

The Influence Of Counseling With Abpk And Wheel Klop On Participation In Post Party Kb In The Muncak Kabau Health Center OKU East South Sumatra

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Abstract.

Background: Counseling with dual role health workers (ABPK) and the application of the clutch wheel method can have a significant positive impact on participation in postnatal family planning (KB) programs. Purpose of writing: to determine the effect of ABPK and Rodak Lop counseling on postpartum family planning participation at the Muncak Kabau Oku East Community Health Center, South Sumatra in 2023 Research Method: The method in this research is experimental with a Pretest Posttest type of research without a control group. Statistical test data processing uses a paired sample t test if the normality test is normally distributed, if it is not normally distributed using the Wilcoxon test carried out univariately and bivariately with the help of the SPSS 25.0 computer program. Research Results The research results are known as Asymp. Sig (2 – Tailed) has a value of 0.000 because $0.000 < 0.05$, it can be concluded that the hypothesis is accepted. This means that there is an influence of counseling with ABPK and Roda Klop on postpartum family planning participation at the Muncak Kabau Oku East Community Health Center, South Sumatra in 2023 Conclusions and Suggestions: Health workers, especially midwives, can use ABPK and the klop wheel as a means of providing counseling so that it can make it easier for family planning acceptors to make contraceptive choices.

Keywords: ABPK and Klop Wheel Counseling, Postpartum Family Planning Participation.

I. INTRODUCTION

Postpartum Family Planning is a family planning service provided after delivery for up to 42 days (in the Regulation of the Head of the National Population and Family Planning Agency Number 24 of 2017). The aim of postnatal family planning services is to regulate pregnancy/birth spacing and avoid unwanted pregnancies so that each family is able to plan a safe and healthy pregnancy. (Sitiyaroh, N & Mariska, F, 2022). The postpartum family planning program gives couples the possibility to choose a contraceptive method that suits their needs after the birth process. This is done to control the distance between births and can help reduce the risk of pregnancy too soon after giving birth. The choice of contraceptive method and initiation time during the postpartum period depend on the woman's knowledge about contraception. In addition, women's perceptions of family planning depend on good knowledge and have a major influence on their attitudes and practices (Birye Dessalegn Mekonnen et al., 2021). Lack of knowledge about contraceptives can influence decisions in choosing and participating in family planning. Women's knowledge about the role of contraceptive use in family life is very necessary to achieve good welfare. Given that good knowledge increases the intention to use contraception, which may then lead to increased postpartum contraceptive uptake.

(Ruchita Dixit, Aaradhana Bandhani, 2019). According to the 2020 Family Planning Report, almost 30% of Indonesian women received adequate family planning counseling in 2015 to 2017. Good counseling can help mothers choose the most effective contraceptive method and overcome potential side effects. Or, in other words, effective family planning counseling can reduce school dropout rates. Through the application of the Family Planning Decision Making Tool and evaluation of the medical eligibility requirements for contraceptive use, this Family Planning Counseling Module shows how to deliver effective family planning counseling (Roda KLOP). (Sitiyaroh, N & Mariska, F, 2022). His counseling can have an effect on increasing mothers' knowledge about postpartum contraception. In addition, to ensure quality postnatal family planning services, it is necessary to pay attention to the following sources: Availability of competent health personnel,

availability of infrastructure, availability of contraceptives and medicines, availability of guidelines and communication media, as well as management support. (Niam NF, et al, 2020).

The initial survey that the researchers conducted was asking questions to mothers who had just given birth regarding the decision to have family planning after giving birth. The result was that of the 5 mothers who had just given birth at the Muncak Kabau East OKU Health Center, South Sumatra, the results were that 2 people (40%) had decided to have family planning using the injection method, while 3 (60%) had not decided to have family planning. . However, the researchers then conducted counseling using ABPK and the Klop Roda App regarding contraceptive choices and obtained a majority result of 100%, there was a change in willingness to use postpartum contraception as recommended by the researchers. The results of the survey carried out made researchers interested in conducting research to determine the participation in family planning among postpartum mothers. Therefore, the title of this research is "The Effect of Counseling with ABPK and the Klop Wheel Application on Postpartum Family Planning Participation at the Muncak Kabau Oku East Health Center, South Sumatra in 2023"

II. METHODS

The method in this research is experimental with a Pretest Posttest type of research without a control group. The population in this study were all postpartum mothers at the Muncak Kabau Oku Timur Health Center, South Sumatra. The data collected is primary data on the dependent variable, the family planning participation questionnaire. Statistical test data processing uses a paired sample t test if the normality test is normally distributed, if it is not normally distributed using the Wilcoxon test is carried out univariately and bivariately with the help of the SPSS 25.0 computer program.

