Factors Influencing PUS Women on the Selection of Long-Term Contraceptive Methods (MKJP) at Puskesmas Lamno, Jaya District, Aceh Jaya Regency

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ABSTRACT
Family Planning (KB) policy aims to control population growth by reducing birth rates. However, many women experience difficulty in choosing the appropriate type of contraception. This study aims to analyze the factors that influence women of childbearing age (WUS) in choosing a long-term contraceptive method (MKJP). The design of this research is an analytical survey with a cross-sectional approach. The sample for this research was 95 WUS mothers who were selected by accidental sampling. Data was collected through primary and secondary data and analyzed using the binary logistic regression test. The research results show that knowledge, attitudes, husband's support, and socio-cultural factors have a significant influence on the selection of MKJP. However, the role of health workers does not have a significant influence. This research concludes that knowledge, attitudes, husband's support, and socio-cultural factors influence the selection of MKJP, while the role of health workers has no influence. It is hoped that these results can serve as a guide for family planning service officers to improve WUS knowledge and attitudes and provide comprehensive contraception.

INTRODUCTION
The reproductive health program is one of the efforts to improve the health and welfare of mothers, children, families, and the nation as a whole. One important aspect of the program is Family Planning (KB), which aims to control population growth by lowering the birth rate. Despite this, there are still many women who have difficulty in choosing the type of contraception that suits their needs and preferences. This can be due to limited information regarding the various contraceptive methods available as well as socio-cultural and economic considerations.

According to the United National Found Population (UNFPA), the world's population has reached 8 billion people in 2022, with a projected increase every year. Therefore, it is important to have an effective coping strategy, such as a family planning program. Although contraceptive use is more common in developed countries, developing countries still face challenges in improving access to and knowledge about contraception. In Indonesia, for example, although contraceptive use has increased year by year, there are still challenges in achieving government targets.
The choice of contraceptive method is often influenced by a variety of factors, including knowledge, education, economy, culture, and spousal support. However, not all contraceptive methods are suitable for every individual, and proper selection is crucial in avoiding unwanted pregnancies and maintaining reproductive health. Therefore, this study aims to analyze the factors that influence Women of Childbearing Age (WUS) on the selection of Long-Term Contraceptive Methods (MKJP) at the Lamno Health Center, Jaya District, Aceh Jaya Regency in 2024.

RESEARCH METHOD

The research method used in this study is an analytical survey method with a research design that prioritizes a cross-sectional approach. This method aims to identify and analyze the relationship between observed phenomena, especially risk factors that influence the selection of contraceptives. This research design allows the collection of data on independent and dependent variables at one specific point in time. The research was conducted at the Lamno Health Center, Jaya District, Aceh Jaya Regency, in the period December 2023 to February 2024. The choice of research location was motivated by the findings that there are still women of childbearing age (WUS) who use contraceptives that are not to their needs and desires.

The study population consisted of all women of childbearing age (WUS) who used MKJP and non-MKJP contraceptives at the Lamno Health Center, Jaya District, with a total population of 1,984 family planning acceptors. Sampling was carried out by purposive sampling using the slovin formula, and the number of samples taken was 95 mothers.

Data collection techniques are carried out through interviews using questionnaires to obtain primary data. In addition, secondary data are obtained from records or documents related to the study, such as the profile of the local Puskesmas. Furthermore, tertiary data are obtained from literature studies, journals, and data sources from related organizations such as WHO, the Ministry of Health of the Republic of Indonesia, and so on.

The validity and reliability of research instruments are tested using validity and reliability tests. The validity of the instrument was tested by calculating the correlation between the score of each question and the total score of the questionnaire. Meanwhile, reliability is measured using Cronbach's Alpha value. The validity test results show that most of the question items are valid, while the reliability test results show that all variables have good reliability values.

The variables of the study consisted of independent variables (knowledge, attitudes, husband support, culture, and the role of health workers) and dependent variables (selection of contraceptives). The operational definition of each variable has been described in detail to ensure consistency in measurements.

Data processing is carried out computerized through steps such as collecting, checking, coding, entering, and data processing. Data analysis was carried out univariately to describe the characteristics of each variable, bivariate to determine the relationship between variables, and multivariate using logistic regression tests to determine the effect of independent variables on dependent variables.

