

Description of Knowledge Contraception Aceptor Injection of 3 Months in Primary Health Care

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Introduction: The use of contraceptives has increased in many parts of the world, especially in Asia and Latin America. The pattern of choosing contraceptives in (2020) shows that most voters choose to use the injection method at 72.9%, followed by pills at 19.4%. Knowledge of 3-month injection family planning is very much needed by suburban women. The problem that arises from the mother's lack of knowledge is that if contraceptives are used for a long period of time it can cause, mothers are often found with complaints of weight gain, in the long term it can cause obesity which can cause diseases between cholesterol and heart. **Objectives:** to determine the level of knowledge of injecting family planning acceptors about 3 months injectable family planning at the Linggang Tutung Public Health Center. **Methods:** type research is descriptive research. Total of sampel 32 sampel. **Results and Discussion:** Mother's characteristics are known based on age, education, and occupation. it is known that the knowledge level of injecting family planning acceptors is in good category with 24 respondents (75%). **Conclusion:** Almost all injectable family planning acceptors have a good level of knowledge. This shows that family planning acceptors have good knowledge and do not just use it, but know the meaning, benefits, workings, side effects, use of 3-month contraception.

Keywords: Health Education; Knowledge; Contraception of 3 Month;

Introduction

Contraceptive users have increased in many parts of the world, especially in Asia and Latin America and lowest in Sub-Saharan Africa (Sutarno, 2017). Modern contraceptive users globally have increased insignificantly from 54% in 1990 to 57.4% in 2014 (Mayasari et al., 2018). Couples of childbearing age 15-49 years reported the use of modern contraceptive methods regionally has increased at least the last 6 years (Sailan et al., 2019).

Contraception increased in Africa from 23.6% to 27.6%, in Asia it has increased from 60.9% to 61.6%, while Latin America and the Caribbean rose slightly from 66.7% to 67.0% (Camelia, 2020). Women in developing countries of 225 million estimated to want to delay or stop fertility but do not use any contraceptive method² for the following reasons: limited choice of contraceptive methods and experience side effects (Ambarita & Tumanggor, 2019).

The unmet need for contraception is still too high (WHO, 2014) (Oktavianah et al., 2023). One of the factors that have an impact on increasing Maternal Mortality Rate is the risk of 4 Too (Too young to give birth under the age of 21 years, Too old to give birth over 35 years, too close birth distance less than 3 years and Too many children more than 2 (two)).

The percentage of deceased mothers who give birth aged under 20 years and over 35 years is 33% of all maternal deaths, so if the family planning program can be implemented properly, it is likely that 33% of maternal deaths can be prevented through the use of contraception (Wati et al., 2023)

According to BK contraceptionn (2020), active family planning participants among Couples of Childbearing Age (PUS) in 2020 amounted to 67.6%. This figure increased compared to 2019 of 63.31% based on Indonesian Family Profile data (2019) (Kursani et al., 2023). In 2020, Bengkulu Province's contraception participation had the highest percentage of 71.3%, followed by South Kalimantan and Jambi. Meanwhile, Papua Province has the lowest contraception participation rate of 24.9%, followed by West Papua and East Nusa Tenggara.

The coverage of active family planning participants per District/City according to BK contraceptionn in East Kalimantan Province in 2022 is 272,176 (54.30%) with the lowest coverage by Mahulu Regency (44.25%), Kutim (48.61%), Samarinda (49.36%) Balikpapan (50.63%) Berau (53.84%), Bontang (57.43%), Kukar (58.91%), Paser (59.71%), and the highest by Kubar (63.94%), (Profile of the East Kalimantan Health Office, 2020)

The pattern of choosing the type of contraceptive in (2020) showed that most acceptors chose to use the injection method (72.9%), followed by the pill (19.4%). The number of active birth control acceptors according to the type of contraception in East Kalimantan Province in (2021), birth control acceptors who chose the type of contraceptive method Condoms were 2.9%, pills (22.0%), implants (5.3%), IUDs or IUDs (6.7%), Female Surgery Methods (MOW) as many as (2.3%) acceptors, Male Surgery Method (MOP) as many as (0.1%) and the highest number of birth control

Description of Knowledge Contraception Acceptor Injection of 3 Months in Primary Health Care

acceptors were still dominated by injectable birth control acceptors (60.77%).

When viewed from the effectiveness, both types of these tools include short-term contraceptive methods so that the level of effectiveness in pregnancy control is lower than other types of contraception. This pattern occurs every year, where participants prefer short-term contraceptive methods over long-term contraceptive methods (IUDs, implants, MOW and MOP).

