

Determine the Effect of Counseling on the Behavior and Motivation of CPA about
Contraceptive Implants at Medan Sunggal Health
Center in 2018

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Abstract

Family Planning is an effort to control the childbirth in order to realize a quality family. Implants are a means of contraception that the couples of productive age (CPA) are not interested in. Based on data obtained at Medan Sunggal Health Center, implant is the lowest after IUD. This is because there are still many CPA who are afraid to use implants because of their lack of knowledge. The Purpose of this study was to determine the effect of counseling on the behavior and motivation of CPA about contraceptive implants at Medan Sunggal Health Center. The sampling technique was determined by Accidental Sampling method with 66 respondents. Research type was quasi-experiment with one group pretest posttest design. The results of research obtained by using T test were the value of knowledge, attitude and motivation (P value <0.001). It can be concluded that there is influence of counseling to behavior and motivation of CPA on contraceptive implants.

Keyword: Counseling, Behavior, Motivation, Contraceptive Implant

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Introduction

First time, family planning declared as government programme on June 29th, 1970. Family planning programme in Indonesia have started since 1957 even still become health care and haven't become the population case. But, based on the more increasing the sum of Indonesia population and the high of Maternal Mortality Number and the need to the health reproduction, the next family panning used as one way to press the growth the number of the population as well as increase the health of mother and child. The main problem that at hand of developing countries include Indonesia is still high the pace of the population growth and less balanced the spread and structure of the population. The such of the state have complicated the efforts of improvement and distribution of the welfare of the population. The effort of government is through the family planning programme.

Based on World Health Organization (WHO) 2014, the use of contraception in world reached 980.000 people. It is estimated that the inject family planning users reached 40%, pill of family planning 19%, Woman Operative Method (WOM) 12%, condom (8%), Man Operative Method (MOM) 10%, IUD 5%, implant and the rest of the other types 3%.

Based on The Data and Information of Indonesia Health that on 2017, the sum of active acceptor of family planning is 36.306.662 participants (74,80%). With the details of the inject contraception users 17.414.144 participants (47,96%), Pill 8.280.823 participants (22,81%), Implant 4.067.699 participants (11,20%), *Intra Uterine Device* (IUD) 3.852.561 participants (10,61%), and WOM 1.285.991 participants (3,54%), condom 1.171.509 participants (3,23%). IUD family planning users is the fourth of inject, pill and implant of family planning users.

The use of contraception method in North Sumatera Province itself on 2016, from the sum of the age of fertile couple 2.284.821 people that the sum of active acceptor of family planning is 1.636.590 participants (71,63%). with the details are inject of family planning 502.528 participants (30,71%), Pill 476.069 participants (29,09%), Implant 231.586 participants (14,15%), IUD 165.489 participants (10,11 %), condom 131.663 participants (8,04%), WOM 113.746 participants (6,95 %), and MOM15.509 participants (0,95%).

Data obtained from Medan Sunggal health center is the use of the Contraception Method Long Term especially the implant still low. Based on the introduction of survey result from Medan Sunggal health center on January 2017 known that the sum of CPA is 483 people and the sum of acceptor of family planning is 154 people that consist of pill acceptor 45 people (29,2%), inject 43 people (27,9%), *implant* 38 people (24,7%) and IUD 26 people

(16,9%). Meanwhile, CPA that is not using contraceptive are 197 people. This condition describes that mother used the implant contraception lower than the other acceptor of family planning after IUD acceptor.

Based on previous research that had done by Sustanti on 2013, there is relationship between the knowledge with mothers' motivation to the use of implant contraception and the research that had done by Ely Rohmawati on 2011, the women' interests used implant contraception have not as hope yet, the impact of the society still feels afraid of the low of society knowledge about the implant meanwhile based on Anantasia Marliza on 2010 that the knowledge influenced the low of mothers' motivation in using of implant contraception.

From the result of survey known that CPA isn't motivated to use implant contraception, this is evident from there are still many CPA that when asked do not want to use implant with reason that implant is contraception which the way of the installing required the act of operation and CPA feels afraid.

Based on the description above, the researcher is interested to know "The effect of counseling on the behavior and motivation of CPA about Contraceptive Implants at Medan Sunggal Health Center in 2018.

Materials and Methods

This research in quantitative research, with research design used *quasi experiment method One group pretest and posttest design*.

Pretest is done to know the behavior and motivation of CPA about contraceptive implants before counseling. Posttest is done to know the behaviour and motivation of CPA about contraceptive implants after counseling.

