



Article

Integrated Sexual Reproductive Health Information, Education And Communication (IEC) Can Increase Couple Compliance With Prospective Bridge In Health Examination In Pontianak City

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A B S T R A C T

Background: Cases of maternal mortality and HIV/AIDS in West Kalimantan tend to increase. Every couple needs pregnancy planning so that the mother and baby are born healthy. One of the efforts is the Information, Education and Communication (IEC) program on Reproductive Health, Sexual and Health Examination for Prospective Brides, to prepare couples in a healthy condition.

Research Objectives: To determine the implementation and effectiveness of IEC for Reproductive, Sexual Health and Health Examination of Future Brides and Grooms in Pontianak City.

Research Methods: This research uses Mixed Methods. Qualitative design is descriptive. Data collection through FGD and interviews with key informants. The quantitative design is an analytical survey. Collecting data using a questionnaire, on 90 Future Bride and Groom taken by purposive sampling.

Qualitative Research Results: Executors are adequate and have received training. Flipcharts and posters are available, pocket books have not been fulfilled. Limited supporting facilities. There is an MoU with the KUA, but not yet with the blessing of other religions. Limited delivery time. Materials on nutrition and the husband's role are still few, and there is no environmental health material. 95% future brides and grooms do health check.

Quantitative Results The perception of the implementation of IEC showed a significant relationship with the compliance of respondents in the health examination ($p = 0.009$; $OR = 4.4$).

Conclusion: Implementation of IEC for Reproductive Health, Sexual and Health Examination in Future Brides and Grooms is running and effective. Perceptions of the implementation of IEC showed a significant relationship with the compliance of respondents in conducting health checks.

I. INTRODUCTION

Based on the mandate in Presidential Regulation (PP) number 61 of 2014 in Article 3 regarding reproductive health regulation which aims to guarantee the fulfillment of everyone's reproductive health rights obtained through quality, safe and accountable health services, as well as guarantee the health of mothers at the age of reproduction in order to be able to give birth to a healthy and quality generation and reduce maternal mortality (Kemenkum HAM RI, 2014).

There are still many problems related to reproductive health in Indonesia that require resolution. Cases of maternal mortality in West Kalimantan tend to increase, where in 2018 there were 86 cases of maternal death with 41 cases of main cause, namely bleeding and in 2019 there were 88 cases of maternal death with the main cause of bleeding. The case of HIV/AIDs is also worrying because in the field there are many HIV sufferers when they are about to give birth so that health workers are not ready to assist delivery and women giving birth with HIV without a planned pregnancy. Meanwhile, married couples have various health conditions that are worrying.

Marriage is something that is coveted by everyone and is a basic human need. Marriage is a physical and spiritual bond between a man and a woman with a husband and wife bond that aims to build a complete and happy household life based on the belief in the One and Only Almighty God (UU RI, 1974). Realizing this, to have healthy offspring and mothers who give birth safely, every couple needs to plan their pregnancy. Therefore, efforts to improve maternal health status must be carried out in a comprehensive manner. Maternal health program interventions cannot only be carried out downstream, namely pregnant women, but must also be pulled upstream, namely in groups of adolescents and young adults to ensure individuals can grow and develop healthily.

According to Amalia and Siswantara (2018) in their research on the Effectiveness of Reproductive Health Education in the City of Surabaya, out of a total of 32 respondents 62.5% had insufficient knowledge about reproductive health. In another study conducted by Nugraheni, et al (2018) regarding The Change of Knowledge and Attitude of Bridge and Groom Candidate after Reproductive Health Premarital Course by KUA officer, towards 100 selected pairs of prospective brides, the results showed an increase in knowledge and attitudes significantly after being given premarital sexual and reproductive health education by the KUA ($p < 0.05$). Premarital reproductive health is described in several aspects such as reproductive health care, periconceptional nutrition, husband's support and role, environmental conditions, pregnancy, the process of fetal development, tetanus immunization, contraceptives and so on. Future brides and grooms' knowledge increased 2.58 points and attitude increased 3.21 points after being given health education. The percentage of Future brides and grooms' lack of knowledge about reproductive health as described above is still quite large and needs special attention from the government.

