



## THE RELATIONSHIP BETWEEN THE LEVEL OF KNOWLEDGE AND ATTITUDE OF MOTHERS OF CHILDBEARING AGE COUPLES TOWARDS THE USE OF CONTRACEPTIVES AT THE KALANGANYAR HEALTH CENTER, LEBAK REGENCY IN 2023

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### Abstract

**Background:** Based on the results of a preliminary study conducted at the Kalanganyar Health Center, Lebak Regency, it was found that 8 out of 10 mothers of couples of childbearing age (80%) did not know the benefits, types and side effects of the contraceptives used. **Purpose:** To determine the relationship between the level of knowledge and attitudes of mothers of childbearing age couples towards the use of contraceptives at the Kalanganyar Health Center, Lebak Regency. **Methods:** Cross sectional through a point time approach where samples are taken using a total sampling of 75 respondents. Data analysis using chi square test. **Results:** Demonstrate the level of knowledge and attitudes associated with contraceptive use (p-value 0,000). **Conclusion:** There is a relationship between the level of knowledge and the attitude of mothers of childbearing age couples towards the use of contraceptives. It is expected that the Kalanganyar Health Center through the Village Midwife will provide counseling and consultation guidance on the use of contraceptives so that mothers of childbearing age couples have awareness of the importance of using contraceptives.

**Keywords:** Attitudes, Level of Knowledge, Use of Contraceptives

### Introduction

Contraception is an attempt to prevent pregnancy, which can be temporary or permanent. Contraception is a tool used to regulate pregnancy distances and control births. There are several factors that influence fertile-age couples in choosing methods of contraception, namely the cost and side effects. Lack of understanding of fertile age couples about the side effects of contraceptives, causes fertile couples to hesitate to use contraception (R. Septalia, 2017).

Fertile-age couples who have less knowledge will find it difficult to use proper contraception (Susmini, 2017). Only fertile-aged couples with a high educational background will be able to understand and have a good knowledge of the advantages and disadvantages of contraception so that attitudes towards the choice of contraceptives will be better (Pratiwi, 2019).

Worldwide, in 2019, 49% of all women of childbearing age were using some type of contraceptive. This figure has increased from only 42% in 1990 of all female women of reproductive age using some kind of contraception. Contraceptive use in East Asia and Southeast Asia has risen from 51% to 60% (WHO, 2020).

Indonesia has the fourth most densely populated country in the world with a population of approximately 275 million, and this is confirmed by data from (BPS, 2020) that the population of Indonesia in 2021 is 272.68 million and in 2022 is 275.77 million. About half of the Indonesian

population is under the age of 30, because both the birth rate and the fertility rate are declining rapidly while the working-age population is rising rapidly.

The data and information center of the Ministry of Health indicates that the Prevalence of Contraceptive Use (CPR) Rate in Indonesia in 2018 - 2022 tends to rise, while the fertility rate or Total Fertility Rate (TFR) tend to decrease. (Badan Pusat Statistik, 2022). It suggests that increasing coverage of women of childbearing age who do (KB) is in line with a decrease in the national fertility figure. The target of the program (KB) is a fertile-age pair that is more at a severe point in the fertile age group of women who are in the age range of 15-49 years (Sugiharti, 2018).

The data from (BKKBN Lebak, 2022) there is a number of fertile age couples in Lebak district amounting to 221.551 in 28 districts with the number of active acceptors 201.516, thus the presentation of the use of contraceptives against number of mothers and couples of fertile age in the district of Lebak about 88.91%. The percentage of use of effective contraceptive methods chosen also varies, for contraception used by mothers of fertility age are injections (37.3%), pills (16%), uterine contraception (7.8%), implants (7%), condoms (5%), MOW (0.9%) MOP (0.2%). Puskesmas Kalanganyar (72.1%), Cimarga (89%) and Rangkasbitung (90,5%) are the lowest active KB users.

