

## Factors Influencing the Lack of Interest Among Mothers in Choosing Effective Implant Contraception at PMB Nur'aini Helvetia in 2024

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### ABSTRACT

*Determining new candidates for contraceptive users to choose the right prevention technique cannot be separated from individual behavioral factors. From the beginning, it is known that this may be the mother's impression of contraceptive use based on her understanding. Additionally, the benefits for the mother in using contraceptives also allow her to make a decision, even though the chosen contraceptive method may not be entirely appropriate. The purpose of this study is to identify the factors influencing the lack of interest among mothers in choosing contraceptive methods. This research is an analytical survey with a cross-sectional approach, analyzing the relationship between risk factors and effect factors. The study was conducted at PMB Nur'aini Helvetian, Medan, North Sumatra Province, from March to July 2024. The population in this study consisted of women of childbearing age who were contraceptive acceptors at PMB Nur-Aini Helvetia, totaling 102 people, using a purposive sampling technique. Based on the Slovin formula, a sample of 50 respondents was obtained. The data analysis used was the chi-square test. The research results showed with a p-value of 0.05 that there is a significant relationship between knowledge ( $p=0.018$ ), attitude ( $p=0.014$ ), husband's support ( $p=0.025$ ), and PUS (Women of Childbearing Age) culture ( $p=0.025$ ) with the selection of contraceptive methods among PUS. Conclusion: The selection of contraceptive methods among PUS at PMB Nur'aini Helvetia found that husband's support, knowledge, attitude, and culture are related to the choice of contraception.*

*Keywords: contraception, implant, AKBK, knowledge, attitude, husband, culture*

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## Background

The recommended types of contraceptive methods are Long-Term Contraceptive Methods (LTCM), which include Intrauterine Devices (IUD), Female Sterilization (Tubectomy), Male Sterilization (Vasectomy), and Implants. Non-LTCM methods consist of pills, injections, and condoms. Traditional contraceptive methods include the Calendar method and Withdrawal (BKKBN, 2019). The world's population has been increasing over time, especially in developing countries like Indonesia. According to Indonesia's Health Profile data in 2022, Indonesia's population reached 265,015,31 people. Indonesia still ranks fourth in the world in terms of population after India, China, and the United States. Choosing new candidates for family planning (FP) to select the appropriate prevention technique is closely related to individual behavior factors. From the outset, mothers' perceptions of contraceptive use are influenced by their understanding. Additionally, the benefits that mothers perceive in using contraceptives may influence their decision-making, even if the chosen method is not entirely suitable (Windarti, 2020).

According to the 2019 National Socioeconomic Survey (SUSENAS), the number of women of reproductive age (WRA) couples reached 5,772,970, of which 4,460,782 (77.27%) were active FP participants, while 1,312,188 (22.73%) were non-participants. The most preferred contraceptive method by acceptors was injectable contraceptives (Ministry of Health of the Republic of Indonesia, 2020). According to BKKBN, the active FP participation rate among WRA in 2020 was 67.6%. This rate increased from 63.31% in 2019, according to Indonesia's Family Profile Data in 2019. The pattern of contraceptive method selection in 2020 shows that most acceptors preferred injections (72.9%), followed by pills (19.4%). In terms of effectiveness, these two methods are short-term contraceptives, resulting in lower effectiveness in pregnancy control compared to other contraceptive methods. This pattern recurs annually, where participants prefer short-term contraceptive methods over long-term methods (IUDs, implants, sterilization) (Indonesia's Health Profile, 2020).

Preliminary research conducted at PMB Nur'aini Helvetia found 102 FP acceptors from January to March 2024, with 72 participants using injectable contraceptives, 23 using pills, 5 using implants, and 2 using IUDs. This data indicates a low usage of long-term contraceptive methods; therefore, the researcher will study this topic under the title "Factors Influencing the Lack of Interest Among Mothers in Choosing Effective Implant Contraceptives at PMB Nur'aini Helvetia in 202024.

## Research Objective

This research aims to identify the factors influencing the lack of interest among mothers in choosing contraceptives at PMB Nuraini Helvetia.

## Hypothesis

- Knowledge influences the low interest among mothers in choosing contraceptives at PMB NUR'AINI HELVETIA.
- Attitude influences the low interest among mothers in choosing contraceptives at PMB NUR'AINI HELVETIA.
- Education influences the low interest among mothers in choosing contraceptives at PMB NUR'AINI HELVETIA.
- Relationships influence the low interest among mothers in choosing contraceptives at PMB NUR'AINI HELVETIA.

