

COMMUNITY MIDWIFERY CARE FOR MRS. S, A 34-YEAR-OLD WOMAN, THROUGH EDUCATION ON THE THREE-MONTH INJECTABLE CONTRACEPTIVE IN DUSUN I, BANGUN REJO VILLAGE, TANJUNG MORAWA DELI SERDANG REGENCY 2026

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ABSTRACT

Family planning is an essential component of reproductive health services aimed at regulating pregnancy, birth spacing, and improving family welfare. However, limited knowledge and misconceptions regarding contraceptive methods often become barriers for women in choosing appropriate family planning methods. This community midwifery care report describes the implementation of family-guided assistance (Keluarga Binaan) for Mrs. S, a 34-year-old woman living in Dusun I, Bangun Rejo Village, Tanjung Morawa District, Deli Serdang Regency, in 2026. The purpose of this community midwifery care was to improve the client's knowledge and readiness to use a suitable contraceptive method through education and counseling regarding the three-month injectable contraceptive. The care was carried out from February 9 to May 2, 2026, using the seven-step midwifery management approach developed by Helen Varney, including assessment, diagnosis, identification of potential problems, immediate actions, planning, implementation, and evaluation. Data collection was conducted through interviews, observations, physical examinations, and home visits. The initial assessment revealed that Mrs. S had never used modern contraception and experienced fear and anxiety about possible side effects due to insufficient information and limited family support. Interventions focused on providing comprehensive counseling regarding contraceptive options, mechanisms of action, indications, contraindications, advantages, disadvantages, and possible side effects. Educational media, including posters and visual aids, were utilized to enhance understanding. After several counseling sessions and continuous support, Mrs. S demonstrated improved knowledge, reduced anxiety, and increased confidence in making decisions regarding family planning. Ultimately, she chose and successfully became a new acceptor of the three-month injectable contraceptive. The results indicate that continuous community-based midwifery care and family-centered counseling effectively improve knowledge, reduce fear, and support informed decision-making regarding contraceptive use. This approach can contribute to increasing family planning participation and promoting reproductive health among women of reproductive age.

Keywords: Community Midwifery Care, Family Planning Counseling, Three-Month Injectable Contraceptive, Reproductive Health, Family-Centered Care.

Introduction

Family planning is one of the government's efforts to improve maternal and child health, regulate birth spacing, and reduce maternal mortality. The three-month injectable contraceptive is one of the most

commonly used contraceptive methods because it is practical, effective, and easy to obtain. However, inadequate knowledge regarding the benefits, side effects, and use of contraceptive methods may influence women's decisions in choosing family planning services. A study conducted by (A.Sinaga, 2021) found that knowledge and attitudes significantly influence the selection of the three-month injectable contraceptive among family planning acceptors. Similarly, (Chairunnisah C, Pinem SB, Sinaga A, Mediana,2023) reported that maternal characteristics and knowledge levels are associated with women's understanding of the three-month injectable contraceptive. Therefore, health education is essential to improve knowledge and support informed decision-making regarding contraceptive use. This community midwifery care aimed to provide education on the three-month injectable contraceptive to Mrs. S, a 34-year-old woman living in Dusun I, Bangun Rejo Village, Tanjung Morawa District, Deli Serdang Regency, in order to enhance her understanding and encourage participation in family planning programs

Method

Consisting his study employed a descriptive case study design using a community midwifery care approach. A case study design is commonly used to provide an in-depth description of a client's condition and the implementation of midwifery care in a real-life setting (Larasati R, 2025)The subject of this study was Mrs. S, a 34-year-old woman residing in Dusun I, Bangun Rejo Village, Tanjung Morawa District, Deli Serdang Regency. Community midwifery care was conducted from February to May 2026. Data were obtained through interviews, observation, physical examination, documentation, and home visits to assess the client's knowledge regarding the three-month injectable contraceptive and identify her educational needs (A.Sinaga, 2021) The implementation of care followed the seven-step midwifery management process developed by Helen Varney, including assessment, identification of actual and potential problems, determination of immediate needs, planning, implementation, and evaluation. This approach is widely applied in midwifery case management to ensure comprehensive and systematic care (Varney 2022,) Data analysis was carried out descriptively by comparing findings obtained during the care process with relevant theories, scientific literature, and current family planning service guidelines. The results were then presented narratively to describe changes in the client's knowledge and decision-making regarding the use of the three-month injectable contraceptive (Chairunnisah C, Pinem SB, Sinaga A, Mediana, 2023).

