Postpartum Mother's Knowledge about the use of Postpartum Contraceptive

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Abstract. Most Mothers have difficulty in determining the exact type of contraception in the puerperium, because the mother has not previously understood about contraception to be used, this study aims to determine the post-partum mothers knowledge about contraception in the puerperium in Dlanggu Village, Kec. Deket, Kab. Lamongan.

Design used in this study is descriptive Using a population of 30 respondents, the sample of 30 people with positive sampling techniques and analysis of the questionnaire as a measuring tool used is the frequency and distribution of research results obtained are good enough, lacking.

The study found almost half of respondents who have sufficient knowledge about contraception is 14 (46.7%) respondents, and almost half again the respondents had less knowledge about contraception in the puerperium of 11 (36.7%) respondents.

Conclusion of this study was almost half a per cent of respondents knowledgeable enough about contraception. So health officials are expected to conduct counseling to assist clients in selecting and deciding the type of contraception that will be used according to choice.

Keywords: Contraceptive; Knowledge; Puerperium

The puerperium (puerperium) begins after the completion of labor or after the birth of the baby and the placenta, ending after about 6 weeks. However, the genitals have just recovered to the way they were before pregnancy within 3 months. These changes in the genital organs in their entirety are called involution. Besides this involution, other important changes also occur, namely hemoconcentration and the onset of lactation (Muthoharoh, 2016).

Worldwide, more than 90% of women in the puerperium wish to delay or limit their pregnancy. Most postpartum mothers wish to prevent pregnancy for the first 2 years after delivery, but they have not received any contraceptive methods (Mehare et al., 2020). Based on BKKBN data, postpartum family planning service coverage was 86,455 mothers or 12.69% of all family planning users as many as 681,175 mothers.

Mothers who do not use postpartum family planning will have an impact on the mother's inability to regulate pregnancy spacing and care for the baby. This happens because repeated pregnancies and childbirths are likely to occur in the mother after giving birth. If this happens, the problem will no longer be concentrated only on health problems but will also have a direct impact on social and population welfare. Where health workers, especially village midwives, must intensively provide information to mothers by conducting postpartum family planning counseling. The content of the counseling that must be conveyed to the mother is the family planning method that can be used during the postpartum period and its benefits and side effects (Minahan and Potter, 2014; Indriyani, 2017; Dev et al., 2019).

According to the policies and programs for family planning and reproductive health, 2016 active family planning participants in 2014
were 35.2 million, while for new family planning participants were 7.76 million. In 2015 active family planning participants were 35.79 million and new family planning participants were 6.41 million. The achievement of new family planning participants using postpartum and postmiscarriage family planning in 2014 was 13.6%. And for 2015 amounted to 19.9%. The BKKBN strategic target for 2015-2019 is the percentage of contraceptive use planned for 2015 is 65.2% for all contraceptive methods, the 2016 target is 65.4% for all contraceptive methods and 65.6% for 2017. Whereas in 2018 it was 65.8%, in 2019 it was 66.00%(Princess, 2020).

Women’s knowledge about the role of contraceptive use in family life is needed to achieve a good health degree. Good knowledge can increase the intention to use contraception, which in turn can increase the use of modern postpartum contraceptives (Mekonnen, Gelagay and Lakew, 2021).

One of the key strategies for ensuring optimal birth intervals is the promotion of contraceptive use during the puerperium. The American College of Obstetricians and Gynecologists recommends contraceptive counseling during prenatal and postpartum care. However, there is limited evidence that counseling actually influences women’s contraceptive choices or leads to greater use of or satisfaction with contraception(Minahan and Potter, 2014).

Evidence suggests that the vast majority of women in developing countries wish to avoid pregnancy in the first year following a birth, but unmet need within this vulnerable group is consistently higher than in women outside of the extended postpartum period; some estimates of unmet need in the extended postpartum period are as high as 65%. Integration of family planning counseling with prenatal and postpartum services has the potential to help motivated women achieve adequate birth spacing as well as limit unintended pregnancy. A recent study provides compelling evidence that the provision of information on family planning to women in the postpartum period in significantly increased contraceptive use(Dunn, Bayer and Mody, 2014; Tessema et al., 2018).

METHOD
In this study, researchers used a descriptive method, which is a research method with the main objective of making an objective description or description of a situation.

This study used a descriptive design in order to determine the knowledge of postpartum mothers about contraceptives during the postpartum period.

In this study the population was all postpartum mothers in Dlanggu Village, Deket District, Lamongan Regency, where there were 30 postpartum mothers. itself, based on previously known population traits or characteristics.

The sample is a part of all the objects under study and is considered to represent the entire population. The sample used in this study were all postpartum mothers in Dlanggu Village, Deket District, Kab. Lamongan totaling 30 postpartum mothers.

This research was conducted in Dlanggu Village, Deket District, Lamongan Regency. Time in this study in November-December 2020.

RESULT
Respondent characteristic Age
The number of respondents in this study were 30 postpartum mothers, the distribution of respondents according to age is presented in Table 5.1, namely the youngest age is 20 years and the oldest is 35 years old.

| No. | Age       | N  | (%) |
|-----|-----------|----|-----|
| 1   | <20 years | 3  | 10  |
| 2   | 20.35     | 19 | 63.3|
| 3   | > 35 years| 8  | 26.7|
|     | Total     | 30 | 100 |

Based on Table 1, it can be explained that the most respondents aged 20-35 years are 18 people (60%) and the least aged <20 years are 4 people (13.3%).

