

The Correlation Between Husband Support And Lifestyle With Nutritional Status Of Implant KB Accepters At Puskesmas Plus Perbaungan, Serdang Bedagai Regency, 2022

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ABSTRACT

The Family Planning Program (KB) is a government program that seeks to reduce population growth and maternal mortality (Zuhana & Suparni, 2016). The largest type of contraception used in Indonesia is hormonal contraception (Hadisaputra & Sutrisna, 2014). The achievement of active implanted family planning participants in Indonesia in December 2016 amounted to 582,352 (14.6%) (BKKBN, 2017). Implant contraception is one of the long-term contraceptive methods. The prevalence of implant type MKJP users in North Sumatra in 2016 occupied the largest number compared to IUD, MOP and MOW type MKJP users. There are 492,803 active MKJP KB implant users in North Sumatra (9.9% of the total MKJP users in North Sumatra) (BKKBN North Sumatra Province, 2017). In Medan, active KB implant participants in 2016 amounted to 13,636 (3.73% of the total active KB users in Surabaya).

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1. INTRODUCTION

The Family Planning Program (KB) is a government program that seeks to reduce population growth and maternal mortality (Zuhana & Suparni, 2016). The largest type of contraception used in Indonesia is hormonal contraception (Hadisaputra & Sutrisna, 2014). Hormonal contraception can cause disturbing side effects, including: weight gain, changes in menstrual patterns, headaches, breast pain, acne, and decreased sexual libido (Madugu et al., 2009; Armini et al., 2016). One type of hormonal contraception is implanted birth control (Hartanto, 2010). In addition, implant contraception is the only type of long-acting contraceptive that contains hormones. The hormone content in contraception will cause weight gain which will cause nutritional status problems, namely overweight or obesity (Supariasa, Bakri & Fajar, 2016; Sriwahyuni & Wahyuni, 2012).

Weight gain is not only influenced by the content of implanted contraception but can also be influenced by behavior, especially in maintaining nutritional status. One of the nursing model theories that focuses on factors that affect the level of health, especially nutritional status, is the Lawrence Theory Model

W. Green. Lawrence W. Green's theory analyzes that health is influenced by two factors, namely behavioral factors and non-behavioral factors. Behavioral factors are influenced by three factors including predisposing factors, supporting factors and driving factors.

Push factors are factors that strengthen behavior in the form of support from parents, co-workers, neighbors, health workers, community of mothers, and husbands (Nursalam, 2016). Lifestyle is a pattern of habits that arise from a person so that these internal factors can have a dominant influence on a person's behavior. The healthier one's lifestyle, the healthier one's health status, especially nutritional status (Suharjana, 2012). Unhealthy lifestyles include: excessive food consumption, rarely exercise, poor stress management, and lack of rest time (Zahro & Isfandiari, 2015). The driving factor that can give a dominant influence after a woman is married is the husband's support. Husband's support can be in the form of emotional support, instrumental support, information support, and appreciation support

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(Sammantha & Sulistiyangsih, 2016). The better the husband's support is given, the wife's ability to maintain normal nutritional status will increase (Theiss, Carpenter & Leustek, 2015)

Husband's support can affect the condition of the wife's motivation (Sammantha & Sulistiyangsih, 2016). Motivation can influence the formation of behavior (Notoatmodjo, 2010). The worse the husband's support, the lower the wife's motivation (Theiss, Carpenter & Leustek, 2015). Poor husband support will reduce the wife's motivation to manage healthy behavior, especially nutritional status. Behavior that does not support achieving normal nutritional status will cause nutritional status problems. Problems with nutritional status in the short term are overweight and obesity, while the long term impact will cause chronic diseases such as diabetes mellitus, hypertension, and others (Zuhana & Suparni, 2016).

2. METHODS

This type of research uses correlational descriptive. According to Sugiyono (2017), correlational research is a type of research with problem characteristics in the form of a correlational relationship between two or more variables. In this study, the authors used a cross-sectional design, which is a type of research that emphasizes the time of measurement/observation of independent and dependent variable data at one time, namely only being observed once (Notoatmodjo, 2012).

This study aims to determine whether there is a relationship between husband support and lifestyle with the nutritional status of implant acceptors

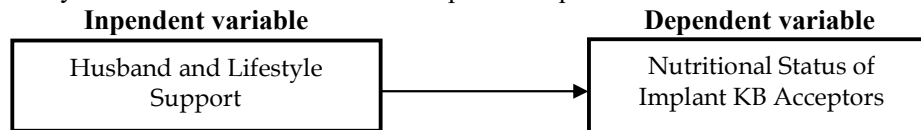


Figure 1 Independent variable and Dependent variable

Table 1 Operational Definition

Variable	Operational Definition	Parameter	Measuring Instrument	Measuring scale	Score
<i>Independent</i> Husband Support	Husband's support for his wife regarding the use of contraception and efforts to maintain normal nutritional status	1. Emotional support 2. Information Support 3. Instrumental Support	Questionnaire (anggraini, 2011)	Ordinal	Guttman scale assessment - Favorable statement Yes : 1 No : 0 - Unfavorable statement : Yes : 0 No : 1
<i>Dependent Variable;</i> Nutritional status	A condition of a person's health related to nutrition in the body as measured by BMI (Body Mass Index)	BMI (body mass index) calculation	Weight scales, height measuring devices, and observation sheets for measuring nutritional status	Ordinal	Category Nutritional Status 1. Less: <18.5 2. Normal: 18.5-25.0 3. Overweight: 25.0-27.0 4. Obesity >27.0
<i>Confounding Variable;</i> Lifestyle	A person's living habits that can affect nutritional status	Indicators 1. Consumption Behavior	Questionnaire (Niswah, 2016)	Ordinal	Likert Scale Assessment - Favorite Statement

