

## The Effect of Family Planning with ABPK Counseling on Decision Making Family Planning in WUS (Women of Reproductive Age)

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### ABSTRACT

ABPK is a standard guideline for family planning counseling services which not only contains the latest information about contraception or family planning but also contains standard family planning counseling processes and steps that are based on the rights of family planning clients and informed choices. The purpose of this study was to find out whether there was any effect of counseling on family planning using contraceptive collection tools, the sample in this study was total sampling, namely all women of childbearing age in the Grogol area, Kediri district, the method used was providing family planning counseling with assistive devices decision-making. This research is an experimental study, one group pre-test post-test design, conducted in January 2023. The results of the Wilcoxon test, the results of this study are p-value <0.05, from the results of the study it can be stated that there is an effect of family counseling planning with decision-making tools for family planning decision making.

**Keywords:** Family Planning Counseling, Women of Reproductive Age Family Planning Decision Making Tools.

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### INTRODUCTION

The Family Planning Program (KB) has an important contribution in efforts to improve the quality of the population. Family planning is one of the most basic and primary preventive health measures for women. Many women experience difficulties in determining the choice of contraception. One way that can be used to help mothers choose family planning is to use decision-making tools. According to the 2021 East Java Health Profile, the most widely used contraceptive method by women of childbearing age is the injection method (56.86%) with the details of condoms (9.64%), IUDs (9.65%), implants ( 2.13%), MOP (0.60%), MOW (3.91%), pills (17.21%).

Meanwhile, in Kediri Regency, of all types or contraceptives used, the percentage of injection contraceptives was 51.0% and the contraceptive method that was least used was MOP, namely 0.1%, for condoms 0.9%, pills 30.3%, IUD 8.9%, MOW 1.4% and Implant 7.4%. ABPK is a standard guideline for family planning counseling services which not only contains the latest information about contraception or family planning but also contains standard family planning counseling processes and steps that are based on the rights of family planning clients and informed choices.

ABPK also has multiple functions, including assisting decision making on family planning methods, assisting in solving problems in the use of family planning, work aids for providers (health workers), providing references or technical information, and visual aids for training new providers (health workers). on duty. This is a very important aspect of family planning services. Quality counseling between clients and providers (medical personnel) is one of the indicators that determines the success of the family planning program. According to Aprilianti's 2018 research, many family planning acceptors complained that they were not suitable for using family planning, many cases of dropping out using contraceptives were influenced by several factors, namely knowledge, education, economic status, side effects of family planning and the environment. Cessation of KB use or (drop out) is the event of stopping being an acceptor at PUS who was previously a KB acceptor. The impact of this increase in family planning out-rates is an increase in population so that it will have an impact on the level of welfare, quality of education, development and health so that it will reduce the quality of a country's population.

Information from the Grogol Kediri sub-district shows that couples of childbearing age who are actively using family planning include those who have stopped using family planning because they were not suitable for using the previous family planning, want to have more children, and spouses who have died. Based on an initial survey conducted by researchers in the Working Area of PMB Ny. M out of 5 respondents 3 of them said they were not suitable for the contraceptive used because at the time of selecting the contraceptive the midwife did not use ABPK so the mother did not know about the side effects and resulted in the mother stopping using the contraceptive. Many couples of childbearing age who stop using birth control make the drop out rate increase. There are factors that influence it, namely the patriarchal culture where all decisions are in the hands of the men, so whatever the mother wants to do, the husband must approve. And the mother felt that she did not match the family planning method she had chosen.

The purpose of this research is to find out whether the family planning decision-making tool influences prospective acceptors in determining which family planning method to use.

## METHODS

This research is a pre-experimental study with a one group pre-test post-test design. The research was conducted in January 2023 with a population of all women of childbearing age in the working area of PMB Ny. M. Samples were taken using total sampling technique, namely 26 respondents, random sampling. The inclusion criteria in this study were residents living on the banks of the Musi River. Exclusion criteria are residents who live on the move. Data analysis used the Wilcoxon test.

## RESULTS

General data

Characteristics of Respondents by Age

Characteristics of Respondents based on age at PMB Ny. M Kec. Grogol Kab. Kediri Year 2023 is presented in table form as follows:

Table of Frequency Distribution by Age

| No | Age        | Frequency | Percentage |
|----|------------|-----------|------------|
| 1  | 25-35 Year | 14        | 53,8%      |
| 2  | 36-45 Year | 12        | 46%        |
|    | Amount     | 26        | 100%       |

Based on the table above, it can be interpreted that most (53.8%) are 14 respondents

aged 25-35 years.

**Characteristics of respondents based on education**

Characteristics of Respondents Based on education at PMB Mrs. M Kec. Grogol Kediri District in 2023 is presented in table form as follows:

Table of frequency distribution of respondent characteristics by education

| No | Education                            | Frequency | Percentage |
|----|--------------------------------------|-----------|------------|
| 1  | Elementary School -<br>Middle School | 8         | 30,7%      |
| 2  | Senior High School                   | 15        | 57,6%      |
| 3  | College                              | 3         | 11,5%      |
|    | Amount                               | 26        | 100%       |

Based on the table above, it can be interpreted that most (57.6%), namely 15 respondents, have a high school education.

**Characteristics of respondents by occupation**

Characteristics of Respondents Based on the work at PMB Mrs. M Kec Grogol Kab. Kediri in 2023 is presented in the form of a table as follows:

Table of frequency distribution of respondent characteristics by occupation

| No | Work                       | Frequency | Percentage |
|----|----------------------------|-----------|------------|
|    | IRT                        |           |            |
| 1  |                            | 22        | 84,6%      |
| 2  | Private / Self<br>employed | 3         | 11,5%      |
|    | BUMN / Civil               |           |            |
| 3  | Servants                   | 1         | 3,8%       |
|    | Jumlah                     | 26        | 100%       |

Based on the table above, it can be interpreted that almost all (68%), namely 22 respondents, have a high school education.