The purpose of marriage is to achieve a happy, peaceful, secure and comfortable household life. Therefore, every prospective bride and groom should have sufficient supplies to prepare for the needs that will be faced later in building a household, both moral and material (Amalia, 2018). Therefore, promotive and preventive efforts are urgently needed through the provision of information and health education related to reproductive and sexual health and health checks for prospective brides. This effort is not enough if it is only applied to married couples, but it is very important to be known early on by couples who are planning to have a wedding or for the bride and groom. This is done so that the bride and groom can prepare themselves to live a family life.

Seeing the above conditions, the Ministry of Health of the Republic of Indonesia (KEMENKES RI) decided to hold a Information, Education and Communication (IEC) program on reproductive and sexual health as well as medical examinations for prospective brides to be carried out throughout Indonesia since 2016. To support the implementation of this program, The Ministry of Health cooperates with the Ministry of Religion as an institution that deals with

marriage matters. The aim of this program is so that Future brides and grooms can prepare themselves to live a family life including planning a healthy pregnancy so that they can give birth to quality next generations.

Based on the results of a preliminary study conducted by researchers, the reproductive and sexual health IEC program for Future brides and grooms has begun to be implemented in various cities/provinces throughout Indonesia. West Kalimantan Province began conducting socialization in 2017. The Pontianak City Health Office has started implementing it in early 2018 and the Community Health Centers in the East Pontianak District and West Pontianak District have routinely carried out every Wednesday in rotation from KUA officers and the UPTD Public Health Center in East Pontianak and West Pontianak Districts.

Future brides and grooms who have participated in the reproductive and sexual health IEC program in the KUA area of East Pontianak and West Pontianak Districts have not yet had an evaluation of the IEC material, the IEC implementation process, and the effectiveness of the IEC implementation through their perceptions and adherence to the program, while a program needs to be evaluated in order to be able to know the effectiveness of the program, therefore researchers want to know "Effectiveness of Sexual Reproductive Health Information, Education and Communication (IEC) on compliance with Health Examinations on prospective bride and groom couples in Pontianak City", as an evaluation for better program improvement.

II. METHODS

The research method is Mixed Method. The design of the qualitative research used is descriptive, aiming to determine the effectiveness of the IEC program in Future brides and grooms based on program success indicators including input indicators, process indicators, and output indicators. Qualitative data collection was carried out through Focus Group Discussions (FGD) and In-depth Interviews with reference to interview guidelines. The FGD was carried out by involving key informants, namely program implementing officers at the UPTD of East Pontianak and West Pontianak Districts. In-depth interviews were carried out with key informants, namely the Pontianak City Health Office program manager, implementation of religious community guidance at the Pontianak City Religion Department, Heads of KUA of East Pontianak and West Pontianak, and Heads of UPTD Districts of East Pontianak and West Pontianak. Qualitative data analysis was carried out through the stages of data transcription, data reduction, data presentation, and drawing conclusions or verification.

The design of the quantitative study was an analytic survey with a cross-sectional approach, aiming to determine the effectiveness of the IEC program for future brides and grooms, with indicators of future brides and grooms' compliance carrying out health checks after being given IEC by a health worker. The independent variable is future brides and grooms' perception of IEC material, additional IEC material, IEC implementation, and the effectiveness of IEC implementation, and the dependent variable is Future brides and grooms' compliance with health checks. The data collection instrument was in the form of a questionnaire, which was distributed to prospective brides and grooms who received reproductive and sexual health IEC at the KUA of East Pontianak and West Pontianak Districts. The number of samples is 90 people, taken by purposive sampling technique. Quantitative data analysis was performed by Chi Square test (95% CI, α 0.05).

III. RESULT

The results of a qualitative research based on input indicators found that both the UPTD of West Pontianak and East Pontianak Districts had fulfilled the required input indicators, namely the availability of IEC media in the form of flipcharts, health workers who had received training as facilitators for IEC, and budget support. Meanwhile, in terms of facilities and infrastructure, there are still some limitations, namely inadequate space for implementing IEC, limited availability of Future brides and grooms pocket books, and supporting media in the form of Audio Visual Aids (AVA), including PCs or laptops and LCDs that are not yet available.