RESEARCH RESULTS

The results of this study provide a fairly in-depth picture of the factors that influence the selection of the Long-Term Contraceptive Method (MKJP) at Lamno Health Center, Jaya District, Aceh Jaya Regency. In general, knowledge, attitudes, husband support, and socio-cultural factors play a significant role in determining the choice of MKJP.

From the univariate analysis, it was found that most respondents had good knowledge (51.6%) and a positive attitude (49.5%) towards MKJP. However, other factors such as husband support and socio-culture also make important contributions. For example, most respondents (46.3%) have husbands who support the use of MKJP, and 44.2% have good socio-culture.

Bivariate analysis showed a significant relationship between variables of knowledge, attitude, husband support, and socio-culture with the selection of MKJP. This is evident by the significant value of probability (sig-p) which is smaller than α (0.05) in the chi-square test.

The results of the multivariate analysis further confirmed the findings. The variables of knowledge, attitude, husband support, and socio-culture have a significant influence on the selection of MKJP, as indicated by an Exp (β) value greater than 1. However, the role of health workers has not been shown to have a significant influence, indicating that these factors may not be adequately considered in the MKJP selection process.

From the results of this study, it can be concluded that in increasing the acceptance and selection of MKJP, it is important to develop programs that increase knowledge, positive attitudes, husband support, and pay attention to socio-cultural factors of the community. In addition, the role of health workers also needs to
be improved to provide better information and support to EFA women in choosing contraceptive methods that suit their needs and preferences.

DISCUSSION

MKJP to EFA women thoroughly. However, the awareness and desire of EFA women in choosing MKJP still seem to be not optimal. One of the factors influencing this is the cultural views and beliefs of the surrounding community towards the use of contraceptives, as expressed by several respondents in this study. Some of them still regard children as God's entrustment and that limiting the number of children can be considered an act that is not by God's will. In addition, trust in side effects and negative experiences obtained from others also affect the choice of contraceptives.

Meanwhile, in terms of husband support, the study found that husband support had a significant influence on the election of MKJP. However, some respondents stated that husband support has not been optimal, especially in terms of decision-making related to contraceptives. Husbands tend to contribute less to the choice of method or type of contraceptive, perhaps due to their lack of knowledge about contraceptives or preoccupation with the role of breadwinner. These factors affect the level of satisfaction of the husband in the use of contraceptives by the wife.

In addition, variables of knowledge and attitude were also shown to have a significant influence on the selection of MKJP. A good knowledge of MKJP can influence interest and awareness to use MKJP, while a positive attitude towards MKJP will increase the likelihood of MKJP use by EFA women. In this case, the role of health workers is very important in providing accurate information and counseling to EFA women so that they have adequate knowledge and a positive attitude towards MKJP.

However, the study found that the role of health workers did not have a significant influence on the selection of MKJP. Although health workers have provided good information and counseling, the awareness and desire of EFA women to choose MKJP is still not optimal. This may be due to other factors beyond the control of health workers, such as cultural views community beliefs, and the husband's support. Therefore, further efforts are needed to increase the awareness and desire of EFA women in choosing MKJP, including through a cultural approach and involving husbands in decision-making related to contraceptives.

CONCLUSION AND RECOMMENDATIONS

The conclusion of this study shows that factors such as knowledge, attitudes, husband support, and socio-cultural aspects have a significant influence on the selection of Long-Term Contraceptive Method (MKJP) at Lamno Health Center, Jaya District, Aceh Jaya Regency in 2024. This study also confirms that although the role factor of health workers does not have a significant influence, socio-cultural factors have the most dominant influence in the selection of MKJP. Therefore, increasing public awareness and knowledge, husband support, and integration with local cultural values are key to increasing the use of MKJP in the region.

Suggestions that can be taken from this study include concrete steps for the Lamno Health Center, Jaya District, Aceh Jaya Regency, women of childbearing age as respondents, the Helvetia Medan Health Institute, and further researchers. It is hoped that Puskesmas can increase the use of MKJP by providing clear and appropriate counseling, involving couples to support the selection of MKJP, and increasing the role of health workers in providing information and promotion. For women of childbearing age, this research is expected to be an input material that helps in the selection of appropriate contraceptives and as a means of increasing insight. Helvetia Medan Health Institute can use this research as a source of information for students and as a reference in the library. Finally, for future researchers, it is hoped that this study can be a foundation for further research in refining understanding of the factors that influence the selection of MKJP by women of childbearing age.
REFERENCES