



## Latest Innovations in Midwifery Practice to Raise Family Planning and Reproductive Health Awareness

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### ABSTRACT

Awareness of family planning and reproductive health is essential to Indonesian society. This is because the maternal and infant mortality rates are still relatively high, especially in rural areas. This research then aims to look at innovations that can be carried out in midwifery practice to help increase awareness of family planning and reproductive health. This research will be carried out using a descriptive qualitative approach. This research method is a literature study. This research found that family-focused health education can help reduce unwanted pregnancy, domestic violence, and maternal and child mortality rates. In addition, the presence of psychological support can also help couples deal with stress and anxiety during pregnancy and childbirth. This psychological support can ultimately help the family mentally and physically. Finally, a collaboration that occurs between governments can help people who live in areas that are marginalized or difficult to reach. Through the implementation of these innovations, it is hoped that awareness of family planning and reproductive health can increase.

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### INTRODUCTION

The issue of reproductive health and family planning is a crucial matter that significantly impacts the welfare of society. In Indonesia, the maternal and infant mortality rates remain high, particularly in rural areas, are difficult to access healthcare services. The primary obstacles in addressing this problem are the limited access to and knowledge of family planning and reproductive health. Many couples still lack access to adequate reproductive healthcare services and knowledge of appropriate contraception methods (Rana & Goli, 2021)

Along with the advancement of technology and government policies that continually enhance access to

reproductive healthcare services, midwifery practices have continued to evolve to promote awareness and family participation in family planning and reproductive health. Midwifery practices have significantly improved reproductive health and family planning (Treviño-Siller et al., 2020). Several innovations in midwifery practices, such as providing more detailed information on family planning and reproductive health, have helped families make informed decisions in family planning (Yousef et al., 2021).

Implementing technology in midwifery also significantly improves access to and quality reproductive healthcare services. For instance, telemedicine in providing remote consultations and treatment has assisted couples residing in remote areas. The government and healthcare

institutions also continuously strive to enhance the availability and quality of reproductive healthcare services through training and developing human resources in midwifery (Williams, 2020).

However, further innovation and development in midwifery practices are still needed to improve awareness and family participation in family planning and reproductive health. Innovations in midwifery practices need to be developed to overcome the challenges of improving the quality of reproductive healthcare services and family planning (Brown et al., 2023). One of the latest innovations in midwifery practices is developing a mobile application that assists families in monitoring their reproductive health. This application provides up-to-date information on contraception methods and reproductive health, enabling couples to schedule appointments with obstetricians (Mickler et al., 2021).

In addition, innovation in midwifery practices can also include the development of a more participatory and interactive family planning and reproductive health education model. This model will enable families to actively plan their family and reproductive health (Yousef et al., 2021). The research will identify the innovations that can be implemented in midwifery practices to help improve family planning awareness and reproductive health in Indonesian society.

## LITERATURE REVIEW

### Family Planning

Based on Law Number 10 of 1992 concerning Population Development and Family Welfare Development, family planning (FP) is an effort to increase awareness and participation of society through the maturity of marriage age, birth control, family resilience development, and increasing family welfare to achieve a small, happy, and prosperous family (Challa et al., 2020). According to Law Number 52 of 2009, Family Planning is “a community program that gathers and invites all potential of society to actively participate in establishing and cultivating the Norms of Small, Happy, and Prosperous Family to improve the quality of human resources through the maturity of marriage age, birth control, family resilience development, and increasing the welfare of a small, happy, and prosperous family” (Chatterjee et al., 2022).

Sulistyawati asserts that Family Planning is an effort to measure the desired number of children and the birth spacing. Hence, the government has initiated programs or methods to prevent and postpone pregnancy (Bhatt et al., 2021).

According to the World Health Organization (WHO), Family Planning is an action that assists individuals or couples to (1) avoid unintended pregnancies, (2) achieve desired births, (3) regulate the intervals between births, (4) control the timing of births concerning the age of the couple, and (5) determine the number of children in the family (Tran et al., 2020).