The data available at Puskesmas Kalanganyar contains data on the number of active acceptors in 2022, which is a total of 3,877 acceptors, for contraceptives used are injections (60%), implants (20%), pills (10%), IUDs (5%), MOWs (3%), condoms (2%), MOPs (0%) and the recorded number of fertile-age couples who come to Puskesmas Kalangananyar in 2022 is a number of 5,787 fertile age couples.

Based on the results of a preliminary study conducted in Puskesmas Kalanganyar district of Lebak on November 2023, the researchers obtained data that showed that 8 out of 10 mothers of fertile age couples (80%) did not know the benefits, types and side effects of the contraceptive used. Based on the above descriptions, the researchers are interested in conducting a study entitled “The Relationship of the Level of Knowledge and Attitude of Fertile Age Couples Mothers Against the Use of Contraceptive Tools in the Kalanganyar Puskesmas of the District of Lebak in 2023”.

## **Methods**

### *1.1 Research Design*

The type of research used in this study is analytical research with a cross sectional study approach, which is a research to study the dynamics of correlation between risk factors and effects through an approach, by approaching, observing and collecting data at once at a time (point time approach), so that the object of research is only observed once.

### *1.2 Setting and Samples*

This study was carried out in the Puskesmas Kalanganyar district of Lebak in November 2023. Sampling must be done in a way that produces a sample that is both accurately representative of the population and able to describe its current status. The sample must also meet inclusion and exclusion criteria. Students who meet the following requirements will be included in the study sample: they must be willing to participate, Mother registered as (PUS) in Puskesmas Kalanganyar, and completely filled the instruments that have been given by the researchers. The exclusion criteria for this study sample are as follows: you must not be willing to participate in the study, not registered as a mother (PUS) in Puskesmas Kalanganyar, and fail to fill out the researcher's provided questionnaire in its whole.

Sampling in this study used total sampling techniques, which was 75 respondents. due to the small population of less than 100. (Sugiyono, 2018) defines census or total sampling as a sampling technique in which every member of the population is included in the sample. A census should be used for research on populations under 100, ensuring that a representative sample of the population is used for all subjects under study or as informant responders.

### 1.3 Measurement and Data Collection

Data collection techniques in this study by filling out questionnaires. After the type of research instrument is determined, the next step is to test the validity and reliability of the instrument, a good instrument must meet the requirements of valid and reliable. For this reason, researchers conduct validity and reliability tests first before the instrument is used in research. Based on the SPSS results, 15 out of 15 knowledge questions were declared valid and 15 out of 15 attitude statements were declared valid. In this study, reliability tests were conducted using SPSS for windows with Cronbach's Alpha model measured based on Cronbach's Alpha scale 0 to 1, then the results for the knowledge questionnaire Alpha Cronbach's value of 0.900 were obtained. As for the premarital sexual attitude questionnaire, Cronbach's Alpha score was 0.922. Then it can be stated both questionnaires are reliable.

### 1.4 Data Analysis

The following stages of analysis were used to test the hypothesis and analyze the data: univariate analysis, which was used to identify and evaluate the characteristics of the research subject; bivariate analysis, which tested the chi square statistical test with a meaning limit said to be meaningful when it has  $p \leq 0.05$ , was used to ascertain the influence of two variables, independent variables and dependent variables. Alternatively put, if  $p$  value  $\leq 0,05$  is the Chi Square value.

### 1.5 Ethical Considerations

This research is conducted by providing an explanation to prospective respondents about the purpose and objectives of the research, if prospective respondents agree to participate in the research, prospective respondents are required to sign informed consent. This research has obtained a research permit from the head of the Institute of Health Science Abdi Nusantara Nursing Study Program which was shown to Puskesmas Kalanganyar, Lebak Regency. The research used 45 references from 2004 to 2022.