III. RESULT AND DISCUSSION

A. RESPONDENT CHARACTERISTICS

1. Distribution of Respondents Based on Age, Education, Occupation, Parity, Family Planning History at the Muncak Kabau Oku East Health Center, South Sumatra in 2023

Table 1. Distribution of Respondents Based on Age, Education, Occupation, Parity, Family Planning History at the Muncak Kabau Oku East Health Center, South Sumatra, 2023

N=60		
Mother's Characteristics	Amount (n)	Percentage (%)
Mother's Age		
< 21 years	2	3,3
21-35 years	49	81,7
>35 years	9	15
Education		
Low	8	13,3
Upper Intermediate	42	70,0
High	10	16,7
Work		
Doesn't work	53	88,3
Work	7	11,7
Parity		
Primipara	12	20,0
Multiparous	44	73,3
Grande Multipara	4	16,7
Birth control history		
Not yet on birth control	14	23,3
Inject	26	43,3
Family planning pills	12	20
Implant	8	13,4

Based on table 1 above, it shows that of the 60 postpartum maternal respondents at the Muncak Kabau Oku East Health Center, South Sumatra, the majority of respondents were aged 21-35 years, 49 respondents (86.7%). The majority of respondents have upper secondary education as many as 42

respondents (70.0%), the majority of respondents do not work as many as 53 respondents (88.3%). The majority of respondents have multipara parity as many as 44 respondents (73.3%), the majority have a history of family planning using injections. KB as many as 26 respondents (43.3%).

B. UNIVARIATE DATA RESULTS

1. Average Postpartum Family Planning Participation Before and After ABPK Counseling and Klop Wheels.

Table 2. Average Postpartum Family Planning Participation Before and After ABPK Counseling and Klop Wheels

Postpartum Family Planning Participation					
ABPK Counseling and Klop Wheels	N	Mean	Mean Difference	Min	Max
Before	60	38,80	21,8	32	48
After	60	60,78		47	68

Based on table 2 above, it can be seen that the average post-natal family planning participation before ABPK and Roda Klop counseling was carried out, the value was 38.80 and the average post-natal family planning participation after ABPK and Klop counseling was carried out, the value was 60.78, so it was obtained The difference in the average value of postnatal family planning participation before and after ABPK and Roda Klop counseling was 21.8. The score value for postpartum family planning participation in choosing birth control contraception before ABPK and Roda Klop counseling was carried out was obtained with a minimum value of 32 (postnatal family planning participation slow decision making) and a maximum of 48 (postnatal family planning participation fast decision making), whereas after ABPK and Roda counseling were carried out Klop gets a minimum score of 47 (postpartum family planning participation in fast decision making) and a maximum of 68 (postpartum family planning participation in quick decision making) where the score for fast postpartum decision making in family planning participation is a score of 46-75 and slow decision making in KB participation is a score of 15-45

2. Normality Test

Before carrying out the bivariate analysis, a normality test of pretest and posttest measurements was carried out, ABPK and Roda Klop counseling was carried out to achieve postpartum family planning participation. The data normality test was carried out using the Shapiro Wilk test. After the normality test was carried out, homogeneity was carried out using the Levene's test. This test aims to determine that changes in the average postpartum family planning participation occurred not because of variations in respondents, but because ABPK counseling and the klop wheel were carried out. If the p value > 0.05 then the data is homogeneous.