Result

The results of community midwifery care showed that Mrs. S, a 34-year-old woman, initially had limited knowledge regarding the three-month injectable contraceptive, particularly concerning its benefits, side effects, and schedule of administration. During the assessment, the client expressed uncertainty and concern about using hormonal contraception. Following a series of educational sessions and counseling activities, there was a noticeable improvement in the client's understanding

(Lela Zakiah , Kiki Novianty, 2023) who found that health education significantly improved women's knowledge regarding family planning methods. The educational intervention also influenced the client's attitude toward family planning services. Initially, the client was hesitant to use contraception due to a lack of information; however, after receiving counseling, she demonstrated a positive attitude and willingness to become a family planning acceptor. This finding is consistent with the study conducted by (Rahmawati Nur Meivitaningrum, Aristo Farabi, 2023) which reported that counseling and effective communication by health workers contribute to positive behavioral changes among women of reproductive age in selecting contraceptive methods. Furthermore, continuous assistance through home visits enabled the client to discuss concerns and obtain accurate information regarding contraceptive use. This supports the findings of (Sinaga, K 2024) who emphasized that community-based health education and follow-up visits are effective strategies for improving knowledge and encouraging participation in reproductive health program. Overall, the implementation of community midwifery care was successful in increasing the client's knowledge and confidence regarding the three-month injectable contraceptive. These findings are in line with the research of (Sinaga, K 2024) which concluded that educational interventions play an important role in enhancing women's understanding and decision-making related to family planning services.

The results of community midwifery care showed that Mrs. S, a 34-year-old woman residing in Dusun I, Bangun Rejo Village, Tanjung Morawa District, initially had limited knowledge regarding the three-month injectable contraceptive. The client was unable to explain the benefits, side effects, indications, and schedule of administration of the contraceptive method. This finding is consistent with the study conducted by (A. Sinaga, 2021) which reported that inadequate knowledge influences women's decisions in selecting contraceptive methods. After receiving health education through counseling and discussion sessions, the client's level of knowledge improved. Mrs. S was able to explain the advantages, disadvantages, side effects, and mechanism of action of the three-month injectable contraceptive. The client also demonstrated a positive attitude toward family planning services and expressed willingness to become a contraceptive acceptor. These findings are in line with Chairunnisah et al. (2023), who found that increased knowledge contributes to better understanding and acceptance of contraceptive methods among women of reproductive age.

Continuous assistance through home visits provided opportunities for the client to discuss concerns and obtain accurate information regarding family planning. Educational interventions were effective in reducing anxiety and increasing confidence in making decisions about contraceptive use. Similar findings were reported by (Sinaga, K 2024), who concluded that health education plays an important role in improving knowledge and decision-making related to family planning service.

CONCLUSION

The findings of this community midwifery care demonstrated that Mrs. S initially had limited knowledge regarding the three-month injectable contraceptive. Lack of information about the benefits, side effects, and administration schedule contributed to uncertainty in making decisions related to family planning. This condition indicates that knowledge remains an important factor influencing contraceptive selection among women of reproductive age.

Similar findings were reported by (A.Sinaga, 2021) who found that maternal knowledge and attitudes significantly affect the choice of the three-month injectable contraceptive.

Following educational interventions and counseling sessions, the client showed a considerable improvement in understanding the three-month injectable contraceptive. The client was able to explain the advantages, disadvantages, possible side effects, and the importance of routine follow-up visits. These findings support the study conducted by (Chairunnisah C, Pinem SB, Sinaga A, Mediana, 2023), which revealed that higher levels of knowledge are associated with better understanding of contraceptive methods among women of reproductive age.

The success of the intervention may be attributed to the use of individualized counseling and continuous assistance through home visits. Educational activities allowed the client to express concerns and receive accurate information directly from health professionals. This is consistent with the findings of (Larasati R, 2025) who reported that continuous midwifery care and health education contribute to positive behavioral changes and increased participation in health programs.

Furthermore, the improvement in the client's confidence and willingness to use contraception demonstrates the importance of community-based health education in supporting informed decision-making. Effective communication between health providers and clients can reduce misconceptions and increase acceptance of family planning services. These findings are in accordance with (Sinaga, 2024) who concluded that counseling interventions play a significant role in improving knowledge and encouraging positive attitudes toward contraceptive use.

Overall, the implementation of community midwifery care with educational interventions on the three-month injectable contraceptive was effective in increasing knowledge, reducing anxiety, and supporting informed decision-making. Therefore, regular health education and community-based counseling should be strengthened to improve participation in family planning programs and promote reproductive health among women of reproductive age.

Conclusion and Suggestion

Conclusion

Based on the implementation of community midwifery care for Mrs. S, a 34-year-old woman in Dusun I, Bangun Rejo Village, Tanjung Morawa District, Deli Serdang Regency, it can be concluded that the educational intervention regarding the three-month injectable contraceptive was successfully carried out. Prior to the intervention, the client had limited

knowledge about the benefits, side effects, and administration schedule of the contraceptive method. After receiving health education and counseling, the client demonstrated improved knowledge and understanding regarding the three-month injectable contraceptive. The client was also able to make informed decisions related to family planning and showed a positive attitude toward contraceptive use. Therefore, community-based health education can be considered an effective strategy for improving knowledge and supporting informed decision-making among women of reproductive age.

Suggestion

Health workers, especially midwives, are expected to provide continuous counseling and education regarding family planning methods to increase community knowledge and participation in family planning programs. Women of reproductive age are encouraged to actively seek information about contraceptive methods and consult healthcare providers before

making decisions regarding family planning. Future studies are recommended to involve a larger number of participants and evaluate the effectiveness of various educational approaches

PRECIMATE (If There Is)

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CONFLICT OF INTEREST AND FUNDING DISCLOSURE

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AUTHOR CONTRIBUTIONS

CD: Conceptualization, data collection, investigation, methodology, formal analysis, validation, writing—original draft, and writing—review & editing.

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