The KB program is a gradual population control initiative designed by the Indonesian government to control the population's fertility by regulating birth spacing, preventing pregnancy for those who are ill, and stopping childbirth for those who already have two or three children (Wilson et al., 2020).

The family planning program is an initiative that assists couples in avoiding unwanted pregnancies, achieving desired births, regulating the interval between pregnancies, planning the timing of births concerning the mother's age, and determining the number of children in the family. The general objective of contraceptive services is to support and consolidate acceptance of family planning. The main goal is to decrease the birth rate (Dixit et al., 2021).

The National Family Planning Program is one of the government's programs initially regulated by Law No. 10 of 1992 concerning Population Development and Family Welfare but has been improved with the issuance of Law No. 52 of 2009 concerning Population Development and Family Planning. Likewise, the definition of Family Planning has been established (Fisher et al., 2023).

The definition of Family Planning has changed to Law No. 10 of 1992, namely the increase in community awareness and participation through Age Maturity, Pregnancy Management, Family Resilience Development, and Increased Family Welfare to achieve small, happy and prosperous families (Setiadi & Frederika, 2022). On the other hand, according to Law No. 52 of 2009, Family Planning (KB) means efforts to regulate childbirth, ideal birth intervals and ages, and manage pregnancy through promotion, protection, and assistance following reproductive rights to realize quality families (Idris et al., 2021).

### Reproductive Health

According to the World Health Organization (WHO), health is a complete state of well-being encompassing physical, mental, and social aspects rather than simply being free from disease or weakness. This is intended to create a harmonious balance between individuals with society, other living beings, and their environment (Brailovskaia et al., 2022).

Similarly, WHO defines reproductive health as a complete physical, emotional, mental, and social well-being about reproduction, not merely the absence of disease or disability, but in all aspects of the reproductive system, its functions and processes (Hennengan et al., 2021). Reproductively healthy individuals have a positive and respectful approach to sexuality and sexual relationships and have the potential to experience sexual pleasure and safe sexual experiences free from coercion, discrimination, and violence (Gruskin et al., 2019).

According to the Ministry of Health of the Republic of Indonesia, reproductive health encompasses physical, mental, and social aspects related to the reproductive organs, functions, and processes. The concept of reproductive health goes beyond just being free from diseases but also includes having a safe and fulfilling sexual life (Buser et al., 2023).

Similarly, according to the National Population and Family Planning Board (BKKBN), reproductive health is a state of physical, mental, and social well-being encompassing all aspects of the reproductive system, functions, and processes. It is not just limited to being free from diseases or disabilities (Kalsum et al., 2021).

Azwar has also defined reproductive health as a state in which individuals can enjoy their sexual life and carry out their reproductive functions and processes healthily and safely. Additionally, every person has the right to regulate their family size, including obtaining complete explanations about the preferred and proper methods. Furthermore, the right to access other reproductive health services such as antenatal, delivery, postnatal care, newborn care, adolescent health, and others must be guaranteed (Harianti et al., 2021).

According to Spielberg, the definition of reproductive health includes:

- a) The ability to reproduce
- b) The freedom to control reproduction
- c) The ability to experience safe pregnancy and childbirth with successful maternal and infant outcomes.
- d) The ability to obtain information about safe, effective, and affordable family planning methods.
- e) The ability to have a satisfying life, with safe sex, free from fear of pregnancy and disease.
- f) The ability to minimize gynaecological diseases and risks at all stages of life (Besse et al., 2020).

In conclusion, reproductive health is a perfect state of physical, mental, and social well-being related to the reproductive system, functions, and processes.

## METHODS

The research method employed in this study is a descriptive qualitative approach utilizing a literature review. The qualitative descriptive approach is used to understand better the latest innovations in midwifery practices that can improve family planning awareness and reproductive health. In this approach, the researcher will gather data from various literary sources such as books, journals, and online articles related to the research topic. The literature review method is one of the most widely used research methods in qualitative research. This method collects data from literary sources related to the research topic. The data collected through literature review may include research findings, theories, concepts, or expert views. After data collection, the researcher will conduct data analysis using descriptive analysis techniques to obtain a clear picture of the latest innovations in midwifery practices that can improve family planning awareness and reproductive health (Abdussamad & SIK, 2021).