## METHOD

This research is an analytical survey with a cross-sectional approach, analyzing the relationship between risk factors and effects. The research was conducted at PMB Nur'aini Helvetian, Medan, North Sumatra Province, from March to July 2024. The population in this study was women of reproductive age who were FP acceptors at PMB Nur-Aini Helvetia, totaling 102 people. The sampling technique used was purposive sampling, and the Slovin formula resulted in a sample size of 50 respondents. Data analysis was conducted using the chi-square test.

## RESULTS

Based on the research conducted from March to June 2023 at PMB Nur'aini Helvetia, the factors influencing the interest of WRA in becoming acceptors of effective implant contraceptives were analyzed as follows:

### Univariate Analysis

#### a. Sample Characteristics

The description of sample characteristics includes age, last education level, and occupation, presented in the following table:

No	Karakteristik	Frekuensi (F)	Persentase (%)
1	Usia		
	< 20	6	9.7
	20 – 29	30	48.4
	30 – 39	14	22.6
	> 39	12	19.4
2	Pendidikan		
	Terakhir	7	11.3
	SMP	26	41.9
	SMA/SMK	12	19.4
	D-3	14	22.6
	S-1	3	4.8
3	Pekerjaan		
	IRT	33	53.2
	Karyawan	18	29.0
	Swasta	8	12.9
	Wirausaha	3	4.8
	PNS		

#### b. Sample Status

The status of WRA interest in becoming acceptors of effective implant contraceptives at PMB Nur'aini Helvetia is shown in the following frequency distribution:

No	Karakteristik	Frekuensi (F)	Persentase (%)
1	Pengetahuan		
	Baik	24	38.7
	Cukup	21	33.9
	Kurang	17	27.4
2	Sikap		
	Positif	34	54.8
	Negatif	28	45.2
3	Dukungan		
	Suami	45	72.6
	Mendukung	17	27.4
	Tidak Mendukung		
4	Budaya		
	Positif	33	53.2
	Negatif	29	46.8
5	Minat		
	Ya	37	59.7
	Tidak	25	40.3

### Bivariate Analysis

Bivariate analysis was conducted to determine the factors influencing WRA interest in becoming acceptors of effective implant contraceptives at PMB Nur'aini Helvetia using the chi-square test with a 95% confidence level ( $\alpha = 0.05$ ).

#### Knowledge

Pengetahuan PUS	Minat Menjadi Akseptor KB Efektif Implan				Total	P-value
	Tidak		Ya			
	f	%	f	%		
Baik	5	8.1	19	30.6	24	28.7
Cukup	9	14.5	12	19.4	21	33.9
Kurang	11	17.7	6	9.7	17	27.4

The cross-tabulation analysis showed that respondents with good knowledge and no interest in becoming acceptors of effective implant contraceptives at PMB Nur'aini Helvetia totaled 5 people (8.1%), while those with good knowledge and interest totaled 19 people (30.6%).

Respondents with fair knowledge and no interest totaled 9 people (14.5%), while those with fair knowledge and interest totaled 12 people (19.4%). Respondents with poor knowledge and no interest totaled 11 people (17.7%), while those with poor knowledge and interest totaled 6 people (9.7%). The chi-square test resulted in a p-value of 0.018 ( $p < \alpha$  (0.018 < 0.05)), indicating a significant relationship between knowledge and interest in becoming acceptors of effective implant contraceptives at PMB Nur'aini Helvetia in 2023.

#### Attitude

Sikap PUS	Minat Menjadi Akseptor KB Efektif Implan				Total	P-value	
	Tidak		Ya				
	f	%	f	%			
Positif	9	14	2	40	3	54	0,0
		.5	5	.3	4	.8	
Negatif	1	25	1	19	2	45	14
		.8	2	.4	8	.2	

The cross-tabulation analysis showed that respondents with a positive attitude and no interest in becoming acceptors of effective implant contraceptives at PMB Nur'aini Helvetia totaled 9 people (14.5%), while those with a positive attitude and interest totaled 25 people (40.3%). Respondents with a negative attitude and no interest totaled 16 people (25.8%), while those with a negative attitude and interest totaled 12 people (19.4%). The chi-square test resulted in a p-value of 0.014 ( $p < \alpha$  (0.014 < 0.05)), indicating a significant relationship between attitude and interest in becoming acceptors of effective implant contraceptives at PMB Nur'aini Helvetia in 2024.