Technique of Taken Sample is *Accidental Sampling* with the sum of sample in this research are 66 people. Taken data from questionnaire that filled before and after counseling about contraceptive implant for knowing the behaviour and motivation of CPA in Medan Sunggal health center.

Results

A. Univariate Data Analysis

1. CPA Characteristics

There are CPA characteristics in Medan Sunggal health center on 2018 this research based on age, education, job, and the sum of child from CPA which are:

Table 1 Frequency Distribution of CPA based on CPA characteristics in Medan Sunggal health center on 2018.

Characteristics	Sum	Percentage (%)
20-22	12	18,1
23-25	23	34,8
26-28	10	15,1
29-31	7	10,6
32-34	8	12,1
35-37	4	6,1
38-40	2	3,0
Education		
College	13	19,7
Senior High School	15	22,7
Primary School	30	45,5
Elementary School	8	12,1
Job		
Work	27	40,9%
Have not Work	39	59,1%
The sum of Child		
One	26	39,4%
Two	33	50,0%
Three	7	10,6%

2. CPA Knowledge

Table 2 Frequency Distribution of CPA Knowledge before and after counseling in Medan Sunggal Health Center on 2018

No	Knowledge after and before implant counseling	The Sum	Percentage (%)
1	Good	20	30,3%
2	Medium	46	69,7%
Knowledge after implant counseling			
1	Good	36	54,5%
2	Medium	30	45,5%
Total		66	100%

3. CPA act

Table 3 Frequency Distribution CPA act before and after counseling in Medan Sunggal health center on 2018

No	Act Before Implant Counseling	The Sum	Percentage (%)
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1	Positive	24	36,4%
2	Negative	42	63,6%
Act After Implant Counseling			
1	Positive	62	93,9%
2	Negative	4	6,1%
Total		66	100%

4. CPA Motivation

Table 4 Frequency Distribution CPA Motivation Before and After Counseling in Medan Sunggal Health Center on 2018

No	Motivation	Before	The Sum	Percentage (%)
Implant Counseling				
1	Positive		5	7,6%
2	Negative		61	92,4%
Motivation After Implant Counseling				
1	Positive		52	78,8%
2	Negative		14	21,2%
Total			66	100%

B. Bivariat Data Analysis

1. The Influence of Counseling to CPA Knowledge about Implant Contraception

Table 5 The Influence of Counseling to CPA Knowledge about Implant Contraception in Medan Sunggal Health Center on 2018

No	Variable	The Sum	Average	\pm S.D	The Average Difference	P Value
1	CPA Knowledge Before Implant Counseling	66	1,63	\pm 0,5	-0,09	<0,000
2	CPA Knowledge After Implant Counseling	66	1,7	\pm 0,45		

4.1.1 The Influence Counseling to CPA Act about Implant Contraception

Table 6 The Influence Counseling to CPA Act about Implant Contraception in Medan Sunggal health center on 2018

No	Variable	The Sum	Average	± S.D	The Average Difference	P Value
1	CPA Act Before Implant Counseling	66	1,61	±0,49	-0,39	<0,001
2	CPA Act After Implant Counseling	66	2,00	±0,00		

4.1.1.1 The Influence to CPA Motivation about Implant Contraception

Table 7 The Influence to CPA Motivation about Implant Contraception in Medan Sunggal health center on 2018

No	Variable	The Sum	Average	± S.D	The Average Difference	P Value
1	CPA Motivation Before Implant Counseling	66	1,90	± 0,29	-0,1	<0,001
2	CPA Motivation After Implant Counseling	66	2,00	± 0,00		

Discussions

1. The Influence Counseling to CPA Knowledge about Implant Contraception

The result research stated that CPA knowledge average before counseling about implant contraception is 1,63 with standard deviation 0,50 and the average of knowledge after giving counseling is 1,72 with standard deviation 0,454. The difference of average knowledge before and after giving counseling of implant is -0,09. The result of statistic test stated that there is a fluence of counseling to the CPA knowledge about the implant contraception with grade $P=<0,001$.

This result research supported by (Ely Rohmawati, 2011) in Semarang, the result research used different dependent mean test showed there is improvement the knowledge of the sum of respondent who has high knowledge between before and after counseling that is 48,4% become 58,1% with Pvalue =0,000. So, it can be concluded that there is a fluence counseling to CPA Knowledge to the implant contraception.