## RESULT AND DISCUSSION

### Use of Technology in Midwifery Practice

Technological innovation in reproductive health services has significantly contributed to improving the community's quality of reproductive health services. Telemedicine and health applications are technological innovations currently used by many health facilities to provide more accessible, faster and more effective reproductive health services for patients.

Telemedicine is a technological innovation that allows patients to communicate with doctors or healthcare providers through remote communication technologies, such as video conferencing or chatting. In reproductive health services, telemedicine can be used for consultations with doctors regarding reproductive health issues patients face, such as pelvic pain complaints, menstrual disorders, and pregnancy problems. With telemedicine, patients can easily and quickly consult with doctors without coming to the clinic or hospital, thus saving time and costs.

In addition to telemedicine, health applications have become a popular technological innovation in reproductive healthcare services. Health applications can assist patients in independently monitoring their reproductive health. These

applications can be used to track menstrual cycles, calculate fertility windows, monitor pregnancy, and provide information on reproductive health in general. In reproductive healthcare services, health applications can aid patients in better understanding their reproductive health condition, thus enabling them to take appropriate action.

The use of telemedicine and health applications in reproductive healthcare services provides many advantages to patients. One of these advantages is the acceleration of the diagnosis and treatment process. This technology allows patients to immediately consult with a doctor and receive prompt and accurate diagnosis and treatment. Additionally, this technology can save time and costs, as patients do not need to visit clinics or hospitals physically.

The use of technology in reproductive healthcare services can also increase accessibility to healthcare services. Some patients may encounter difficulties accessing reproductive healthcare services due to geographical location or physical limitations. With this technology, patients can easily and quickly consult with a doctor from anywhere, making healthcare services more accessible.

Despite its advantages, there are several drawbacks to consider in using technology in reproductive health services. One of them is the issue of privacy and data security. Patients must ensure that their data is safe and protected while using this technology. Therefore, greater efforts are needed to ensure the security and privacy of patient data using this technology. In addition, not all patients can easily use this technology, especially those unfamiliar with it or have limitations in using it. Therefore, there needs to be guidance or training for patients who want to use this technology to improve its effectiveness.

The use of technology also cannot fully replace direct medical services. Some reproductive health conditions may require a physical examination by a doctor or medical personnel. Therefore, if needed, this technology must be used wisely and balanced with direct physical examination. To optimize the use of technology in reproductive health services, there needs to support from the government and health institutions. Clear policies and regulations regarding the use of this technology in health services are necessary, as well as the provision of adequate infrastructure and human resources to support the use of this technology.

### Evidence-Based Midwifery Practice

Evidence-based midwifery practice is an approach to healthcare services based on valid and up-to-date scientific evidence. In midwifery practice, using safe and effective contraceptive methods is essential to prevent unwanted pregnancies. Safe and effective contraceptive methods can help couples plan their pregnancies and avoid the risks of unwanted pregnancy, such as pregnancy complications and premature delivery.

One of the safe and effective contraceptive methods is contraceptive pills. Contraceptive pills contain estrogen and progesterone hormones that prevent ovulation and pregnancy. Contraceptive pills are very effective in preventing pregnancy when used correctly and can help couples better plan their pregnancies.

In addition to oral contraceptives, other contraceptive methods exist, such as injections, implants, and intrauterine devices (IUDs). These methods are also highly safe and effective when used correctly. The use of safe and effective contraceptive methods is essential in preventing the risk of unwanted pregnancy.

In evidence-based midwifery practice, the appropriate contraceptive method should be based on the patient's health condition and needs. Healthcare providers should conduct a thorough health evaluation and provide clear and comprehensive information on available contraceptive methods. Patients should be allowed to choose a contraceptive method that suits their needs.

In addition, healthcare providers must provide sufficient education and support to patients regarding using the chosen contraceptive method. Patients should be informed about the proper use, side effects, and risks associated with the chosen method of contraception. Adequate support and education can help patients use contraceptives correctly and avoid the risk of unintended pregnancy.