Based on the process indicators, the results show that both the UPTD of West Pontianak and East Pontianak have an MoU with the local KUA as the basis for implementing IEC in Future brides and grooms. Attending the provision of reproductive and sexual health IEC and carrying out pre-marital health checks is a requirement in registering marriages in Pontianak City, especially for those who are Muslim. Besides that, there is a schedule that is arranged for the implementation of IEC for Future brides and grooms at KUA, while health services for Future brides and grooms can be accessed every working day. For religions other than Islam, there is currently no MoU between the Community Health Center and the field of marriage blessings, but marriage preparations, especially health checks, have been recommended by religious institutions or leaders, but are not yet a requirement for registration of marriages.

Based on the output indicators, the implementation of IEC and health services has been running well in the UPTD of West Pontianak and East Pontianak Districts, however, not all of the material was delivered due to time constraints. It is also known that around 95% of future brides and grooms couples carry out health checks, reports are made every month and have been sent to the local Pontianak City Health Office.

The results of the quantitative study showed that respondents had good knowledge (76.7%) and positive perceptions of the IEC program for reproductive and sexual health in Future brides and grooms. Regarding material perception, some respondents (50%) had a positive perception of the material presented, most respondents (60%) had a positive perception of program implementation, most respondents (53.3%) had a positive perception of the effectiveness of implementing IEC activities, and most of the respondents (60%) had a positive perception of the addition of material proposed to be included in flipcharts or other media used in IEC activities at Future brides and grooms. The results of this study also showed that 82.2% had carried out the health checks recommended by health workers. Based on the results of the bivariate analysis it was found that the perception of the implementation of IEC showed a significant relationship with the respondents' compliance in conducting health checks ($p = 0.010$; $OR = 4.312$). Opportunities for respondents with positive perceptions about the implementation of IEC, to carry out health checks are 4.312 times greater than respondents with negative perceptions.

IV. DISCUSSION

Education is an ongoing process of interaction between humans and the environment and produces changes in knowledge, skills and attitudes. Through the education process there is a transfer of knowledge from health workers to Future brides and grooms, so that Future brides and grooms will learn from what she did not know to know (Amalia, 2018). Perception also plays an important role in the formation of behavior because perception is the main means of transferring energy from a stimulus (stimulus) through neurons (nerves) to nerve nodes which will then turn into action or behavior.

According to Notoadmojo (2010), the factors that influence perception are divided into 2, namely external and internal factors. Internal factors that influence perceptions are factors that come from within the individual such as experience/knowledge, expectations, needs, motivation,

emotions and culture. This is consistent with the results of this study, where the majority of respondents (76.7%) had good knowledge after being given IEC for reproductive and sexual health by health workers, so that respondents had a positive perception of the implementation of the IEC program in Future brides and grooms.

Amalia (2018) states that practice is a response to a stimulus when a person already has knowledge, evaluates information or objects, then applies new knowledge that is considered good for him. It was previously known that most of the respondents had good knowledge and positive perceptions after being given IEC on reproductive and sexual health, this became the basis for most of the Future brides and grooms to carry out the recommended health checks, where 82.2% of the respondents had carried out the recommended health checks by health workers.

Maramis (2009) states that perception is a person's perspective on something, starting from the process of receiving stimuli through sensing, the result is that individuals are able to know and interpret stimuli from within themselves and their environment. This perception is then interpreted in action as a reaction.

V. CONCLUSION

The implementation of the IEC Program and Sexual and Reproductive Health Services for Bride-to-be is already underway, it is necessary to add infrastructure, MOUs with religions other than Islam and IEC materials regarding stunting prevention and environmental health. Most of the respondents adhered to the health check-up at the public health care and the perception of the implementation of IEC showed a significant relationship with the respondent's adherence to the health check-up.

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BIOGRAPHY

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