

The Effect Of Video Media On Postpartum Mother's Knowledge About IUD Contraception

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Abstract.

Couples of childbearing age are the targets of the family planning program, from the number of PUS there are some who decide they want to delay pregnancy or do not want additional children but do not use family planning, this EFA group is referred to as unmet need. Low knowledge causes women to be afraid to use contraceptives because previously rumors of contraception circulating in the community, as a result of lack of knowledge of PUS in choosing good contraception, negatively impacted attitudes and behavior in planning their next pregnancy. have a known problem with "4 Too"(4-T) (too many, too young, too old, too close in birth spacing) which is very dangerous. This condition is supported by the presence of three late (3T), namely being late in recognizing signs, being late in reaching the service center and being late in getting help. Factors (4T and 3T) are social problems that also determine the health and safety of the labor process and the rapid birth rate of babies. The research method used was pre-experimental with one-group pretest posttest design. This study used 15 samples based on inclusion criteria, the sampling technique was purposive sampling. The results showed that there was a difference in knowledge of post-test mothers which was higher than the results of mothers' knowledge on pre-test using video media on IUD contraception.

Keywords : Couples of childbearing age, intra uterine device, family planning, contraception, knowledge.

I. INTRODUCTION

To suppress the rate of population growth in Indonesia, one of the efforts is through the Family Planning (KB) program for couples of childbearing age (PUS). Family planning (KB) is a national program that aims to improve the health status, welfare of mothers, children and families in particular and the nation in general. One of them is by limiting and spacing out pregnancies[1]. Couples of childbearing age are the targets of the family planning program, from the number of PUS there are some who decide they want to delay pregnancy or do not want additional children but do not use family planning, this EFA group is referred to as unmet need [2] however, low knowledge causes women to be afraid to use contraception because previously rumors of contraception circulating in the community, as a result of the lack of knowledge of fertile age couples (EFA) in choosing a good contraception negatively impacted attitudes and behavior in planning their next pregnancy. "(4T) namely (too many, too young, too old, too close to birth spacing) which is very dangerous to women's health. help [3] An intrauterine device (KDR / IUD) is a contraceptive device that is installed in the uterus. Intrauterine devices are made of elastic plastic, wrapped around copper or a mixture of copper and silver. Metallic coils cause an antifertility reaction with a duration of use that can reach 8-10 years, with the working method preventing the entry of spermatozoa/seminal cells into the fallopian tubes[4] A woman who has been in labor for approximately 40 days requires additional contraception if after the postpartum period she returns to the active fertile period of menstruation every month, to delay or prevent another pregnancy. Post partum is the period after delivery, which can also be called the puerperium (puerperium) which is the period after delivery which is necessary for the restoration of the uterus for a duration of 6 weeks [5].

According to the Big Indonesian Dictionary, video is a recording of live images or television programs that are broadcast on television sets, or in other words, videos are moving images accompanied by

sound. Video actually comes from the Latin, video-vidi-visum which means to see (to have vision); can see. Video media is one type of audio-visual media. Audio-visual media is media that relies on the sense of hearing and the sense of sight. Audio visual media is also one of the media that can be used in listening learning [6]. So that in providing health information to the public through the media is very important in conducting health education for behavior change. There are various theories that can be used to change behavior, one of which is the Theory of Planned Behavior (TPB). The Theory of Planned Behavior (TPB) was first coined by Ajzen stating that belief will shape attitudes, then intentions and behavior in this case behavior to become a family planning acceptor, namely IUD contraceptives, implants, pills, injections [7] Delivery of good and easy-to-understand information this is one of them with the method of extension promotion in the form of images, print media (leaflets), radio or very good visuals [8]. Data obtained from health workers at the Matakali Health Center in 2021, namely the number of EFA reached 3970 and users of contraceptives reached 3229 KB sector, with the number of contraceptive use Pills reaching 828, injection 1774, IUD 95, Implant 357, MOW 32 and Condoms 143. Then in In 2022 data obtained from health workers at the Matakali Health Center with a total of 3970 EFA and 3249 contraceptive users in the family planning sector, with 836 Pill users, 1780 injections, 95 IUDs, 359 implants, 32 MOW and 146 condoms, which if the difference is there is an additional KB sector users as many as 20 people in the last 2 months. The specific purpose of this study was to determine the knowledge of postpartum mothers about IUD contraception before health counseling was carried out through video media in the working area of the Matakali Health Center, to determine the knowledge of postpartum mothers about IUD contraception after health counseling through video media and to find out whether there was an increase in postpartum mother's knowledge primiparas about IUD contraception after video media counseling was carried out in the working area of the Matakali Health Center.