In evidence-based midwifery practice, it is also essential to monitor and evaluate the use of the chosen contraceptive method. Regular evaluations can help healthcare providers ensure the effectiveness and safety of the contraceptive method used and provide recommendations or changes to the contraceptive method if necessary.

In this innovation, it is crucial to involve the partner in the decision-making process regarding the choice of contraceptive method. Both partners should be given equal information about the available methods, enabling them to make informed decisions and gain maximum benefits. The healthcare provider must ensure that the couple comprehends the risks and benefits of each contraceptive method and offer the necessary support and advice in selecting the most suitable method that suits their needs and conditions.

The evidence-based obstetric practice also considers the safety aspect of using contraceptive methods. Each method has its own set of risks and benefits. Hence, the healthcare provider should ensure that the patient understands the risks and benefits of every available contraceptive method. Additionally, the healthcare provider should monitor the side effects and provide appropriate treatment if necessary.

Using safe and effective contraceptive methods can help prevent unwanted pregnancies. Unwanted pregnancies can negatively impact the couple's physical and mental health, especially if it is undesired or unprepared. Therefore, evidence-based obstetric practices that promote safe and effective contraceptive methods can help improve reproductive health and prevent unwanted pregnancies (Caruso et al., 2020).

### **Family-Focused Reproductive Health Education**

Education on reproductive health focused on families is of paramount importance in enhancing awareness and knowledge about the crucial role of fathers in caring for both mother and child, as well as the significance of obtaining family support for reproductive health care. Within a family, fathers possess an equally crucial role as mothers in caring for the child and managing reproductive health. Hence, it is essential to involve fathers in reproductive health education programs.

Family-focused reproductive health education programs can help fathers understand their role in supporting the reproductive health of both mother and child. Fathers can be provided with information regarding proper nutrition during pregnancy, how to care for a healthy baby, and signs of reproductive health problems in both mother and child. This can help fathers become more responsive to the reproductive health needs of the family.

Furthermore, a reproductive health education program focused on the family can help families better understand

the importance of obtaining family support in caring for reproductive health. Supportive families can help mothers and children receive better care and reduce the risk of reproductive health problems. Family support can come in emotional, financial, or support in caring for children.

A family-focused reproductive health education program can help families overcome stigma and discrimination related to reproductive health issues. Stigma and discrimination can hinder couples seeking the necessary information and reproductive health care. With a family-focused reproductive health education program, couples can learn to overcome stigma and discrimination, enabling them to seek the reproductive health care they need.

Furthermore, a family-focused reproductive health education program can help reduce unintended pregnancies and domestic violence rates. Couples with a greater understanding of reproductive health can make better decisions and choose the appropriate contraceptive methods to prevent unwanted pregnancies. Additionally, more open and communicative couples can reduce the risk of domestic violence and improve the family's overall well-being.

A family-focused reproductive health education program can also help reduce maternal and infant mortality rates. With increased knowledge and awareness of reproductive health, couples can take preventive measures to reduce the risk of maternal and infant deaths. Furthermore, with good family support, mothers and infants can receive timely and high-quality health care, reducing the risk of complications.

### **Psychological Support in Midwifery Practice**

Psychological support in midwifery practice is paramount in helping couples cope with the stress and anxiety that may arise during pregnancy and childbirth. Couples who feel anxious and stressed during pregnancy and childbirth can negatively impact their mental and physical health and the overall well-being of their family.

Psychological support provided by medical professionals or psychologists can help couples manage stress and anxiety during pregnancy and childbirth. This support may include providing clear and accurate information about the pregnancy and childbirth process and offering the necessary emotional advice and support.

Moreover, psychological support can also assist couples in mentally and physically preparing themselves for pregnancy and childbirth. This can involve providing relaxation techniques, stress management skills, and other relaxation methods to help couples feel calmer and more relaxed during pregnancy and childbirth.

