



A Qualitative Study Of The Perception And Experience Of Childbearing Age Couples About Contraception In Wirogunan Sub-District, Mergangsan District, Yogyakarta City

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Abstrak

Pemakaian alat kontrasepsi merupakan salah satu faktor yang secara langsung mempengaruhi fertilitas. Keputusan PUS menggunakan alat kontrasepsi dipengaruhi oleh berbagai faktor seperti kondisi demografi, sosial, ekonomi, hukum, politik dan lingkungan. Informasi mengenai tingkat pemakaian kontrasepsi penting untuk mengukur keberhasilan Program Kependudukan, Keluarga Berencana dan Pembangunan Keluarga. Melalui sasaran strategis ini, BKKBN berupaya meningkatkan pemakaian kontrasepsi modern guna mengendalikan angka kelahiran. Tujuan penelitian ini untuk mengetahui persepsi dan pengalaman PUS tentang penggunaan kontrasepsi modern. Metode penelitian yang digunakan adalah deskriptif kualitatif. Subyek dalam penelitian ini adalah Pasangan Usia Subur (PUS) yang menggunakan KB tradisional, bidan desa, kader di kelurahan Wirogunan, Mergangsan, Kota Yogyakarta. Pengumpulan data primer pada informan dilakukan dengan cara wawancara mendalam kepada PUS yang menggunakan KB tradisional. Hasil penelitian ini menunjukkan bahwa Persepsi PUS sebagian besar responden mengatakan bahwa kontrasepsi modern akan gagal jika menggunakan seperti IUD. Sedangkan pengalaman responden sebagian besar menyampaikan banyak efek sampingnya. Kesimpulan penelitian ini bahwa Persepsi PUS tentang kontrasepsi modern adanya persepsi yang negatif takut mengalami kegagalan dan mengalami efek samping. Disarankan Sosialisasi tentang metode kontrasepsi modern oleh tenaga ahli baik dari bidan atau dokter yang dipercaya oleh masyarakat secara berkala.

Kata Kunci: *kontrasepsi modern; persepsi; pengalaman*

Abstract

The National Population and Family Planning Board (BKKBN) is making strategic efforts through the 2015-2019 RPJMN to suppress population growth in the form of a reduction in the Total Birth Rate (TFR); increasing the prevalence of modern contraception (CPR); reduce the number of unmet needs; increasing active family planning participants using the Long Term Contraception Method (MKJP) and reducing the number of contraceptive use. The purpose of this study was to determine the perceptions and experiences of childbearing age couples regarding contraceptive use. The research method used is descriptive qualitative. The subjects in this study were childbearing age couples using traditional contraceptives, village midwives, cadres in Wirogunan, Mergangsan, Yogyakarta City. Primary data collection through in-depth interviews with couples of childbearing age who use traditional contraceptives. The results showed that the majority of respondents stated that traditional contraceptives are safer than modern contraceptives. In conclusion, most Childbearing Age Couples have poor perceptions and experiences about modern contraception.

Keywords: *modern contraception; perception; experience*

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INTRODUCTION

To reduce the rate of population growth, The National Population and Family Planning Board (BKKBN) made strategic efforts by the 2015-2019 RPJMN in the form of reducing the total birth rate (TFR); increase the prevalence of modern contraception (CPR); decrease the number of unmet need; increase active family planning participants using the Long-Term Contraception Method (MKJP) and reduce the rate of contraception use out (1).

According to data Riskesdas in 2013, the percentage of the use of contraceptives on childbearing age couples by 59.3% use modern family planning methods (implants, MOW, MOP, condoms, injections, pills), 0,4% using traditional birth control methods (breastfeeding/LAM, periodic abstinence/calendar, intercourse is interrupted), 24% have had family planning and 15.5% have never had family planning. But in 2015, there was an increase in the use of traditional contraception. As many as 0.99% couples of childbearing age couples use traditional contraception. The level of education does not have much influence on the proportion of childbearing age couples in conducting family planning (2).

