

Article

## Relationship Between Knowledge of Contraception Acceptors with Side Effects of the Three Month Injection Family Planning in Kambesko Health Center 2017

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### A B S T R A C T

**Objective:** To determine the relationship between knowledge of family planning acceptors and side effects of 3-month family planning injection in the Kambesko Community Health Center 2017.

**Method:** This was analytic study with consecutive sampling technique.

**Results:** The results of this study conducted at the Kambesko Health Center were obtained from 85 sample stating that the knowledge of family planning acceptors about the side effects of 3-month family planning injections divided into 2 categories, which are : good 21 people (25%), limited 64 people (75%), and those who experienced side effects of 60 people (71%), and who did not experience side effects of 25 people (29%).

**Conclusion:** It can be concluded that there is a relationship between the knowledge of family planning acceptors and the side effects of 3-month family planning injection at the Kambesko Health Center in 2017 with a p value (0.04).

## I. INTRODUCTION

Countries Indonesia in 2015 is the country with the number of residents of the largest fourth in the world after China, India and the United States with the number of people reaching 255 461 686 inhabitants. In the year 2018, the number of population of Indonesia is growing rapidly to reach the number 365 015 313 inhabitants and the explosion of the population have led to burden the country is getting increased.

A population that is not followed by an increase in population quality will cause many population problems (BPS, 2018). The results of the projection show that the number of residents of Indonesia will continue to experience an increase, namely from 238.5 million in the year 2010 into 305.6 million in the year 2035 (CBS, 2013). Data is far from the number of residents of Indonesia when it is on top of 305.6 million. One of the efforts to cope with the growth of population is the construction of a family with the program family planning on a pair age fertile.

## II. METHODS

This was analytical study with using consecutive sampling.

## III. RESULT

### Univariat Analysis

**Table 1. Distribution of age of family planning acceptors in the working area Kambesko Health Center 2017**

| No    | Age   | Frequency | Percentage |
|-------|-------|-----------|------------|
| 1     | <20   | 3         | 3.5        |
| 2     | 20-35 | 55        | 64.5       |
| 3     | >35   | 27        | 32         |
| Total |       | 85        | 100        |

Based on table 1 majority of family planning acceptors were 20-35 years old accounting 55 people (64,5%) and some of them <20 years old were 3 people accounting for (3.5%).

**Table 2. Distribution level of education family planning acceptors about the side effect of 3 month injection family planning in the working area Kambesko health centre**

| No    | Level of education | Frequency | Percentage |
|-------|--------------------|-----------|------------|
| 1     | Elementary school  | 39        | 46         |
| 2     | Senior high school | 36        | 42         |
| 3     | College            | 10        | 12         |
| Total |                    | 85        | 100        |

Based on table 2 majority of family planning acceptors were graduated from elementary school and senior high school 39 people (46%) and some of them graduated from college 10 people (12%).

**Table 3. Distribution of knowledge of family planning acceptors about side effects of 3 month injection family planning in the working area Kambesko health centre 2017.**

| No | Knowledge | Frequency | Percentage (%) |
|----|-----------|-----------|----------------|
|----|-----------|-----------|----------------|

|       |         |    |     |
|-------|---------|----|-----|
| 1     | Good    | 21 | 25  |
| 2     | Limited | 64 | 75  |
| Total |         | 85 | 100 |

Based on table 3 majority of family planning acceptors had limited knowledge 64 people (75%) and had good knowledge 21 people (25%).

**Table 4. Distribution of family planning acceptors based on experiencing side effect of 3 month injection family planning in the working area Kombesko health centre 2017.**

| No    | Side effects | Freq. | Percentage (%) |
|-------|--------------|-------|----------------|
| 1     | Yes          | 60    | 71             |
| 2     | No           | 25    | 29             |
| Total |              | 85    | 100            |

Based on table 4 majority of family planning acceptors experienced side effect of 3 month injection of family planning 60 people (71%) and some of them didn't experience side effect 25 people (29%).

### Bivariat Analysis

**Table 5. Results of Chi Square Analysis the relationship between knowledge of family planning acceptors with the side effect of 3 month injection family planning in the working area Kombesko health centre 2017.**

| No    | Knowledge | Side effects |    |    |    | Freq |     | P Value |
|-------|-----------|--------------|----|----|----|------|-----|---------|
|       |           | Yes          |    | No |    | n    | %   |         |
|       |           | N            | %  | n  | %  |      |     |         |
| 1     | Good      | 20           | 24 | 1  | 1  | 21   | 25  | 0.04    |
| 2     | Limited   | 40           | 47 | 24 | 28 | 64   | 75  |         |
| Total |           | 60           | 71 | 25 | 29 | 85   | 100 |         |

Based on table 5, the results of family planning acceptors with good knowledge who experienced side effects as many as 20 people (24%) and who did not experience side effects as much as 1 person (1%). Acceptors who have limited knowledge who experience side effects are 40 people (47%) and those who don't have as many as 24 people (28%). From the statistical test, we had p value  $<0.05$  (0.04) so it can be concluded that there is a relationship between the knowledge of the acceptor and the side effects of 3-month KB injection in the working area of Kambesko Health Center in 2017.

## IV. DISCUSSION

### 1. Acceptors Knowledge

Based on the results of this study in the Kambesko Community Health Center in 2017 it is seen that from 85 respondents the majority of family planning acceptors who had limited knowledge are 64 people (75%). This is due to the fact that there are still many mothers who use 3-month injection contraception with primary education (elementary-junior high) as many as 39 people (46%). In accordance with Notoatmodjo's opinion which says that the higher a person's education, the easier it will be to receive information so that the more knowledge she has. In addition, it is also influenced by the information received by family planning acceptors, some family planning acceptors have received information and some have not yet obtained it. This information can affect knowledge including sources of information from health workers about family planning. One of them can be obtained in posyandu activities, which are carried out by spreading the message, instilling community confidence not only aware, know and understand, but also willing and able to do a suggestion which is related to health. The information obtained is not only from health workers, it can be from various media such as TV, radio or newspapers so that it will increase the knowledge.