Psychological support is also essential in obstetrics to help couples cope with the stress and anxiety that may arise during pregnancy and childbirth. Couples who feel anxious and stressed during pregnancy and childbirth can negatively affect their mental and physical health and the overall well-being of their family. Psychological support provided by medical professionals or psychologists can help couples to manage stress and anxiety during pregnancy and childbirth. This support can include providing clear and accurate information about the pregnancy and childbirth process and offering the necessary emotional advice and support.

In addition, psychological support can also help couples prepare themselves mentally and physically for pregnancy and childbirth. This can include relaxation techniques, stress management skills, and other relaxation methods to help couples feel calmer and more relaxed during pregnancy and childbirth. Psychological support can also help couples understand the changes in the mother's body during



pregnancy and help them prepare mentally and physically for childbirth. Couples can also be supported in preparing themselves as parents and facing the challenges that may arise after the baby's birth.

Psychological support can help couples who experience trauma or mental health problems related to pregnancy and childbirth. This support can help couples to obtain the understanding and support needed to address these issues and improve their mental health. Psychological support can also help couples build better and more supportive relationships during pregnancy and childbirth. Couples who support and understand each other's needs can help reduce the stress and anxiety that may arise during pregnancy and childbirth. Finally, psychological support can help couples overcome feelings of loss or sadness if a miscarriage or infant death occurs. This support can help couples obtain the necessary support and understanding to address these feelings and recover their mental health.

### **Increasing Accessibility of Reproductive Health Services for Marginalized Community Groups**

Accessibility of reproductive health services is a key factor in improving the reproductive health of communities. However, many marginalized groups, such as rural communities or people with disabilities, struggle to access reproductive health services. Therefore, efforts are needed to improve the accessibility of reproductive health services for these communities.

One measure that can be taken to improve the accessibility of reproductive health services for rural communities is developing a mobile health service program. This program can bring reproductive health services to remote villages, making it easier for communities to access these services. Additionally, the program can be equipped with education on reproductive health for rural communities.

To enhance the accessibility of reproductive health services for marginalized communities, such as those living in rural areas or those with disabilities, efforts must be made to adopt inclusive principles in reproductive health services. These principles entail providing reproductive health services that accommodate the needs and preferences of people with disabilities, such as providing disability-friendly facilities or offering interpretation services for those with sensory disabilities.

Moreover, reproductive health education programs can also be implemented to improve access to reproductive health services for marginalized communities that are often overlooked or hard to reach. These programs can provide more open and easily understood information and education on reproductive health to these communities, increasing their awareness and knowledge of reproductive health.

To improve access to reproductive health services for marginalized or hard-to-reach communities, it is essential to consider cultural and language factors. Reproductive health services should be tailored to the culture and language of the target communities so that they can be easily understood and accepted by them.

Furthermore, collaboration with local communities can also enhance accessibility to reproductive health services for marginalized or hard-to-reach groups. Involving the community in the planning and implementation reproductive health service programs can increase their participation in advocating for accessibility to these services.

In practice, efforts to improve the accessibility of reproductive health services for marginalized or hard-to-

reach communities face many challenges and obstacles. Therefore, a collaboration between sectors and stakeholders is needed to support and improve access to reproductive health services. One effort can be made to increase access to information and education on reproductive health for marginalized or hard-to-reach communities, such as rural communities or people with disabilities. This can be done through outreach campaigns, socialization activities, or digital information media.

### **CONCLUSION**

The discussion above shows several recent innovations in midwifery practice to increase awareness of family planning and reproductive health. One way is to provide reproductive health education that focuses on families. In this program, families are given information about the critical role of fathers in caring for mothers and children and the importance of getting family support to care for reproductive health. This program can help reduce the number of unwanted pregnancies, domestic violence, and maternal and child mortality. In addition, psychological support also has an essential role in midwifery practice to help couples deal with stress and anxiety during pregnancy and childbirth. This support can help improve a couple's mental and physical health and the overall well-being of the family. In addition, efforts to improve the accessibility of reproductive health services for marginalized or difficult-to-reach groups must also be carried out through collaboration between sectors and broader stakeholders. With the implementation of these innovations, it is hoped that awareness of family planning and reproductive health can increase so that it can help achieve sustainable development goals in the health sector.

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