#### Husband's Support

Dukungan Suami PUS	Minat Menjadi Akseptor KB Efektif Implan				Total	P-value	
	Tidak		Ya				
	f	%	f	%			
Mendukung	2	35	2	37	3	72	0,0
		.5	3	.1	4	.6	
Tidak Mendukung	3	4	1	22	1	27	25
		.8	4	.6	7	.4	

The cross-tabulation analysis showed that respondents with husband support and no interest in becoming acceptors of effective implant contraceptives at PMB Nur'aini Helvetia totaled 22 people (35.5%), while those with husband support and interest totaled 23 people (37.1%). Respondents without husband support and no interest totaled 3 people (4.8%), while those without husband support and interest totaled 14 people (22.6%). The chi-square test resulted in a p-value of 0.025 ( $p < \alpha$  (0.025 < 0.05)), indicating a significant relationship between husband's support and interest in becoming acceptors of effective implant contraceptives at PMB Nur'aini Helvetia in 2024.

#### Culture

Budaya PUS	Minat Menjadi Akseptor KB Efektif Implan				Total	P-value	
	Tidak		Ya				
	f	%	f	%			
Positif	9	14.5	24	38.7	33	53.2	0,025
Negatif	16	25.8	13	21.0	29	46.8	

The cross-tabulation analysis showed that respondents with a positive culture and no interest in becoming acceptors of effective implant contraceptives at PMB Nur'aini Helvetia totaled 9 people (14.5%), while those with a positive culture and interest totaled 24 people (38.7%).

Respondents with a negative culture and no interest totaled 16 people (25.8%), while those with a negative culture and interest totaled 13 people (21.0%). The chi-square test resulted in a p-value of 0.025 ( $p < \alpha$  (0.025 < 0.05)),



indicating a significant relationship between culture and interest in becoming acceptors of effective implant contraceptives at PMB Nur'aini Helvetia in 2023.

### Discussion

This section discusses the factors influencing WRA interest in becoming acceptors of effective implant contraceptives at PMB Nur'aini Helvetia, with 62 respondents as the sample. Based on the characteristics data, most respondents were aged 20–29 years (48.4%), had a high school/SMK education (41.9%), and were housewives (53.2%).

#### Knowledge and Interest in Becoming Acceptors of Effective Implant Contraceptives

The bivariate analysis showed a significant relationship between knowledge and interest in becoming acceptors of effective implant contraceptives at PMB Nur'aini Helvetia in 2023 ( $p < \alpha$  (0.018 < 0.05)). Knowledge about family planning is crucial for acceptors in choosing the appropriate contraceptive method, as knowledge is an important domain in shaping a person's attitude and actions (Andriani, 2018). According to Notoatmodjo (2012), knowledge is influenced by internal factors, including education, occupation, age, and external factors, including environment and culture. The more positive experiences a person hears and sees, the more positive actions they are likely to take. Experience also influences respondents' knowledge; the less experience respondents have in accessing health services, the less knowledge they have about the contraceptive methods they will use (Rusdiana et al., 2017). Even though some mothers with good knowledge still do not use contraceptives due to various reasons, the most dominant reason is fear of side effects and the use of contraceptive devices (Pratiwi, 2019). This research aligns with Huda et al. (2016), who found a significant relationship between knowledge and contraceptive use ( $p = 0.000$ ), as well as with Rusiana et al. (2017), who also found a significant relationship between knowledge and contraceptive use ( $p = 0.000$ ).

#### Attitude and Interest in Becoming Acceptors of Effective Implant Contraceptives

The bivariate analysis showed a significant relationship between attitude and interest in becoming acceptors of effective implant contraceptives at PMB Nur'aini Helvetia in 2023 ( $p < \alpha$  (0.014 < 0.05)). Attitude represents a person's response, which is still a closed reaction to stimulation or objects. Attitude does not yet constitute an action or activity but serves as a "predisposition" to behavior. Attitude is a closed reaction, not an open behavior response, which can be further explained as a reaction to objects in a specific environment as an internalization of the object (Notoatmodjo, 2012).

