



## The Relationship of Perceptions of Family Planning Acceptors and Election of Long-Term Contraceptive Methods in Sorimanaon Village

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### ABSTRACT

The family planning program is one of the government's efforts to improve the population's quality. The strategy in contraceptive services currently being developed is to promote the use of long-term contraceptive methods. Contraceptive methods including long-term contraceptive methods are iud, implant, mow, and mop. This research is an analytical study with a cross-sectional approach with a population of 82 people and a sampling technique, namely a total population of 82 people who are family planning acceptors for 3-month injections, and analyzed using the chi-square test. Based on the results of statistical tests, it is known that  $p\text{-value} = 0.000 < 0.05$ , meaning there is a significant relationship between perception and the choice of Long-Term Contraceptive Methods (LTCM).

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### 1. Introduction

The family planning program is one of the government's programs to improve the population's quality. The change in the paradigm of family planning programs from a population control and fertility reduction approach to a health approach shows the increasing importance of the quality of family planning services. Cases of premature changing of family planning methods are an indicator of a decline in the quality of family planning services, which shows a lack of information to acceptors regarding contraceptive problems, including the side effects of injectable birth control which causes the main side effect of menstrual pattern disorders which is the main cause of discontinuation of injectable contraception (Hartanto, 2004; Sugandini et al., 2023; Nkonde et al., 2023).

The most important problem faced by developing countries, such as Indonesia, is population explosion (Van Dao & Van, 2020; Hazarika & Purnima Bora, 2022; Harahap, 2021). Population growth in Indonesia ranges from 2.15% to 2.49% per year. The population explosion results in rapid population growth due to the local community's lack of knowledge and cultural patterns. To overcome this problem, the Indonesian government has implemented a family planning program (Harahap, 2022).

The Population and Family Planning Program is part of national priority development (Misransyah et al., 2023; Harahap & Harahap, 2022a) and development in the fields of sociocultural and religious life to improve the quality of Human Resources which is marked by an increase in the Human

Development Index (HDI) and Gender Development Index the use of LTCM is still low compared to other methods (Harahap & Harahap, 2022b). The survey results in 2012 show no significant increase in contraceptive use compared to the results in 2007. In 2007, a survey recorded 57.4% of couples of childbearing ages who used modern contraception, while the 2012 LTCM recorded 57.9% or an increase of only 0.5% for approximately 5 years (Kemenkes RI, 2013). The 2012 IHDS results recorded that the percentage of women who no longer wanted children and still wanted to have children but had postponed it and did not use one method of contraception (unmet need) was 8.5%.

One of the strategies for implementing the family planning program itself as stated in the Medium Term Development Plan for 2009-2015 is increasing the use of long-term contraceptive methods such as IUD (Intra Uterine Device) or AKDR, Implant and Sterilization (MOW, MOP) (Kemenkes RI, 2013; Bakri et al., 2023; Azad et al., 2023; Thaxton et al., 2021). In North Sumatra, one of the contraceptive methods that is widely used is hormonal contraception. When introduced in 1960, hormonal contraception was a drastic change from previous traditional methods. The hormonal contraceptive method is considered one of the methods with a high level of effectiveness. Still, in its implementation, the use of this contraception experiences many obstacles, both due to the side effects of the contraception itself, especially the problem of menstrual pattern disorders (Hartanto, 2004; Le Guen et al., 2021; Gupta et al., 2023).

In 2019 the national target for coverage of active family planning acceptors was 90%, in fact in 2019 active family planning participants in Padangsidempuan City were still far from the expected target, where only 24,851 (58.65%) were active family planning participants with the majority of contraceptive methods used being injection contraception. 10,027 (40.29%) were followed by the contraceptive method pills, implants, and male contraception (BKKBN, 2020).

Sorimanaon Village is one of the villages with a fairly low number of LTCM acceptors. In 2022, the number of IUD contraceptive acceptors will be 3 acceptors, 20 acceptors for injections, 54 acceptors for pills, 38 acceptors for condoms, 13 acceptors for implants, 0 acceptors for MOP, and 0 acceptors for MOW. Based on 10 acceptors who used pill and injection contraception, who were asked during the data collection, they said they did not want to use an IUD because they felt afraid, they had not received their husband's permission.

This research needs to be carried out because it is useful for increasing the achievements of quality family planning programs using the LTCM in minimizing the side effects of family planning and changing husbands' mindsets towards contraception, especially MKJP. It is hoped that this research will provide implications for husbands' participation in family planning programs, thereby supporting wives' decisions to use MKJP. Therefore researchers were interested in examining the relationship between the length of use and the side effects of 3-month injection contraception on birth control acceptors. in Sorimanaon Village, Angkola Muaratais District in 2022.