## Results

### 3.1. Characteristics of Respondents

**Table 1. Frequency Distribution of Respondents' Characteristics**

<b>Age</b>	<b>Amount</b>	<b>Percentage</b>
15-20 Years	5	6,7%
21-30 Years	35	46,7%
31-40 Years	31	41,3%
41-49 Years	4	5,3%
Total	75	100%
<b>Education</b>	<b>Amount</b>	<b>Percentage</b>
Primary School	15	20,0%
Junior High School	20	26,7%
High School	29	38,7%
College	11	14,7%
Total	75	100%
<b>Job</b>	<b>Amount</b>	<b>Percentage</b>
Housewives	49	65,3%

Farmer or Laborer	12	16,0%
Government Employees	4	5,3%
Private Employees	10	13,3%
Total	75	100%

According to table 1 of the characteristics of respondents, there were 5 respondents in the age range of 15 to 20 years (6,7%), 35 respondents in the ages range of 21 to 30 years (4,7%), 31 respondents between 31 to 40 years (41,3%), and 4 respondents from 41 to 49 years (5,3%).

Regarding the characteristics of respondents' education, there were 15 respondents with Primary School education (20,0%), 20 respondents having Junior High School education (26,7%), 29 respondents have High School education (38,7%), and 11 respondents are with College education (14,7%).

Regarding the characteristics of respondents' job, there were 49 respondents who Housewives (65,13%), 12 respondents farmers or labourers (16,0%), 4 respondents Government Employees (5,3%), and 10 respondents Private Employees (13,3%).

### 3.2. Level of Knowledge

**Table 2. Frequency Distribution of Knowledge Level**

Knowledge Level	Amount	Percentage
Sufficiently	33	44%
Well Informed	42	56%
Total	75	100%

Based on table 2 on the level of knowledge, as many as 33 respondents were sufficiently knowledgeable (44%), and 42 respondents were well informed (56%).

### 3.3. Attitude

**Table 3. Frequency Distribution of Attitude**

Attitude	Amount	Percentage
Negative	28	37,3%
Positive	47	62,7%
Total	75	100%

Based on table 3 on attitudes, as many as 28 respondents had a negative attitude towards the use of contraceptive (37,3%), and 47 respondents had a positive attitude towards the use of contraceptive (62,7%).

### 3.4. The Use of Contraceptive

**Table 4. Frequency Distribution of Contraceptive Use**

Contraceptive	Amount	Percentage
Not Using	28	37,3%
Using	47	62,7%
<b>Total</b>	<b>75</b>	<b>100%</b>

Based on table 4 on the use of contraceptives, the respondents were 28 who did not use contraceptive (37.3%), and 47 who used contraception (62.7%).

### 3.5. Relationship of Knowledge Levels to Contraceptive Use

**Table 5. Relationship of Knowledge Levels to Contraceptive Use**

		Knowledge Level		Total	p value	Odd Ratio (CI 95%)
		Sufficiently	Well Informed			
<b>Contraceptive Use</b>	Not Using	20 (71,4%)	8 (28,6%)	28 (100%)	0,000	9,250 (3,150- 27,160)
	Using	10 (21,3%)	37 (78,7%)	47 (100%)		
<b>Total</b>		30 (40,0%)	45 (60,0%)	75 (100%)		

Based on table 5. about the relationship between the level of knowledge and the use of contraceptives, as many as 20 respondents were knowledgeable and did not use contraceptives (71,4%), and 8 respondents were well informed and did not use contraceptives (28,6%). While as many as 10 respondents were knowledgeable enough and used contraceptives (21,3%), and 37 respondents were well informed and used contraceptives (78,7%).

### 3.6. Relationship of Attitude to Contraceptive Use

**Table 6. Relationship of Attitude to Contraceptive Use**

		Attitude		Total	p value	Odd Ratio (CI 95%)
		Negative	Positive			
<b>Contraceptive Use</b>	Not Using	20 (71,4%)	8 (28,6%)	28 (100%)	0,000	12,188 (3,983- 37,295)
	Using	8 (17,0%)	39 (83,0%)	47 (100%)		
<b>Total</b>		28 (37,3%)	47 (62,7%)	75 (100%)		

Based on table 6 about the relationship between attitudes and the use of contraceptives, as many as 20 respondents were negative and did not use contraceptives (71,4%), and 8 respondents were positive and did not use contraceptives (28,6%). While as many as 8 respondents were negative and used contraceptives (17,0%), and 39 respondents were positive and used contraceptives (83,0%).