Knowledge about 3-month injectable birth control is needed by women of childbearing age. The problem arising from the lack of knowledge of the mother is the mother's ignorance that is often found is menstrual disorders and if this contraceptive is used in the long term it can cause dryness in the vagina, besides that often found mothers with complaints of weight gain, in the long term can cause obesity so that it can cause diseases including cholesterol and heart (Sabriana Basrun, Lolo Tembu & Sarita, 2017). As a health worker, the role that can be done is to provide counseling to acceptors about 3-month injectable family planning (PUJILESTARI et al., 2015)

Method

This type of research is Descriptive, Descriptive research method according to Notoatmodjo, (2015) is a research method carried out with the main aim of making a picture or descriptive of a situation objectively (Wanti, 2013). This research was conducted in the Working Area of Linggang Sub-Health Center, West Kutai Regency, East Kalimantan. The population to be used in this study is 127 people with a sample of 32 people. The characteristics of the study are, 3-month injectable contraception acceptors in the working area of the Linggang Tutung auxiliary health center, mothers who can read and write. The research instrument uses a Questionnaire.

Result and Discussion

Characteristics of 3-Month Injectable Contraceptive Acceptor

Based on this characteristic, it is known that most of the age of 3-month birth control acceptors is 20-25 years old with 19 respondents (59.4%) and a small number aged 30-35 years with 1 respondent (3.1%). Most of the 3-month injectable family planning acceptors had high school education with 20 respondents (62.5%) and a small number of 1 respondent junior high school education (3.1%). Based on the table, almost half of the respondents worked as private employees as many as 13 respondents with a percentage (40.6%) and a small part worked as civil servants 1 respondent (3.1%).

Respondents' Knowledge of 3-Month Injectable Contraception

It is known that almost all injecting birth control acceptors at the Linggang Tutung Auxiliary Health Center have a level of knowledge about the meaning of 3-month injectable birth control in the good category as many as 28 respondents (87.1%), the level of knowledge of side effects in the good category is 27 (81.2%). the level of knowledge about good category profits as many as 26 respondents (80.7%), the level of knowledge of good category losses 29 respondents (90.3%) Research conducted by Winarni (2012)

Description of Knowledge Contraception Acceptor Injection of 3 Months in Primary Health Care

at (Sholichah & Manunggil, 2019) entitled The Relationship Between Injectable contraception Use and Weight Gain contraception acceptors in Harjobinangun Purworejo village showed that birth control acceptors were most widely used by acceptors with sufficient knowledge, namely 54 people (62.7%) and the least at the level of knowledge less at 11 people (12.7%).

Knowledge is good based on the age of 20-35 years 6 (11.2%). Respondents aged 20-35 years will be more mature in thinking, so that it can affect the level of knowledge about injectable birth control. This is in accordance with research from Susanti (2017) entitled Overview of Knowledge of 3-month injectable contraception Acceptors About Changes in Menstrual Patterns in Christian BPS, Kilensari II Village, Panarukan District, Situbondo Regency 28 (41%) (Arsesiana et al., 2022)

Knowledge of birth control acceptors about injectable birth control, in addition to being influenced by age, education and occupation factors that are sufficient causes respondents to easily accept information submitted by health workers and from other sources of information so as to increase their knowledge about injectable birth control.

Conclusion

Based on the table above, most of the age of 3-month birth control acceptors is 20-25 years old with 19 respondents (59.4%) and a small number aged 30-35 years with 1 respondent (3.1%). Most of the 3-month injectable family planning acceptors had high school education with 20 respondents (62.5%) and a small number of 1 respondent junior high school education (3.1%).

Based on the table, almost half of the respondents worked as private employees as many as 13 respondents with a percentage (40.6%) and a small part worked as civil servants 1 respondent (3.1%). 3-month contraception acceptor with less good knowledge 3 respondents (9.4%), 5 respondents with sufficient knowledge (15.6%) and well knowledgeable with 24 respondents (75%).

Almost all respondents are well informed with 24 respondents (75%) this is because respondents have been able to absorb various information provided by midwives. The level of knowledge about the definition of 3-month injectable birth control in the good category was 28 respondents (87.1%), the level of knowledge of side effects in the good category was 27 (81.2%). The level of knowledge about good category profits was 26 respondents (80.7%), and the level of knowledge about good category losses was 29 respondents (90.3%).

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