**Specific Data**

**Skills of respondents before and after being given birth control acceptor counseling with ABPK**

Bivariate analysis The effect of birth control acceptor counseling in contraceptive decision making during the puerperium can be seen in the following table:

Table of the Effect of Counseling on Birth Control Acceptors in Contraceptive Decision Making at PMB Mrs.M Kec. Grogol Kab. Kediri Year 2023

| No | Counseling | N  | Mean  | Std-dev | 95%<br>ci | T    | P    |
|----|------------|----|-------|---------|-----------|------|------|
| 1. | Pre test   | 26 | 16,88 | 1,94    | ,38       | 7,00 | 00,0 |
| 2. | Post test  | 26 | 19,18 | 1,32    | ,26       |      |      |

Based on the table above, the effect of counseling on birth control acceptors is very influential given counseling to (1,9.18%). Based on the average before and after counseling  $p < ,000$  means that there is a difference before and after counseling, thus it can be concluded that providing counseling with ABPK media has an effect and provides benefits for family planning acceptors.

**The average difference before counseling and after counseling in PMB Mrs.M Kec. Grogol Kab. Kediri Year 2023**

| No. | Counseling | Mean | T    | P value |
|-----|------------|------|------|---------|
| 1.  | Pre test   | 2,30 | 7,00 | ,000    |
| 2.  | Post test  |      |      |         |

Based on the table above, a value of 0.000 ( $p$  value  $< 0.05$ ) and a t-table of 7.00 so that the results of  $h_0$  and  $h_a$  are accepted. There is a significant difference between being given counseling without APBK and being given counseling in taking contraceptives with APBK in women of childbearing age with the results of counseling and not being given counseling with a result of 2.30 In PMB Mrs.M Kec. Grogol Kab. Kediri.

## DISCUSSION

Based on the results of the study, it can be seen that there are differences before and after counseling with ABPK with  $p$  results of  $>,000$ . According to (Purwoastuti, 2018) counseling is an assistance provided by a counselor who is trained in individuals, which can be one or more people who experience problems (clients), face-to-face, which aims to make decisions independently on the problems they face both psychological, social, and other problems in the hope of solving problems, understanding themselves, directing himself according to his abilities and potential so as to achieve adjustment to his environment. (Handayani, 2018).

Midwifery counseling is help in the form of interviews with communication, in-depth interaction between counselors (midwives) and counselors (clients) to achieve counseling goals which can be in the form of problem solving, meeting needs, or changing behavior or attitudes within the scope of midwifery services. (Gobel, 2019). Counseling is a process that runs and integrates with all aspects of family planning services and not just information that is provided and discussed on one occasion at the time of service delivery. (Aini, 2018)

Counseling is included in the category of health counseling. Counseling or health education of any kind is basically the act of conveying information or messages from the messenger to someone. (Maritalia, 2017). In this case, through counseling with the counseling method, there will be a delivery of information about the contraceptive device. This will be a source of knowledge for someone. (Evasari, 2018). This statement is in accordance with (Notoatmodjo, 2018) that "health education (counseling) is essentially an activity or effort to convey health messages to the community, group or individual. Counseling is very useful to help you in dealing with problems, ranging from trivial to very complex problems. (Aprilianti, 2018). Seeing the general and individual condition of the klawan is important in providing counseling. Midwives need to pay attention to what comes up and what is in the client.

From the results of the study, it was found that there was a difference between before and after counseling, so the results of this study were in accordance with the concept of the theory above. Chronologically it can be explained by the treatment (counseling on contraception with counseling methods) then there is contact between individuals / groups / communities with health workers. At this time, there will be a transfer of information from health workers to prospective acceptors. The officer will provide technical instructions about contraception along with various types along with the effectiveness, efficiency or advantages and disadvantages of each.

In accordance with the results of the study, there was a difference between being given counseling and not being given counseling. This happens because through counseling clients

can see the problem more clearly so that they can choose their own solution in accordance with the information previously received. In the end, the client can make his choice of contraception firmly according to their own wishes and will not regret the decision he has made in the future. This will make the client will use his contraception longer.

In this case counseling can be considered quite effective for improving steadiness because the characteristics of both groups of early stages are almost the same. In this case, through the counseling approach to counseling methods, there is a stimulation of views from officers regarding contraceptives that should be chosen by prospective acceptors. Little by little the officer conveyed various advantages, weaknesses, effectiveness and efficiency of each contraceptive. Through target counseling techniques, the policy is given to choose contraceptives based on consideration of the advantages, weaknesses, effectiveness and efficiency of each contraceptive with all its risks.

The touch of view given by health workers without going through coercion is through careful consideration. Through such techniques proven to be effective enough to cause stability in the selection of contraceptives. It was proven that the group given counseling with counseling had a higher stability assessment score compared to the group not given counseling. According to the researchers assumptions, the application of providing counseling with ABPK is very influential on family planning acceptors in deciding which birth control to use.

## CONCLUSION

The conclusion of this study is that there is an influence of counseling on family planning with decision-making tools on family planning decision making. The researcher's advice to midwives to improve the quality of counseling provided, especially the affirmation of family material, is planned because it has the strongest impact on understanding so that it also affects the stability of acceptors. For educational institutions to increase books about counseling and contraceptives so that we can know more about birth control counseling. For further researchers, they can develop this research not only providing counseling, but accompanying respondents until they have family planning, the research time is extended, and the number of samples is increased. So that the resulting research is more accurate and good.

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