### 2. Side effects of 3 Month injection family planning

Based on family planning acceptors who experienced side effects of 3-month family planning injection in the working area of the Kambesko Health Center in 2017 it was seen that out of 85 family planning acceptors who experienced side effects as many as 60 people (71%). Side effects that occur in family planning acceptors are influenced by hormones so that family planning acceptors experience side effects such as weight gain, vaginal discharge, menstrual disorders, acne, dizziness and headaches. Family Planning (KB) is an action that helps individuals or married couples to avoid unwanted pregnancies, adjust the interval between pregnancies, control the time of birth in relation to the age of husband and wife and determine the number of children in the family. Injecting contraception is one way to prevent pregnancy in the form of being injected. One contraceptive injection drug contains Depo Medorxy Progesterone Acetate (MDPA). This contraception can be used for women of various age groups, both those who have children or not. In addition, contraception is high in effectiveness, simple to use, is also safe to use during lactation. Weaknesses of injection contraception are short or prolonged menstrual cycles, heavy or little bleeding, irregular bleeding or spotting bleeding, no menstruation at all, weight gain, greater risk of ectopic pregnancy, fertility recovery can be delayed for 7-9 months, no ensure protection against transmission of sexually transmitted infections, on long-term use can slightly reduce bone density, and can also cause vaginal dryness, decrease libido, emotional disturbances (rarely), headaches, nerves, pimples.

Based on the results of statistical data this study is supported by studies that have been done by Ningsih and Kartikasari (2013) who examined 10 acceptors who use 3-month injectable birth control accounting 7 people (70%) complaining of menstrual disorders, weight gain, headaches, and length return of fertility. With symptoms of anxiety and talk a lot faster, wrinkled faces, worries, feelings become insecure. This shows that anxiety is still high in 3 months injection acceptors due to lack of knowledge about the side effects of Depo Medroxyprogesterone Acetate (DPMA).

Anxiety that exists in injecting family planning acceptors 3 months with no side effects, is caused because most family planning injection acceptors lack knowledge about the side effects of injectable family planning. The selection cannot be made until each has basic knowledge about each method used and side effects arising from the use of injectable birth control. Often the acceptor from the non-permanent method switches to the permanent method (tubectomy) because there have been frequent failure of contraceptives. Thus, it can be seen that acceptors do not voluntarily follow contraception but are forced by circumstances.

Many contraceptive acceptors, especially hormonal contraceptives, feel anxious about possible side effects, such as weight gain, menstrual disorders, osteoporosis, and others. From the initial survey conducted on 3-month injectable family planning acceptors out of 10 acceptors, 70% of them experienced menstrual disorders, weight gain, headaches, and length of return to fertility. In order to reduce the anxiety of family planning acceptors, family planning acceptors should receive counseling by providing counseling on the selection of contraceptives such as the type of contraception which is divided into two categories, namely modern and traditional methods of contraception. Modern contraception includes sterilization, birth control pills, birth control injections, implants, condoms, emergency contraception. While the traditional method consists of periodic abstinence (calendar), and the MAL method. Birth control pills and injection are the best-known contraceptive methods by the public, with 97% compared to 98%, respectively. Among the modern family planning methods used, family planning injections are the most common form of contraception used by married women (32%), followed by birth control pills (13.6%), and IUDs (3.9%).

Thus it is expected that family planning acceptors can be more stable in the use of contraception, so they will not easily stop. Efforts can be made by 3-month injection family planning acceptors in overcoming anxiety which are using social and spiritual support, and providing support to mothers to have routine injections every 3 months. Adequate information by health care will affect one's knowledge so that this will support a person to act and behave.

### **3. The relationship between knowledge of acceptors with the side effect of 3 month injection family planning in the working area Kambesko Health center 2017**

The relationship of knowledge of family planning acceptors with side effects of 3-month family planning injection in the working area of the Kambesko Community Health Center in 2017 showed that out of 21 people with good knowledge, 20 people (24%) had side effects and 3 people who did not experience any side effects (1%). While of 64 people who had limited knowledge, those who experience side effects are 40 people (47%), and those who experience side effects are 24 people (28%). Based on the analysis of the relationship using chi\_square statistical test, the value was (0.04) which means there was a relationship between the knowledge of family planning acceptors and the side effects of 3-month family planning injection in the working area Kambesko Health Center 2017.

There is a relationship between maternal knowledge with side effects of 3-month family planning injection, because from study conducted on injecting acceptors, many people who had limited knowledge who experience side effects. in the family planning injection,

so that the acceptor experiences weight gain, menstrual disorders, and acne. Anxiety that exists in injecting family planning acceptors with no side effects, is caused because most family planning acceptors 3 months has limited knowledge about the side effects of injectable birth control. This is because there is one reason that they are positive despite having limited knowledge is an educational and economic factor, this is obtained from the data that almost all acceptors were having health insurance.

And after doing the Chi\_Square statistical test, we obtain P. value (0.04) so that H<sub>0</sub> is rejected and H<sub>1</sub> is accepted. Thus it can be concluded that there is a relationship between the knowledge of 3-month family planning acceptors and the side effects of 3-month family planning injections in the working area Kambesko Community Health Center 2017.

## V. CONCLUSION

It can be concluded that there is a relationship between the knowledge of family planning acceptors and the side effects of 3-month family planning injections at the Kambesko Health Center 2017 obtaining p value (0.04).

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