Attitudes generally have motivational and emotional aspects, aligning with the elements of participation, where motivation is a primary requirement for couples of reproductive age. Without motivation, it is difficult for the community to participate in any program. The positive attitude toward FP programs results in behavior such as participating in FP programs. Research by Arrasyd, Asmaryadi, and Amri (2019) found a relationship between attitude and the participation of couples of reproductive age in FP programs, contributing 7.8% to the participation of couples of reproductive age in FP programs. Budiman & Riyanto (2013) also stated that there is a direct relationship between attitude and behavior. If someone has a positive attitude toward something, it does not necessarily mean their behavior will also be positive, but if the attitude is negative, the behavior is likely to be negative. This is consistent with research by Dewiati (2020), which found a significant relationship between attitude and contraceptive use ( $p = 0.000$ ), as well as with research by Dompas et al. (2016), which found a significant relationship between attitude and contraceptive use ( $p = 0.000$ ).

#### Husband's Support and Interest in Becoming Acceptors of Effective Implant Contraceptives

The bivariate analysis showed a significant relationship between husband's support and interest in becoming acceptors of effective implant contraceptives at PMB Nur'aini Helvetia in 2023 ( $p < \alpha$  ( $0.025 < 0.05$ )). Husband's support is crucial for women of reproductive age, especially regarding IUD contraceptives. Support and a good understanding of IUD contraception for couples of reproductive age are necessary so that WRA have alternatives for using contraceptives. Contraception cannot be used by the wife without cooperation and mutual trust between husband and wife (Hartanto, 2010). Husband's support and cooperation in decision-making within the family, particularly in family planning and reproductive health, are essential. The husband's opinion on family planning strongly influences the wife's decision to use family planning methods. Research in five cities in Indonesia found that the husband's approval is the most important factor in determining whether the wife will use contraception because the husband is seen as the protector, breadwinner, and decision-maker (Roesli, 2008). It is hoped that husbands will protect their wives by allowing them to use FP or by becoming FP acceptors themselves since becoming FP acceptors can help space pregnancies and plan family size, enabling husbands to meet their family's needs, including spiritual, food, and health needs (Praja, 2005). This is supported by research conducted by Ina & Galuh (2016), which found a relationship between husband's support and the low interest of mothers in choosing IUD contraceptives. Husband's support is a form of motivation or encouragement given by the husband to the wife in choosing contraceptive methods. Lack of support from the husband often makes the wife feel she has no right to make decisions (Subekti, 2011).

#### Culture and Interest in Becoming Acceptors of Effective Implant Contraceptives

The bivariate analysis showed a significant relationship between culture and interest in becoming acceptors of effective implant contraceptives at PMB Nur'aini Helvetia in 2023 ( $p < \alpha$  ( $0.025 < 0.05$ )). Cultural values held by individuals can influence their decision-making, including in choosing contraceptive methods. Generally, the community's culture is strongly rooted in values, beliefs, shame, and customs. For example, in communities where FP acceptors or within their extended family do not use IUD contraceptives due to the need to expose private areas (vagina) during insertion, which is considered inappropriate according to community values and beliefs, FP acceptors are also reluctant to choose IUDs and prefer other contraceptive methods, as evidenced by the higher number of injectable contraceptive acceptors (Amsikan, 2010). This is related to the community's beliefs and culture that still do not understand the importance of contraception in spacing pregnancies and planning families (Assails, 2012).

This aligns with the theory proposed by Aritonang (2010), who stated that communities generally follow the culture and customs formed long ago to sustain their survival or the continuity of their tribe. For successful development programs, especially within communities, it is necessary to understand what is customary in the community. In terms of lineage, communities tend to be patrilineal, where the father's or male's position is more dominant than the mother's or female's. As social beings, humans live inseparable from culture and can even be influenced by the culture in which they live.

Research by Wjihati (2011) showed that cultural values influence the choice and use of contraceptive methods. Rahmah (2011) found a relationship between beliefs, culture, and IUD contraceptive use, and Handayani (2010) found that cultural conditions (customs) and environmental conditions (geographical) influence contraceptive method selection.

## CONCLUSION

Based on the research findings on the factors influencing WRA interest in becoming effective FP acceptors at PMB Nur'aini Helvetia: There is a relationship between knowledge and interest in becoming acceptors of effective contraceptives at PMB Nur'aini Helvetia in 2024. There is a relationship between attitude and interest in becoming acceptors of effective implant contraceptives at PMB Nur'aini Helvetia in 2024. There is a relationship between husband's support and interest in becoming acceptors of effective implant contraceptives at PMB Nur'aini Helvetia in 2024. There is a relationship between culture and interest in becoming acceptors of effective implant contraceptives at PMB Nur'aini Helvetia in 2024.

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