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2. exercise intensity	4: Always
3. rest sleep	3. Often
4. stress management	2. sometimes
	1. Never

3. RESULTS AND DISCUSSION

Identifying the characteristics of female respondents regarding "Relationship between Husband Support and Lifestyle with the Nutritional Status of Implant Kb Acceptors at the Perbaungan Plus Health Center in Serdang Bedagai Regency in 2022" from April 1 - May 31 2022 totaling 42 people, which included: age and occupation were carried out with univariate analysis to describe the frequency distribution is as follows:

Table 2 Distribution of Mother Respondents on the Relationship between Husband Support and Lifestyle with the Nutritional Status of Implant Contraception Acceptors at the Perbaungan Plus Health Center in Sergai Regency in 2022

No	Characteristics	Amount (f)	Percentage (%)
1.	Acceptor Age		
	< 20 year	7	16,6
	20-35 year	29	70
	> 35 year	6	13,3
	Amount	42	100
2.	Work		
	Doesn't work	30	66,7
	Work	12	33,3
	Amount	42	100

In table 2 above it is known that of the 42 Nutritionist acceptors of implant KB, the majority are 20-35 years old, namely 29 people (70%). From the table above it is known that of the 42 Nutritionist acceptors of KB Implants, the majority did not work, namely 30 people (66.7%).

Table 3 Distribution of Respondents Based on the Category of Husband's Support for Contraception Use and Efforts to Maintain Normal Nutritional Status in the Work Area of the Perbaungan Health Center Plus Serdang Bedagai Regency 2022

Category	F	%
Support	24	55,8
Does not support	18	44,2
Total	42	100

Table 3 shows that husband's support for contraception use and efforts to maintain normal nutritional status in the Work Area of the Health Center Plus Perbaungan, Sergai Regency in 2022, most of the respondents had support from their husbands, 24 respondents (55.8%).

Table 4 Distribution of Respondents Based on Lifestyle Category for Implant Family Planning Acceptors in the Work Area of the Perbaungan Plus Health Center in Serdang Bedagai Regency in 2022

Category	F	%
Healthy	23	54,9
Not Healthy	19	45,1
Total	42	100

Table 4 shows that there are 23 acceptors (62.7%) of implanted family planning acceptors who have a healthy lifestyle. A healthy lifestyle for implant acceptors will have a positive effect on nutritional status.

Table 5 Distribution of Respondents by Nutritional Status Category for Implanted Family Planning Acceptors in the Work Area of the Perbaungan Plus Health Center in Serdang Bedagai Regency, 2022

Category	f	%
Not Enough	4	2,9
Normal	18	63,7
Overweight	11	14,7
Obesity	9	18,7
Total	42	100

Table 5 shows that the most implanted family planning acceptors with normal nutritional status were 18 acceptors (63.7%).

Table 6 Analysis of the Relationship between Husband's Support and Nutritional Status of Implanted Family Planning Acceptors in the Work Area of the Perbaungan Plus Health Center in Serdang Bedagai Regency in 2022

Husband support	NUTRITIONAL STATUS									
	Not Enough		Normal		Overweight		Obesitas		Total	
	f	%	F	%	f	%	f	%	Σ	%
Does not support	3	100	14	21,5	9	53,8	19	100	18	44%
support	0	0	18	78,5	6	46,2	0	0	22	56%
Total	3	3	42	63,7	15	14,7	19	18,6	42	100

Spearman rho p=0,000 r=0,636

Based on Table 6 above, it shows that there were 18 acceptors (78.5%) who had support from their husbands and normal nutritional status. The results of the Spearman rho statistical test obtained $p = 0.000$ ($\alpha \leq 0.05$) then H_a was accepted, which means that there is a relationship between husband's support and nutritional status in implant family planning acceptors. In the r table, 0.636 is obtained, which means that the variable husband's support and nutritional status in acceptors Implant birth control has a strong and positive relationship.

4. CONCLUSION

The majority of implanted family planning acceptors have the support of their husbands in using family planning and efforts to maintain normal nutritional status. The lifestyle that is mostly adopted by implant acceptors is a healthy lifestyle. Most of the implant acceptors have normal nutritional status. Implant family planning acceptors who receive positive support from their husbands have better nutritional status. The healthier the lifestyle adopted by implant acceptors, the better their nutritional status.

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