

THE EFFECT OF MOTHERS' BEHAVIOUR, ATTITUDE AND KNOWLEDGE ON THEIR PARTICIPATIONS IN FAMILY PLANNING PROGRAM IN MEDAN, INDONESIA

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Abstract

Background : Family Planning is one of the most effective ways to increase family endurance and mother, children and women safety. In fact, there are many mothers who do not use contraception so as they have many children. Therefore, the distance between child births is very close. *Aim*: This study aims to find out the effects of mothers' behavior, attitude, and knowledge on their participation in the program of Family planning in Medan in 2022. *Methods* : This quantitative study used analytical method by cross sectional research design. This study was conducted in 13 Public Health Centers (Puskesmas) and Maternity Clinics in Medan, North Sumatra Provinc, Indonesia. The population were 745 mothers of childbearing age and the samples were 260 mothers. The primary and secondary data were collected. They were analyzed by univariat and bivariate data analysis by using chi-square test with the level of confidence 95% ($\alpha=0,05$). *Result* : The findings showed that mothers' knowledge affect their participation in family planning program in Medan with $p=0,005 < 0,05$. Mothers' attitude affects their participation in the program in Medan with $p=0,009 < 0,05$. Mothers' attitude affects their participation in the program in Medan 2022 with $p=0,000 < 0,05$. *Conclusion*: This study proves that mothers' participation in the family planning program in Medan is affected by knowledge, attitude, and behavior. It is suggested to the Health Office of Medan city to cooperate with Board of Family Planning Program (BKKBN Medan) in order to perform health promotions of Family Planning in terms of the use of appropriate contraceptive and prevention of early marriage. Health promotions by using counseling and health education are expected to improve mothers' knowledge, to change their negative attitude, and to improve their behavior.

Keywords: behavior, attitude, knowledge, participation, family planning.

INTRODUCTION

High birth rate is still a major demographic problem in Indonesia. Since 2004, the Family Planning (KB) program has been considered slow and to bring birth rates to 4.5 millions per year and in 2010 according to a population census of 237 million people. It was realized that population explosion would affect food availability and quality of human resources. To avoid this impact, the government provides hard efforts to reduce the birth rate to below 237 millions people per year. (Biran Affandi, 2014); (Srimaryani Suratun, 2008).

Based on data from the North Sumatera BKKBN, new participants in 2008 reached 108,014 participants or 66.11%. Of the 108,014 new KB participants, IUD reached 10,773 participants (5.98%), Vasectomy reached 351 participants (0.19%), Tubectomy reached 4,560 participants (2.53%), condoms reached 13,545 participants (7.52%), implants reached 120,109 participants (40.05%) and the pill reached 66,586 participants (36.99%). The 2015 National Socio-

Economic Survey (SUSENAS) reported that the percentage of PUS (Fertile Age Couples) using family planning methods was 59.98 %. The percentage who never use it was 12.64%, and EFA who have not used family planning at 27.38%. Based on the types of region, EFAs in rural areas that use family planning tools to delay/prevent pregnancy are relatively higher than those in urban areas (61.92% compared to 57.98%). The number of fertile couples in 2012 in North Sumatra was 2,317,450. With IUD acceptors 140,480 (10.74%), Pills 425,630 (32.54%), Condoms 83,450 (6.38%), Injections 422,310 (32.30%), Implants 121,670 (9.30%), Vasectomy 4,730 (0.36%) and Tubectomy 109,590 (8.38%) (Dinas Kesehatan Kota Medan, 2019).

According to Akhyar (2008) in Prawirohardjo, the Family Planning Program (KB) is one of the Indonesian government's programs to tackle the problem of population growth. The National Family Planning Movement is a community movement that brings together and invites all the potential of the community to actively participate in symbolizing and civilizing the Norms of a Happy and Prosperous Small Family (NKKBS) in order to improve the quality of Indonesian resources. The results of the 2004 population census by BPS showed that the National Family Planning Movement had succeeded in completing the foundation of small families, in the context of institutionalizing the NKKBS the big step that needed to be built next was the development of small families prosperous. ((Wiknjosastro, 2015).

The results of the initial survey carried out by the present researchers showed that the data of acceptors using implants were 5 people for the reason of fear of not being able to do heavy work. Acceptors who used an IUD are 3 people for reasons that the cost is quite expensive. There are 56 injectors using injections with more practical and affordable reasons. There are 20 acceptors who take pills on the grounds that contraceptive pills will become routine so that sometimes some people forget to take them. This study aims to determine the factors that influence maternal behavior towards the participation of family planning programs in the city of Medan. The factors include: age, education, occupation, parity, knowledge and attitude

RESEARCH METHODS

Desain this research is Cross Sectional Study. Population of this study were 745 mothers who were patients of the Maternity Clinics and Maternity Houses and also Puskesmas that have network with STIKes Flora in the period of January until July 2022. The sampling technique was stratified random sampling. The existing samples were randomized in order that each population has the same right to be sampled. The samples were taken using the formula:

$$n = \frac{N}{1 + N(d^2)}$$

Based on the formula, the sample size in this study is 260 mothers. The research tools were an original survey questioanire compiled by the authors. The data analysis method used is the univariate data analysis technique by describing each variable and the bivariate data analysis technique using the Pearson Chi-Square correlation test approach.