## 2. Method

This type of research is an analytical survey using a cross-sectional approach, to determine the relationship between perceptions of family planning acceptors and MKJP selection. This research was carried out in Sorimanaon Village from September to November 2022. The population in this study was all family planning acceptors in Sorimanaon Village with 82 people. The sample in this study was carried out by total sampling, where the entire population was used as a sample of 82 people. Then analyzed using univariate and bivariate analysis techniques using the Chi-Square test.

## 3. Results and Discussion

### Results

#### Univariate Analysis

Table 1  
Frequency Distribution of Perceptions of FP Acceptors

No	Perceptions of Family Planning Acceptors	Frequency	%
1	Good	38	46,3

2	Not Good	44	53,7
Total		82	100

From the table above, it is known that 38 people (46.3%) had good perceptions of family planning, and 44 people (53.7%) had unfavorable perceptions.

Table 2  
Frequency Distribution of Respondents based on LTCM selection

No	Use of Contraceptive Methods	Frequency	%
1	Long-Term Contraceptive Methods	19	23,2
2	Non-Long Term Contraceptive Methods	63	76,8
Total		82	100

From the table above, it is known that 19 people (23.2%) used long-term contraception methods of contraception and 63 people (76.8%) used non-long-term contraception method contraception.

#### Bivariate Analysis

Table 3  
The relationship between perceptions of family planning acceptors and selection of LTCM

No	Perception	Selection of Contraceptive Method				Total	p	
		Non-Long-Term Contraception Methods		Long-Term Contraception Methods				
		N	%	N	%			
1	Good	22	57,9	16	42,1	38	100	0,000
2	Not Good	41	93,2	3	6,8	44	100	
Total		63	76,8	19	23,2	82	100	

Based on the results of the Chi-square statistical test, the p-value = 0.000 ( $\alpha < 0.05$ ), so  $H_0$  is rejected. This means there is a significant relationship between the perception of family planning acceptors and the choice of MKJP contraceptive method among family planning acceptors in Sorimanaon Village, Angkola Muaratais District, South Tapanuli Regency in 2022.

#### Discussion

Based on the data, of the 82 respondents, the majority used non-long-term contraceptive methods, 41 acceptors (93.2%). Based on the results of the chi-square statistical test, the p-value = 0.000 ( $\alpha < 0.05$ ), so  $H_0$  is rejected. This means there is a significant relationship between the perception of family planning acceptors and the choice of contraceptive method long-term contraception method among family planning acceptors in Sorimanaon Village, Angkola Muaratais District, South Tapanuli Regency in 2022. The low use of family planning injections is because many acceptors feel embarrassed and afraid of using long-term contraception methods such as the Intra Uterine Device (IUD).

Menstrual pattern disorders that occur depend on the length of use, whereas menstrual pattern disorders that occur include spotting bleeding, irregular bleeding, amenorrhea, and changes in the frequency, duration, and amount of blood lost. With long-term use, changes in the menstrual cycle are the most common side effects. Family planning injection users may experience irregular bleeding or spotting. After a year of using family planning injections, around 50 percent of women stop menstruating. Menstruation will usually return after the injection is stopped. Normal menstrual patterns can become amenorrhea, irregular bleeding, spotting bleeding, and bleeding with prolonged frequency. The effect on menstrual patterns depends on the duration of use.

Inter-menstrual bleeding and spotting decrease with time, while the incidence of amenorrhea increases. The highest incidence of amenorrhea is thought to be related to endometrial atrophy. Meanwhile, the causes of irregular bleeding are still unclear and do not appear to be related to changes

in hormone levels. DMPA more often causes bleeding and amenorrhea. In reality, there are still many family planning acceptors who persist with non-long-term contraception methods such as injectable contraception even though it causes many side effects.

#### 4. Conclusions

There is a significant relationship between the perception of family planning acceptors and the choice of contraceptive methods. Long-term contraception method among family planning acceptors in Sorimanaon Village, Angkola Muaratais District, South Tapanuli Regency in 2022. This research has limitations in the Indonesian demographic and health survey data series, and also the variables studied are very few, therefore it is hoped that future researchers will examine more variables to find out the causes of low MKJP coverage. It is hoped that this research will contribute to increasing MKJP coverage by involving husbands in supporting family planning programs and increasing education for husbands (husbands and wives), so they can better understand the benefits of family planning.

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