Level of education
From 30 respondents, it was obtained data on respondents who took formal education the distribution according to education is
presented in table 2 as follows:

Table 2  Distribution of Respondents Based on education level in Desa Dlanggu, Kec. Deket, Kab. Lamongan 2020

| No. | Level of education | N  | (%) |
|-----|--------------------|----|-----|
| 1   | High               | 3  | 10  |
| 2   | Intermediate       | 4  | 13.3|
| 3   | Basic              | 23 | 76.6|
| Total|                    | 30 | 100 |

Based on table 2 it can be explained that most of the respondents had a basic education as many as 23 people (76.6%)

**Type of work**

Of the respondents, a total of 30 people were obtained based on occupation. The distribution of respondents by occupation is presented in table 3 as follows.

Table 3  Distribution of Respondents Based on the type of work in Dlanggu Village, Kec. Deket, Kab. Lamongan 2020

| No. | Type of work | N  | (%) |
|-----|--------------|----|-----|
| 1   | Not working  | 18 | 60  |
| 2   | Government   | 5  | 16.7|
| 3   | entrepreneur  | 7  | 23.3|
| Total|              | 30 | 100 |

Based on table 3, most of the mothers do not work or only as housewives as family administrators at home, as many as 18 people (60%).

**Number of children**

From 30 respondents, data were obtained about the number of children. The distribution of respondents according to the number of children is presented in table 4 as follows:

Table 4  Distribution of Respondents Based on Number of Children in Dlanggu Village, Kec. Deket, Kab. Lamongan 2020

| No. | Number of children | N  | (%) |
|-----|--------------------|----|-----|
| 1   | 1                  | 11 | 36.7|
| 2   | 2-4                | 17 | 56.7|
| 3   | >4                 | 2  | 6.7 |
| Total|                    | 30 | 100 |

Based on table 4 above shows that most mothers have children, amounting to 2-4 people (56.7%)

**Special Data**

This data illustrates the knowledge of postpartum mothers about contraceptives during the postpartum period in Dlanggu Village, Kec. Deket, Kab. Lamongan 2020

Table 5  Distribution of knowledge of postpartum mothers about contraceptives in Dlanggu Village, Kec. Deket, Kab. Lamongan 2020

| No. | Knowledge | N  | (%) |
|-----|-----------|----|-----|
| 1   | Less      | 11 | 36.7|
| 2   | Enough    | 14 | 46.7|
| 3   | Good      | 5  | 16.6|
| Total|           | 30 | 100 |

Based on table 5 above, it can be explained that the respondents who know the most knowledge are sufficient (46.7%)
more mature a person is, the more mature he
is in seeking knowledge. So that mothers can
increase their knowledge and think about using
contraception during the postpartum period
that is best for themselves and their babies
(Henderson et al., 2016).

Knowledge comes from "knowing" re-
results. This happens after someone senses a cer-
tain object through the five human senses, na-
mely by seeing, feeling, feeling, hearing, and so
on. In a vision to produce knowledge is very
much influenced by how much attention one's
perception of the object is. Knowledge is very
important in determining a person's behavior,
because knowledge determines a person's
perceptions, attitudes and behavior in his daily
life (Notoatmodjo, 2007; Muthoharoh, 2020).

Most of the respondents either do not
have a job or only work as housewives. The type
of work can play a role in the emergence of
something in several ways (Notoatmodjo,
2003). Usually a housewife rarely gets appro-
riate information, they more often gather
between one person and another so that they
get information that is not necessarily true.

More than half of the respondents have
children 2 - 4 years. So that mothers are more
experienced in using contraception because
they have previously used contraception. With
personal experience, a person's level of
knowledge will be easier to form because it
involves emotions, statements, experiences will
be more profound and memorable. This causes
an individual to be more appropriate in
choosing contraception because he has learned
from previous experiences (Lopez et al., 2015;
Britton et al., 2017).

CONCLUSIONS AND SUGGESTIONS

Conclusion

Based on the results of the research
that has been carried out, it can be concluded
that almost half the level of knowledge of
postpartum mothers in Dlanggu Village, Kec.
Deket, Kab. Lamongan about contraception
during childbirth is quite about 46.7%.

Suggestion

1. For the mother

Mother should be more active in seeking
information about contraception directly
from health workers and the mass media.
As well as support from the family greatly
influences the mother to get more informa-
tion to increase the mother's knowledge
about contraception during the postpartum
period.

2. For Health Officials (Midwives)

Health workers should be more coopera-
tive with clients by providing information
about contraception through outreach in
the village or directly in person to increase
client knowledge about contraception
during the post-natal period.

3. For Educational Institutions

Educational institutions should work to-
gether with health workers to help provide
education about contraception to the gen-
eral public to increase their knowledge about
contraception during the postpartum
period.

4. For Further Researchers

For researchers who want to carry out more
research, they should be able to do better
research by reducing the weaknesses made
by previous researchers both in terms of
research measurement tools and better use
of literature.

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