RESEARCH RESULT

Table 1. Frequency Distribution of Respondents Based on Characteristic in Medan City, Indonesia in 2022

| Variable | (f) | (%) |
|--------------------------|-----|------|
| Age | | |
| < 20 tahun | 4 | 1,5 |
| 20-35 tahun | 207 | 79,6 |
| >35 tahun | 49 | 18,9 |
| Education Level | | |
| Junior High School | 34 | 13,1 |
| High School | 175 | 67,3 |
| Diploma/Higher Education | 51 | 19,6 |
| Occupation | | |
| Housewives | 86 | 33,1 |
| Private employees | 133 | 51,1 |
| Entrepreneurs | 15 | 5,8 |
| Civil servants | 17 | 6,5 |
| Labors | 9 | 3,5 |
| Parity | | |
| Parity 1 | 51 | 19,6 |
| Parity 2 | 132 | 50,8 |
| Parity 3 | 59 | 22,7 |
| Parity 4 | 18 | 6,9 |

Table 2. Distribution of Frequency of Respondents based on Family Planning Participation and the Contraception types in Medan City, Indonesia in 2022

| Variable | (f) | (%) |
|--------------------------------------|-----|------|
| Family Planning Participation | | |
| participate | 218 | 83,8 |
| not participate | 42 | 16,2 |
| The Contraception Type | | |
| IUD / AKDR | 94 | 36,2 |
| KB injection | 68 | 26,2 |
| Family planning pills | 38 | 14,6 |
| Implant / KB Implant | 3 | 1,2 |
| Sterilization | 9 | 3,5 |
| Condom | 5 | 1,9 |
| Intercourse was interrupted | 1 | 0,4 |
| not use | 42 | 16,2 |

Table 3. Effect of Mothers' Knowledge on Family Planning Program Participation in Medan City, Indonesia in 2022

| No | Knowledge | Participation in Family Planning | | | | Total | p-value | | |
|-------|-----------|----------------------------------|------|----------|------|-------|---------|--|--|
| | | Join | | not join | | | | | |
| | | f | % | f | % | | | | |
| 1 | Good | 93 | 35,8 | 14 | 5,4 | 107 | 41,2 | | |
| 2 | enough | 93 | 35,8 | 13 | 5,0 | 106 | 40,8 | | |
| 3 | less | 32 | 12,2 | 15 | 5,8 | 47 | 18,0 | | |
| Total | | 218 | 83,8 | 42 | 16,2 | 260 | 100,0 | | |

Table 4. Effect of Mothers' Attitude on Family Planning Program Participation in Medan City, Indonesia in 2022

| No | Attitude | Participation in Family Planning | | | | Total | p-value | | |
|-------|----------|----------------------------------|------|----------|------|-------|---------|--|--|
| | | Join | | Not join | | | | | |
| | | f | % | f | % | | | | |
| 1 | Positive | 138 | 53,1 | 17 | 6,5 | 155 | 59,6 | | |
| 2 | Negative | 80 | 30,8 | 25 | 9,6 | 105 | 40,4 | | |
| Total | | 218 | 83,8 | 42 | 16,2 | 260 | 100,0 | | |

Table 5. Effect of Mothers' Behavior on Family Planning Program Participation in Medan City, Indonesia 2022

| No | Behavior | Participation in Family Planning | | | | Total | p-value | | |
|-------|----------|----------------------------------|------|----------|------|-------|---------|--|--|
| | | Join | | Not join | | | | | |
| | | f | % | f | % | | | | |
| 1 | Good | 63 | 24,2 | 4 | 1,5 | 67 | 25,8 | | |
| 2 | moderate | 150 | 57,7 | 14 | 5,4 | 164 | 63,1 | | |
| 3 | unfavour | 5 | 1,9 | 24 | 9,2 | 29 | 11,1 | | |
| Total | | 218 | 83,8 | 42 | 16,2 | 260 | 100,0 | | |