## **Discussion**

### *4.1. Relationship of Knowledge Levels to Contraceptive Use*

On the results of the processing of research data on the Chi Square test results obtained results with a value of Asymp. Sig. (2-sided)  $0,000 \leq 0,05$  so this result proves that the level of knowledge is related to the use of contraceptive in the mother childbearing age in Puskesmas Kalanganyar district of Lebak in 2023.

This is in line with the results of the research carried out by (H. Arrasyd, 2019). The results of this study show that there is a relationship between knowledge and participation of fertile-age couples in the UN program with a contribution of 6.2%. According to the results of the test t obtained t count of  $2.525 > t$  table 1,661 it can be concluded that knowledge with participation in fertile age couples of UN program has a significant relationship.

According to the researchers, the level of knowledge plays an important role in the participation of mothers of fertile age or their participation in the use of contraceptives. Having sufficient background and in-depth understanding is one of the aspects that affects how this contraceptive tool is used. Thus, KBs' engagement is heavily influenced by their knowledge, particularly when it comes to the efficacy of contraceptives and any side effects that may arise from their use. Giving counseling and advice on the use of contraceptives is a good way to increase the knowledge of mothers and couples who are childbearing. This will help the mothers understand the importance of the purpose, function, and benefits of using contraception and enable them to use the right kind of contraception for their particular situation, taking into account the side effects of each method.

### *4.2. Relationship of Attitude to Contraceptive Use*

On the results of the processing of research data on the Chi Square test results obtained results with a value of Asymp. Sig. (2-sided)  $0,000 \leq 0,05$  so this result proves that the attitude is related to the use of contraceptive in the mother childbearing age in Puskesmas Kalanganyar district of Lebak in 2023.

This is in line with the results of the research carried out by (Dewiwati, 2020). The findings indicate that there is a significant correlation between attitude and consistent contraception, with the probability value p value  $(0,000) \leq \alpha (0.05)$ .

The researchers found that fertility-age couples' engagement in contraceptive use and their attitudes toward it are significantly influenced by these factors. Several factors influence the usage of these contraceptives, one of which is the ability to act decisively and successfully. Motivation and emotion are therefore typically included in the attitude component. It is in line with the motivational components of involvement. Without motivation, it is difficult for the public to participate in the program of using contraceptives. An individual who gains from a contraception program is upbeat. Another way to think about attitude is as an innate capacity that influences action. However, someone with adequate knowledge about something can quickly and clearly discern an unstable person's mindset by their uncertainty and hesitancy when making decisions or acting in certain ways.

### **Implication and Limitations**

In conducting this research, the authors encountered several obstacles, including the limitations of controlling activities that could affect the level of knowledge and attitude.

## Conclusion

Based on the results of research on the relationship between the level of knowledge and the use of contraceptives in mothers of childbearing age couples at Puskesmas Kalanganyar, Lebak Regency in 2023, conclusions can be drawn: there is a relationship between the level of knowledge and the use of contraceptives. There is an attitude relationship with the use of contraceptives. It is known that the level of knowledge is 33 respondents with sufficient knowledge (44.0%), and 42 respondents with well informed (56.0%). It is known that the attitude towards contraceptive use is that as many as 28 respondents are negative (37.3%), and 47 respondents are positive (62.7%).

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## Author Contribution

Author 1 and Author 2 contributed to the design and implementation of the research, to the analysis of the results and to the writing of the manuscript.

## Conflict of interest

The results of this research can be used as an additional literature for the development of nursing science, and to meet the requirements of obtaining Bachelor of Nursing Degree for Author 1.

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