Yogyakarta Special Region (DIY) is one of the provinces with CPR figures above the national program target. Based on the report of The National Population and Family Planning Board (BKKBN) of the Special Province of Yogyakarta in 2017, the CPR DIY figure is 75.36%, while the national program target is 60.9%. Yogyakarta City is one of the regions in DIY with the lowest CPR rate of 71.76% and the second-highest unmet need rate in DIY,

which is 12.8% (3). Based on the research results, most respondents believe that they will succeed in using traditional contraception because of the experience of family or friends who have succeeded in preventing pregnancy by using traditional contraception. Likewise, one's experience in using modern contraceptives has many side effects. This will change a person's perception of contraceptive choices (4). Supported by the results of other research shows that there are still poor perceptions of contraception, such as fear of side effects from modern contraception (5). Therefore, to reduce the rate of population growth, the National Family Planning Coordinating Board (BKKBN) is making strategic efforts to reduce the Total Birth Rate (TFR); increasing the prevalence of modern contraception (CPR); reduce the number of unmet needs; increasing active family planning participants using the Long-Term Contraceptive Method (MKJP) and reducing the number of contraceptive use.

Factors that influence the use of contraception are education, knowledge, family welfare, religion, and support from wife/husband (4). In addition to the experience factors of failure to use contraception beforehand, the experience of not using contraception that does not end with pregnancy. The factor behind the use of contraceptives is the provision of adequate information. Providing adequate information by health workers will provide appropriate information so that it can change the perceptions of childbearing age couples about contraception and become the basis in choosing the type of contraception (5). Previous research has explained that counseling is

necessary because it can help prospective participants obtain an overview of various contraceptive methods which then result in satisfaction with their choices. The less than the optimal role of health workers, coupled with an understanding of women couples of reproductive age about contraception, will reduce the use of contraception. Negative perceptions of the role of health workers in providing family planning counseling can affect the use of contraception (6). As husbands age, women of reproductive age, length of education taken by husbands, length of education for women of childbearing age, number of sources of information, and sources trusted by women of reproductive age, the knowledge of contraceptives increases (7). The reason for not using contraception, side effects of using contraception on health, a prohibition from partners or discomfort, costs to be incurred, not want to bother, until the subjective experience that so far without contraception did not happen pregnancy (8).

The purpose of this study was to the childbearing age couples perceptions and experiences about contraception in the Wirogunan village, Mergangsan, Yogyakarta City.

MATERIALS AND METHODS

This type of research is a *qualitative descriptive*. The research sample was taken by *purposive sampling*. The subjects of the study were childbearing age couples using traditional family planning in the Wirogunan sub-district, Mergangsan, Yogyakarta City, Village Midwives in the Wirogunan sub-district, Yogyakarta City, cadres. There were 7 informants and 1 cadre, 1 village midwife as data triangulation. Data collection is done through in-depth interviews (*in-depth interviews*). Processing and analysis of data in this study using the method of *content analysis* (content analysis). The instruments of data collection use interview guides that have been developed by researchers.

RESULTS AND DISCUSSION

The Perception of Childbearing Age Couples about Modern Contraception

Based on the perception of childbearing age couples about the benefits of modern contraception, most respondents said that modern contraception had more side effects than benefits, and that there were wrong assumptions about modern contraception. Meanwhile, based on the perception of mothers about the risks or dangers of modern contraception, most said that using modern contraception would fail.

Respondent 2: IUD will lose its device later, the device will follow the fetus

Respondent 3: Easy escape, risk of pregnancy, IUD gets to the fetus

Respondent 4: Injections for 3 months after a long uterine dry because of continued injection

Respondent 6: I think that the benefits of using family planning are very useful because there are long-term uses and compatibility depends on yourself.

Respondent 7: The benefits of being able to maintain pregnancy spacing, compatibility depends on yourself, some are suitable / have family planning changes because they are not suitable.

Figure 1. The results of interviews with perceptions about the benefits of family planning

Based on the view or perception of childbearing age couples about the cost of modern contraception, most said that modern contraception was inexpensive since they could get it freely by using BPJS (Social Security Administrator for Health).