Table 3. Normality Test Results

	Kolmogorov - smirnov			Shapiro - wilk		
	statistik	df	sig.	statistik	df	sig.
Before	.099	60	.200*	.969	60	.123
After	.154	60	.001	.928	60	.002

Based on table 5.2, the results of the normality test assessment show that the Shapiro - Wilk value is 0.123 (before) and 0.002 (after), so the Shapiro - Wilk value is obtained after with a P-value < 0.05, so it can be concluded that the normality test is not normally distributed. . The results obtained are not normal, so the normality test uses non-parametric statistics (Wilcoxon test) as an alternative to the paired sample T test if the research data is not normally distributed.

C. BIVARIATE DATA RESULTS

1. The Influence of Counseling with ABPK and Roda Klop on Postpartum Family Planning Participation at the Muncak Kabau Oku East Health Center, South Sumatra in 2023

Table 4. Wilcoxon Test Results

ABPK Counseling and Klop Wheels	N	Mean Rank	Sum Of Rank	Sig. (2-tailed)
After before				
Negatif Ranks	0	0,00	0,00	
Positif Ranks	60	30,50	1830,00	0,000
Ties	0			
Total	60			

Based on the Wilcoxon test, the majority of the average values from 60 respondents were positive ranks or the reduction in the score for family planning participation after childbirth before and after was, the mean rank was 30.50 and the sum rank was 1830.00, meaning that 60 people experienced an increase in their family planning participation score. postpartum before and after. The Wilcoxon test did not find any respondents experiencing negative (reduction) and ties (fixed value) on the postpartum family planning participation score. The research results are known as Asymp. Sig (2 – Tailed) has a value of 0.000 because $0.000 < 0.05$, it can be concluded that the hypothesis is accepted. This means that there is an influence of counseling with ABPK and Roda Klop on postpartum family planning participation at the Muncak Kabau Oku East Community Health Center, South Sumatra in 2023

Discussion

A. Discussion of the Influence of Counseling with ABPK and Roda Klop on Postpartum Family Planning Participation

The research results are known as Asymp. Sig (2 – Tailed) has a value of 0.000 because $0.000 < 0.05$, it can be concluded that the hypothesis is accepted. This means that there is an influence of counseling with ABPK and Roda Klop on participation in postpartum family planning at the Muncak Kabau Oku East Health Center, South Sumatra in 2023. Participating in postpartum family planning is an active process where a person has the initiative and uses his freedom to choose the contraception used by the mother after childbirth by making quick decisions without hesitation. Postpartum Family Planning (postpartum) is a family planning service provided to postpartum patients up to 42 days after delivery (Khotimah, KA, et al 2017) Counseling is a very important aspect in family planning and reproductive health services. By conducting counseling, it means that the officer helps the client in choosing and deciding on the type of contraception to be used according to the choice of the mother and her partner. Counseling for family planning acceptors can use tools, namely decision-making tools. (Findawati, 2021). Decision making aids (ABPK), namely these teaching aids, are prepared based on the principle that the knowledge that exists in every human being is received or captured through the five senses. This prop is intended to mobilize as many senses as possible to an object, making perception easier.

(Wahyuni, Sri K & Mahanani S, 2019) Based on the theory of postpartum family planning participation, the research results are in line with previous research conducted by Sitiyaroh, 2020, which explains that there is the effectiveness of the Klop KB wheel application as a contraceptive decision-making tool. In his research, he explains that the medical eligibility criteria for using contraception with Roda Klop aims to identify client conditions that require special attention before using the family planning method. Apart from that, it is also supported by research by Gobel F (2019) who explains that the results of his research show the influence of providing counseling with ABPK on the choice of contraceptives for postpartum mothers. This is proven from statistical analysis using the chi square test, the results of the chi square test show that the $p\text{-value} = 0.037 < 0.05$. The opinion of Gobel F (2019) is that by using ABPK, acceptors will have a clearer picture of the contraceptive device they will use because ABPK with KB is a medium or channel that influences the counseling process. According to the researchers' assumptions about the influence of ABPK counseling and the clutch wheel on the participation of prospective family planning acceptors after childbirth in using contraception, this is because there is a need for knowledge about family planning acceptors to change wrong perceptions about contraceptive use. T

