: Primary Data

The age characteristics of the respondents in this study were mostly 21-35 years old, totaling 48 people (85.71%), and the highest level of education was secondary education (SMA), totaling 33 people (58.93%).

Table 2. Postpartum mothers' knowledge of postpartum family planning at Tembuku II Health Center in 2024

| Knowledge | Frequency (f) | Percentage (%) |
|-----------|---------------|----------------|
| Good | 22 | 39,28 |
| Enough | 30 | 53,58 |
| Less | 4 | 7,14 |
| Total | 56 | 100 |

Source: Primary Data

Based on table 4 above, from 56 respondents, the results showed that the knowledge of postpartum mothers about postpartum family planning was mostly in the sufficient knowledge category, namely 30 people (53.58%).

Tabel 3. Husband's Support for Postpartum Family Planning at Tembuku II Health Center in 2024

| Support | Frequency (f) | Percentage (%) |
|---------|---------------|----------------|
| Good | 31 | 55,35 |
| Enough | 25 | 44,65 |
| Total | 56 | 100 |

Source: Primary Data

Based on table 6 above, the results show that husbands' support for postpartum mothers regarding the use of postpartum contraception is good support for 31 people (55.35%).

DISCUSSION

Overview of Postpartum Mothers' Knowledge About the Use of Postpartum Contraceptives

The results of the study on postpartum mothers' knowledge about postpartum family planning at the Tembuku II Health Center obtained a picture of 56 respondents who obtained the results of good knowledge 22 (39.28%), sufficient 30 (53.58%), and lacking 4 (7.14%). From these results, most of them are still in sufficient and lacking knowledge. The results of this study provide a picture that the level of knowledge of postpartum mothers affects the achievement of postpartum family planning at the Tembuku II Health Center. The better the knowledge about postpartum contraception, the

greater the potential for participation as a postpartum family planning acceptor. Conversely, if knowledge is lacking, it will be an obstacle in becoming a postpartum family planning acceptor. This is in line with research conducted by Jemal Mohammed *et al.* (2020), There is a relationship between good knowledge and participation as a postpartum family planning acceptor.

Knowledge will influence a person's perception so that people have attitudes and this can then be seen in their actions. This is in line with Yulihah, Ginting and Istiana (2023) knowledge is actually the basis for acting and behaving right or wrong in choosing contraception. With good knowledge, someone has a positive attitude towards something and will determine the actions that need to be taken including efforts in using contraception and vice versa.

This is also in line with research Sriani *et al.* (2022) states that the knowledge and attitude of pregnant women in the third trimester about the postpartum implant contraceptive method. The study was conducted in the Regional Technical Implementation Unit Health Center Tampaksiring I Gianyar area which found that knowledge is influenced by age. The older the age, the more knowledge and willingness to learn. Knowledge is influenced by the acceptor's education, knowledge is influenced by the mother's employment status, knowledge is influenced by the mother's experience, and knowledge is influenced by the source of information.

Based on the results of the study, it is still necessary to implement promotive health efforts from related agencies, one of which is the Tembuku II Health Center. Especially for materials where the mother's knowledge is still in the sufficient or insufficient category, namely: the purpose of postpartum contraception (67.86), the benefits of postpartum contraception (66.67), types of contraception (67.14), and the time of use of postpartum contraception (72.50). Efforts made to improve the knowledge of postpartum mothers include counseling, socialization, pregnancy classes with the provision of materials on postpartum family planning and counseling services. It is also necessary to disseminate information through social media (Facebook, Instagram of Tembuku II Health Center), through the Health Center website dashboard and through counseling at integrated health posts.

Husband's Support for Postpartum Birth Control Use

The results of the study on husbands' support for the use of postpartum contraception at the Tembuku II Health Center in 2024 from 56 respondents showed that 31 (55.35%) had good support, 25 (44.65%) had sufficient support, and 0% had poor support. Most of the husbands' support for establishing the use of contraception in postpartum mothers was in the good category. This should have a positive impact on the achievement of postpartum contraception at the Tembuku II Health Center. Postpartum mothers really need husbands' support in using postpartum contraception because mothers will feel calmer as family planning participants when their husbands give their full support, including accompanying them during counseling, installing contraceptives, accompanying them for check-ups and always protecting their wives when something unwanted happens (Rohmah *et al.*, 2023). The patrilineal culture that makes men the head of the family is still widely adopted by most family patterns in Indonesia. Men as heads of families make husbands' preferences for fertility and their views and knowledge of family planning greatly influence decisions within the family to use certain family planning tools or methods. So that husbands' support also influences respondents' decisions to use any family planning (Marito, 2021).

Husband's support can be in the form of informational support, instrumental support, emotional support and appreciation support. Some of the reasons why husbands and wives have not used postpartum contraception are because they feel they do not need to use contraception because they will not have intercourse yet, the wife still feels pain in the birth canal, the time to use contraception is still difficult to find because the wife is still focused on taking care of her baby, Husband's support for the use of postpartum contraception greatly influences the decisions that will be taken by the mother. By providing support in the form of motivation, attention, advice, from the husband greatly impacts the use of postpartum contraception, the higher the support from the husband will greatly impact the decisions that will be chosen by the mother so that husband's support is very much needed in the use of postpartum contraception.

The results of this study are in line with the results of research conducted by Sudirman & Herdiana (2020) shows that the majority of husbands support their wives well, meaning that there is a good response from husbands to their wives in using contraceptive devices/methods, however, good support from husbands towards their wives' family planning behavior does not guarantee that family planning use will also be good. This is in accordance with the theory Notoatmodjo (2014) mentioned that husband's support alone is not enough to increase the implementation of a behavior. This is because there are still other factors that influence a person's behavior such as internal factors (intelligence, perception, emotion, motivation, education, and so on) and external factors that include the physical environment (climate, humans) and non-physical (socio-economic, culture, access to information, and experience). Young mothers or mothers who have just given birth to their first child, they will have less experience regarding the use of postpartum contraception. These mothers tend not to know that they might get pregnant even though they have not had their first menstruation after giving birth. Mothers who gave birth to their first child at the age of less than 30 years, they have less experience regarding postpartum contraception. These young mothers are more focused on their babies, and because of the lack of information, they are afraid that contraception will affect their babies. This is in line with the age characteristics of the respondents in this study, most of whom were aged 20 to 35 years. This is also in line with research Mertasari, Sulyastini and Sugandini (2021) Pegayaman Village, Sukasada District, Buleleng Regency, where the survey results showed that husband's support was only ranked 4th (19.5%) as the cause of unmet need for family planning, below the first rank, which was rarely having sexual intercourse at 22.5% .

Based on the results of the study above, Tembuku II Health Center and related cross-sectors still need efforts to maintain and increase husband support to be able to increase the achievement of the postpartum family planning program. And also interventions on other factors that influence the achievement of the postpartum family planning program

CONCLUSION

Based on the research results, it can be concluded that the knowledge of postpartum mothers about postpartum family planning was found to be mostly in the sufficient knowledge category (53.58%), while the husband's support for the use of postpartum family planning was mostly good (55.35%).

It is expected that the Community Health Center as the end of the implementation of health services will increase promotive and preventive efforts to improve the knowledge of postpartum mothers about postpartum family planning and husband's

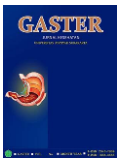
support for mothers to use postpartum family planning and to the Village Community Empowerment, Population Control and Family Planning Service of Bangli Regency to increase socialization and hold cross-sector meetings to improve postpartum family planning achievements, especially in the Tembuku II Community Health Center area, Tembuku District.

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