II. METHODS

The research design used was pre-experimental with a one-group pretest posttest design. Observations were converted into numbers which were analyzed using statistics. It is said to be Pre Experimental Design because this design is not yet an experiment. The instruments used are videos, questionnaires and observation sheets. This study was carried out in two stages, namely before and after the intervention with the time used for 20 minutes for the IUD Contraception Counseling intervention using video media. The Knowledge Assessment uses a Questionnaire and is recorded on the Observation sheet. In order to obtain the results of the pre-test and post-test of the video counseling intervention, the data will be collected and analyzed. The population and sample in this study were 15 primiparous postpartum mothers who were considered to represent the entire population with inclusion and exclusion criteria.

III. RESULT AND DISCUSSION

This research was conducted in:

Table 1. Respondent results Before video media counseling

Analysis of the results of the distribution of the first questionnaire, or the respondent's knowledge of IUD contraception before the video counseling.

| Pre Test Results | Average value | Knowledge | | |
|------------------|---------------|-----------|--------|--------|
| | | Good | enough | less |
| | 63,6 | 3 | 5 | 7 |
| | | 20% | 33,3% | 46,67% |

(Source: Primary Data 2022)

Based on table 1, shows that of the 15 respondents studied, the average knowledge of post partum mothers before counseling through video media was 3 or (20%) respondents in the category of Good knowledge, 5 or (33.3%) respondents with sufficient knowledge, and 7 or (46.67%) respondents who lack knowledge about IUD contraception with an average value of 63.6.

Table 2. Respondents' results After the video media counseling

Analysis of the results of the distribution of the second questionnaire, namely after counseling through Video media with IUD Contraception, the results obtained are:

| Post Test Results Media video | Nilai rata-rat Average value a | Knowlegde | | | | | |
|----------------------------------|--------------------------------------|-----------|-----|--------|-----|------|----|
| | | Good | | Enough | | less | |
| | 79,28 | 9 | 60% | 6 | 40% | 0 | 0% |

(Source: Primary Data 2022)

Based on table 2 after the counseling using video media showed that from 15 respondents there were 9 or (60%) respondents whose knowledge was in the Good category, 6 or (40%) of respondents who had sufficient knowledge, with an average value of 79.28. Based on the results of the study, it showed that of the 15 respondents who were studied based on the knowledge of the mother's pre-test before being given video media counseling there were 7 respondents or (46.67%) who had less knowledge, 5 respondents or (33.33%) were sufficient and 3 respondents or (20%) had good knowledge about IUD Contraception, and the average score of all pre-test respondents was 63.6. Meanwhile, after counseling using video media there are (0%) respondents who do not know, 6 respondents or (40%) who know enough and 9 respondents or (60%) fall into the Good category with an average score of 79, 28. respondents, These data indicate that postpartum mother's knowledge of post-test is higher than that of postpartum mother's knowledge of pre-test on counseling using video media on IUD contraception.

The results of research on the effect of video media on postpartum mothers' knowledge of IUD contraception in the Matakali Health Center Working Area in 2022 showed that there was an influence or increase in knowledge after health counseling about IUD contraception through video media. Supporting factors in behavior change are knowledge, attitudes, beliefs, values, and traditions. To increase knowledge, attitudes, and add new family planning participants, communication, information, and education are needed to be provided to the community. In integrated family planning health services, including family planning health education services [9]. The increase in knowledge is due to the learning process by the respondent and occurs due to an increase in the sensitivity or readiness of the subject to the test given to the respondent. Knowledge is the result of knowing that occurs after people sense a certain object. Sensing occurs through the senses of sight, hearing, smell and touch. Most of human knowledge is obtained through the eyes and ears. Video media is one type of audio-visual media. Audio-visual media is media that relies on the sense of hearing and the sense of sight. Audio visual media is one of the media that can be used in listening learning that is easy to understand and understand [6].

IV. CONCLUSION

Postpartum mother's knowledge was very lacking before health counseling was carried out using video media, with an average value of 63.6 and there were 46.67% lack of knowledge. There was an increase in knowledge after providing counseling using video media on postpartum mother's knowledge about family planning and IUD contraception in the Matakali Health Center with an increase in the average value of 79.28 and mothers with less knowledge also decreased to 0%. There is a significant influence on the knowledge of postpartum mothers about IUD contraception after being given counseling using video media

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