Likewise, the perception of childbearing age couples about contraception, which based

Respondent 1: It's free if you use National Health Insurance (BPJS) as well as free so everything is affordable

Respondent 2: It has been reached because of the National Health Insurance

Respondent 3: Cheap, practical, economical

Respondent 4: Affordable, inexpensive

Respondent 5: Low cost, affordable

Respondent 6: Installation costs are affordable because National Health Insurance has become affordable, inexpensive.

Respondent 7: Installation costs are relatively inexpensive because they are also affordable with health insurance.

Figure 2. The results of interviews with perceptions about family planning costs

on the data triangulation results on cadres and midwives, stated that most of childbearing age couples thought they preferred to use traditional contraception since it was safer and had no side effects than modern contraception. Therefore, the role of health workers is very important in promoting and socializing in a proper and in-depth ways to childbearing age couples who do not use modern family planning.

Cadre 1: Modern family planning has many side effects, whereas some traditional birth control uses are more successful.

Cadre 2: When using modern contraceptives, many PUS complain that they are afraid of side effects.

Midwife: We have found that people are more likely to not use modern contraception / prefer traditional contraception because people don't want to experience the side effects of using modern contraception.

Figure 3: Results of interviews with cadres, midwives on modern family planning

The view or perception of childbearing age couples about using modern family planning from the religious point of view, that most respondents said that modern contraception was not prohibited by religion. Somebody does not use contraception due to negative experiences from others such as side effects of using contraception, and once failed after using contraception, therefore, unmet need (9). The incidence of unmet need in the Province of Yogyakarta Special Region (DIY) reached 13.69% of the 5,729 PUS in 2012. Yogyakarta Special Region Province is one of the provinces in Indonesia that has a high unmet need(10) (12). The number of unmet need for family planning in Yogyakarta is 18.74 (9). Unmet need for family planning shows an increasing trend to around 10.36% in April 2020 (11).

Still occurs although someone has high level of education. Somebody's actions are influenced by knowledge, perception, emotions, motivation, and others. Perception can be defined as a process that involves the entry of information into the human brain through the senses which then provides responses and information to an object so that it can influence behavior (12).

Previous research has explained that if someone thinks positively about contraception, they will receive the benefits of the family planning program. So it is easy to get information about family planning programs. Conversely, if someone is negative about contraception it will be difficult to get information about family planning. The limited information obtained will prevent a person from receiving the family planning program (13).

The emergence of negative perception in public about contraception is a part of the contraceptive problems that exist in society. Various rumors that spread in the community often cause them to be afraid of using contraceptive methods. The existence of

these negative perceptions will cause people to be afraid of using contraceptive methods which is a part of family planning program (14). Based on research, women do not use modern contraception because they worry about contraceptive side effects, and this concern is not because they have actually experienced any side effects before. Childbearing age couples who have never used contraception state that they are afraid of the side effects. Their fears are clearly based on information about other people's experiences, either their own experiences or from others (15). Providing correct education or information will give a reaction to someone.

Previous research explained that some of the acceptors had less knowledge about contraception. The level of knowledge of a person in choosing contraception is influenced by several factors, including socioeconomic, culture (culture, religion), education, experience, information, age, intelligence, and the environment (16).

This reaction can be through the response of childbearing age couples to the education or materials provided by officers, for example, someone's satisfaction. With a good response, someone will receive that knowledge. Good knowledge will affect somebody's perception which is influenced by knowledge, and through knowledge will lead to a positive perception. A positive perception will influence someone's behavior change.

The results of this study concluded that couples of childbearing age did not use modern contraceptives because of negative perceptions about modern contraception, so they prefer traditional contraception because it is safer and without side effects. Despite the absence of religious prohibitions and their affordability, they do not affect the use of modern contraceptives.

Experiences when using contraception

Most of the respondents have never used modern contraception. Meanwhile, respondents

who used modern contraception, namely IUD and injection contraceptives, were used 5 years ago. Based on respondents' experiences using modern contraception, most of them said that as long as they used modern contraception, they would experience side effects. This experience was obtained both from their own experience as well as from others'.