From the result research got the CPA unknowing about implant influenced by the less of information. This is supported from the state of CPA Admission that CPA do not know implant well, CPA only gets information about implants from neighbours and media television even there is CPA that said that know nothing the implant at all.

This is strenghtened by statement of (Notoadmodjo, 2012) knowledge is the result of an education product and will get experience that later will give an education level. the knowledge got from the learning process that can form the particular believe so somebody acts based on gotten trust through electronic media, mass and others.

2. The Influence Counseling to CPA Act about Implant Contraception

The result research showed that the average of CPA act before giving counseling about implant contraception is 1,61 with standard deviation 0,491 and ats average after giwing counseling about implant contraception is 2,00 with standard deviation 0,000. The difference of acts average before and after giving counseling is -0,39. The result of statistic test showed that there is influence counseling to the CPA acts about the implant contraception with grade $P=<0,001$.

Research is done to see the CPA acts to implant contraception before giving counseling, where CPA said that they are afraid using implant because the way of implant installing needs an operation, then CPA also said that they are afraid to use implant because the implant users after taking off the implant, it will influence the level of fertile and made mother will be difficult to have a child anymore. But after giving counseling about the way of planting and the benefit of implant usage, CPA knowledge to implant changed be positive act. This seems from the questionnaire result that divide to CPA before and after giving counseling about implant. This is appropriate with the result research that grade $P=<0,001$ is -0,39.

This result research supported of previous researcher by (Dwi, 2013) in Surakarta, the result research used Paired sample Test showed that there is improvement of the knowledge of the sum respondents that has high act between before and after counseling that is from

48,4% become 58,1% with $P\text{value}=0,000$. So, it can be concluded that there is a influence of counseling to knowledge and act of CPA to the implant contraception.

This result research showed that CPA acts before giving counseling the majority negative is 42 CPA (63,6%) while after counseling the act of CPA majority positive is 62 people (93,3%). This result research showed that there is an improvement CPA acts about implant contraception.

This is appropriate with the theory that stated by Notoadmodjo (2012) which said that act is a reaction and response that still closed from somebody to one stimulus and object. This means the act is not automatically achieved eventhough the someone's knowledge good. This can be seen from if the act of someone is good so the knowledge and behaviour will be good as well. The older age of someone, the higher willingness to know something as well.

3. The Influence Counseling to CPA motivation about Implant Contraception

The result research showed that the average CPA motivation before giving counseling about the implant contraception is 1,90 with standard deviation 0,298 and the average motivation after giving counseling is 2,00 with standard deviation 0,000. The different average motivation before and after giving counseling of implant is -0,1. The result of statistic test showed that there is a influence counseling to the CPA motivation about implant contraception with grade $P=<0,001$.

This research supported by research (Anggarini, 2017) that said that there is a influence health counseling about family planning to the motivation in choosing contraception. The data analysis used *Chi-Square test* with grade $p=0,001 < 0,05$.

The research is done by (Triatmi,2015) also said that there is difference women CPA motivation to use implant before and after giving counseling. This research is analyzed with *Wilcoxon Paired Test* with the result that Z count bigger than Z table.

The result research seems from negative motivation after counseling still high that is 21,1%. This is caused because in time of counseling, there are many CPA which come bring their children, so when the ongoing counseling is not focussed to what do employ by researcher. CPA also said that the counseling with speech method that researcher employ do not make CPA interested. The counseling of leaflet and autovisual method usage will be may attract the attention of CPA, so CPA can enjoy the counseling that can increase CPA motivation about the implant contraception.

This is appropriate with the motivation theory based on Sondang, 2012 that motivation influenced by environment and media factor. When in time of counseling that is done in

inappropriate environment for mothers who want to concentrate because of fastidious children and often cry when follow the counseling. The counseling media are in speech method makes CPA do not have attractive in following counseling because in one side. It should be better if the counseling performs autovisual media and designed interesting leaflet, so that what do the researcher employs in counseling can be caught well by CPA.

Conclusions

Based on the result of research The effect of Conseling to the behaviour and motivation of CPA about the implants contraception in Medan Sunggal health center on 2018, so can be concluded that: there is an influence of counseling to the CPA knowledge about implant contraception in Medan Sunggal health center on 2018. There is an influence to the CPA motivation about implant contraception in Medan Sunggal health center so that make the schedule of counseling planned and routine, for improving the CPA knowledge especially about implant contraception.

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