DISCUSSIONS

Based on the results of the study, there is an influence of mother's knowledge on the participation of family planning program in Medan in 2022, $p = 0.005 <0.05$. Most knowledgeable respondents participated in the program. 35.8% of the knowledgeable respondents are participating in the program. 12.2% of the respondents who lack knowledge of participated in the program. Respondents who did not use contraceptives were more likely to have less knowledge. This is in line with (Nourita MM Rotie, 2015) which shows that most mothers have sufficient knowledge (52%). There was a significant relationship between mother's knowledge and the use of selected effective contraceptive methods at the Lolak Health Center in Bolaang Mongondow District ($p = 0.015$). a study conducted by (SARI, 2016) at Payung Rejo Public Health Center showed that the majority of respondents used an IUD as a contraceptive (39.3%) with a good majority of knowledge (60.7%). The main reason for using an IUD is safety in terms of health. Instead, respondents refused to use an IUD because they felt uncomfortable during the installation process and while using it. Statistical results showed that there was a significant relationship between maternal knowledge and the use of IUD contraception with $p <0.034$. ((Nourita MM Rotie, 2015). Goncalves research (2014) at the Comoro Public Health Center in Dili Timor Leste showed that knowledge influenced people's behavior. This caused the level of mother's knowledge about family planning related to maternal behavior in participating using birth control methods. Knowledge was the dominant factor associated with contraceptive use ((Marilia Juvi Gonçalves, 2014). This is in accordance with Affandi (2014) who claimed that one of factors influenced the choice of contraception was knowledge. These factors later influenced the success of the family planning program. Likewise, Bloom's theory in Notoatmodjo (2015) stated that individual behavior is based on knowledge (cognitive), attitude (affective), and action (psychomotor). This is also supported by Green's theory in Notoatmodjo (2015) that individual behavior was influenced by predisposing factors, supporting factors, and reinforcing factors. One predisposing factor is knowledge. According to Suratun (2015), anyone who did not want to use contraception could be caused she did not know the contraceptions and their benefits for themselves and their families. (Biran Affandi, 2014), (Notoatmodjo, 2015). The findings of this present study prove that mothers' knowledge influences their participations in the Family Planning (KB) program in Medan, Indonesia. Many of respondents who use contraception are knowledgeable mothers. Meanwhile, many of respondents who do not use contraception are less knowledgeable mothers. The knowledge covers the contraceptive use, especially its benefits in preventing pregnancy, side effects of contraception, and others. Mothers who are well-informed have the awareness and intention to use safe and quality contraception in accordance with their body condition so that it will minimize any side effects after going through counseling by health professionals. The decision to use contraception based on the knowledge is considered to be long-lasting. The findings also show that maternal behaviors also affect mothers' participations in family planning program in Medan in 2022 with $p = 0.000 <0.05$. 24.2% of the respondents who behaved well attended the family planning program. 57.7% of respondents who behaved well enough join the program. While 9.2% Respondents who behave poorly do not join the program. The majority of respondents who did not use contraception are those who behave poorly. Research conducted by Nasrulloh (2015) in the area of Purwosari Public Health Center,

Surakarta, Indonesia showed that the behavior of more than half of respondents who participated in the KB program was 72.5% meanwhile 27.5% of respondents' behavior did not follow the KB program. Research conducted by Azzahra (2018) in the area of the Healthy Gang Health Center in Pontianak, Indonesia found that there was an influence of actions / behaviors on Unmet Need family planning. (Nasrulloh, 2015). Anyone who already knew the stimulus or the health objects, then he/she conducts an assessment or opinion of what is known, the next step that is expected is that he/she will carry out what he/she knows or reacts (considered good). This can be called health practice (overt behavior) (Notoatmodjo, 2015). Persons' responses to particular stimulus are in the form of concrete actions. The responses to the stimulus are clear in the form of actions or practices that can easily be observed or seen by others. Therefore, this can be called overt behavior, real actions or practices (A.Wawan, 2011). The behavior of persons or community about health is influenced by the availability of health facilities in the surrounding environment and is also influenced by the behavior of health professionals in supporting or providing information to the community (Hartanto, 2017). The findings of this present study prove that the mother's behavior or actions affect the participation of the Family Planning (KB) program in Medan. Mothers with good behavior tend to be family planning participants and vice versa mothers with less behavior are less likely to be family planning participants. The good behavior of mothers is because mothers understand the importance of being a family planning acceptor by seeking information both from the media and by asking authorities, namely health workers. Mother's curiosity will bring mothers to find out what contraception is, the types of contraception available in Indonesia, the benefits of being a family planning acceptor, the advantages and disadvantages of each contraceptive, how to use each contraceptive, the side effects that may occur in each contraceptive. While mothers with less action tend to be passive, do not want to know about contraceptives that can postpone pregnancy / childbirth. Every fertile couple need to seek information about family planning (KB) program and the types of contraception that are suitable for them. These actions or behaviors need to be possessed by each of the Fertile Age Couples (PUS) to enable them to control pregnancy or child birth, healthy mother and child, increase family resilience. Thus, the family can be prosperous in accordance with the motto of the family planning program (KB): two children are better.

CONCLUSIONS AND SUGGESTIONS

Based on the results of present research, it can be concluded as follows. Mothers' knowledge influences their participation in the family planning programs in Medan in 2022, $p = 0.005 < 0.05$. The mothers' attitude affects their participation in the family planning program in Medan in 2022, $p = 0.009 < 0.05$. Maternal behavior influences their participation in the family planning programs in Medan in 2022, $p = 0.000 < 0.05$.

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