Respondent 1 : I have never used modern contraceptives at all.
Respondent 2 : You have never used modern contraception
Respondent 3 : I have used an IUD for 8 years
Respondent 4 : Injections for 1 month for 1.5 years
Respondent 5 : I've never been at all, sis
Respondent 6 : Never used
Respondent 7 : Injections 3 months

Figure 4: Results of the interview on the history of family planning use

The reason why childbearing age couples used traditional contraception was because most of them felt safer and without side effects, compared to modern contraception; also, their husbands did not allow them to use modern contraception.

The data triangulation results of midwives and cadres stated that the reason why respondents preferred to use traditional contraception was because most of them were afraid of the side effects of modern contraception, they were afraid of failure, and they were not allowed by their husbands. Such respondents' perceptions were obtained both from their own experiences as well as others, when using modern family planning.

Side effects are one of the factors in contraceptive methods that can affect the choice of contraception (17). Family planning acceptors who have felt uncomfortable with the side effects of using contraception will switch to using other contraception to overcome contraceptive disorders, and will even stop not using contraception (18).

Respondent 1 : Hormonal birth control has side effects, my husband supports using traditional birth control.

Respondent 2 : Because she does not like family planning, there are many side effects, her husband does not allow family planning.

Respondent 3 : Husband said that if using an intrauterine device (IUD) during intercourse, the side effects of the intrauterine device (IUD) birth control are felt when you are exhausted from working the stomach feels painful

Respondent 4 : I used to use it but menstruation was not smooth, so I was fat.

Respondent 5 : Fear of side effects, not permitted by husband

Respondent 6 : Not permitted by husband, afraid of prolonged side effects

Respondent 7 : Because menstruation is always irregular so I stopped, my husband suggested not to use birth control

Figure 5. The results of interviews with the reasons for not using modern family planning

Supported by the results of previous research, it was stated that the reason why childbearing age couples stopped using contraception was because they could not accept the side effects of the contraception they used, the discomfort of sexual intercourse methods, loss of personal motivation, and might be exacerbated by low social support (19).

The support from husbands in using contraception is very necessary because without it, the comfort feeling in using contraception will not be obtained, contraceptive methods cannot be forced, husband and wife must mutually choose the best contraceptive method, be cooperated in the use, finance for the contraceptive expenditure, and pay attention to the signs and dangers (20).

Cadre 1: Fear of the risk factors of modern family planning because there was PUS that used to be modern family planning and experienced failure and affected health.

Kader 2: Maybe they are more comfortable with traditional family planning (maybe their parents used to use traditional family planning) or are afraid of side effects

Midwife : The factors behind PUS using traditional family planning methods are knowledge, perceptions of modern family planning, and husband and family consent.

Figure 6: Results of interviews with cadres and midwives on the reasons childbearing age couples uses traditional family planning

The partner's support is one of the reinforcing factors that can influence someone to behave or act. The use of contraception must require the participation or support of the husband or the wife since it involves the reproductive organs of both parties (21). The support from partners is still very much needed by childbearing age couples when making decisions about contraceptive use. With good communication between the husband and the wife, hopefully there will be a willingness, and also a participation between partners in making the family planning decisions.

Previous research has explained that the unmet need for family planning is influenced by the husband's support, namely due to the husband's lack of information and knowledge about contraception. The reason a person does not use contraception is due to negative experiences from others or themselves such as side effects of using contraception, not suitable to use contraceptives and experiences having experienced failure to use contraception, so even

though someone's education is high, there is still an unmet need (22).

It can be concluded in this research that based on the experiences of childbearing age, both internal and external, said that most of them did not use modern contraception because of fearing the side effects and they were afraid of failing (such experiences from their neighbors), and also they were not supported by their husbands to use modern family planning.

CONCLUSION AND SUGGESTION

The results showed that most Childbearing Age Couples had poor perceptions about modern contraception and had bad experiences about the use of modern contraceptives either from themselves or others. Therefore it is necessary to conduct socialization about modern contraceptive methods by experts regularly to increase public knowledge, correct perceptions about modern contraception.

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