his is supported by Findawati's (2021) theory: Perception is an individual's understanding of an object obtained through a cognitive process, whether influenced from within the individual or from outside the individual. In this case, an individual's view or understanding of contraceptive methods will ultimately determine a person's choice of contraceptive method. The researcher's assumption in this study is that counseling is carried out simultaneously. Counseling using the ABPK and the Klop wheel can influence family planning participation among family planning acceptors because these two tools make it easier for acceptors to make decisions about using family planning contraception. This is because ABPK is known as a teaching tool or family planning educational media with the aim of empowering clients to choose a method that suits their needs and situation (Wahyuni Sri K & Mahanani S, 2019). Meanwhile, the fitting wheel application is a medical eligibility criterion for using contraception which is part of the process to improve

the quality of services in family planning. (Yunita L & Anisa Noor F, 2023) The safety of any contraceptive method is determined by several considerations in the context of the medical condition or associated medical characteristics; especially whether the contraceptive method worsens a medical condition or creates additional health risks, and whether the medical condition makes the contraceptive method less effective.

The safety of this method must be considered along with the benefits of preventing unwanted pregnancy. (Yunita L & Anisa Noor F, 2023) Based on this theory, each assistive device via the ABPK and the clutch wheel both have advantages so that providing knowledge and information to family planning acceptors can influence birth control acceptors in postpartum mothers who are quick in making decisions about choosing which contraceptive to use. We can prove this from the results of this study based on the Wilcoxon test statistical test, the majority of the average values of the 60 respondents, namely positive ranks or reduction in the score of postpartum family planning participation before and after, are, mean rank is 30.50 and sum rank is 1830, 00 means 60 people experienced an increase in their postpartum family planning participation score before and after. The Wilcoxon test did not find any respondents experiencing negative (reduction) and ties (fixed value) on the postnatal family planning participation score. On the basis of theory and the results of this research, the researcher concludes that providing knowledge about family planning selection is appropriate in providing information more effectively using tools, namely ABPK and the fitting wheel which have been proven to influence prospective family planning acceptors in making decisions to choose contraception.

B. Research Limitations

Based on the title of the research which focuses on the effect of counseling with ABPK aids and fitting wheels on postpartum family planning participation, which according to researchers still has limitations in the research, namely the sample size is still insufficient or small so researchers cannot generalize it to a larger population due to limited research time. short, so that researchers can conduct research with a small sample size and only 1 community health center work area.

IV. CONCLUSIONS AND RECOMMENDATIONS

Based on the results and discussion of research results, it can be concluded that:

1. Based on the characteristics of respondents, from 60 postpartum mothers at the Muncak Kabau Oku East Health Center, South Sumatra, the majority of respondents were aged 21-35 years, 49 respondents (86.7%). The majority of respondents have upper secondary education as many as 42 respondents (70.0%), the majority of respondents do not work as many as 53 respondents (88.3%). The majority of respondents have multipara parity as many as 44 respondents (73.3%), the majority have a history of family planning using injections. KB as many as 26 respondents (43.3%).

2. The average post-natal family planning participation before ABPK and Roda Klop counseling was carried out, the value was 38.80 and the average post-natal family planning participation after ABPK and Roda Klop counseling was obtained, the value was 60.78, so the difference in average value was obtained. Postpartum family planning participation before and after ABPK and Roda Klop counseling was 21.8.

3. The score value for postpartum family planning participation in choosing birth control contraception before ABPK and Roda Klop counseling was carried out was obtained with a minimum value of 32 (postpartum family planning participation slow decision making) and a maximum of 48 (postpartum family planning participation fast decision making), whereas after ABPK counseling was carried out and Roda Klop got a minimum score of 47 (postpartum family planning participation, fast decision making) and a maximum of 68 (postpartum family planning participation, quick decision making) where the score for quick postpartum decision making in family planning participation is a score of 46-75 and decision making slow in participating in family planning, namely a score of 15-45.

4. The research results are known as Asymp. Sig (2 – Talled) has a value of 0.000 because $0.000 < 0.05$, it can be concluded that the hypothesis is accepted. This means that there is an influence of counseling with ABPK and Roda Klop on postpartum family planning participation at the Muncak Kabau Oku East Community Health Center, South Sumatra in 2023

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