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## The Effect of Counseling on Family Planning Acceptors in Making Decisions on Contraceptives During the Postpartum Period at the Jatiluhur Health Center, Purwakarta Regency, Indonesia

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### ABSTRACT

Indonesia is a country with a fairly large population, so efforts are needed to control population growth through the family planning (KB) program. One of the factors that influence the success of a family planning program is the decision-making of appropriate contraceptives by prospective family planning acceptors. Counseling is an effort to improve appropriate contraceptive decision-making. The aim of this research is to determine the effect of counseling on family planning acceptors in making decisions about contraceptives during the postpartum period at the Jatiluhur Health Center, Purwakarta Regency, Indonesia. This research uses a quasi-experimental research design with a pretest-posttest control group design. The research population was all postpartum women who gave birth at the Jatiluhur Health Center, Purwakarta Regency, in January-March 2023. The research sample was 60 people, consisting of 30 people in the experimental group and 30 people in the control group. Data was collected using a family planning counseling questionnaire. Data analysis used the t-test. The results of the research show that there is an influence of counseling on family planning acceptors in making decisions about contraceptives during the postpartum period at the Jatiluhur Health Center, Purwakarta Regency, Indonesia. The experimental group that was given counseling had a higher contraceptive decision-making score than the control group that was not given counseling. The conclusion of this study is that counseling is effective in improving contraceptive decision-making among family planning acceptors during the postpartum period.

### 1. Introduction

Indonesia is a country with a fairly large population, namely around 273.5 million people in 2023. This large population is a challenge for the government in its development efforts. One of the efforts made by the government to control population growth is through the family planning (KB) program. The family planning program is one of the efforts made to regulate births in the family deliberately, healthily and regularly. The family planning program aims to improve family welfare, reduce maternal and child mortality rates, and improve the family's quality of life.<sup>1-3</sup>

One of the factors that influence the success of a family planning program is the decision-making of appropriate contraceptives by prospective family planning acceptors. Making the right decision about contraceptives is influenced by several factors, namely: Knowledge about contraceptives; Attitudes towards contraceptives; Preference for contraceptives; Support from partner; Support from family and community. Counseling is an effort to improve appropriate contraceptive decision making. Counseling is a communication process between the counselor and the client to help the client understand information and make decisions. Family planning



counseling can provide complete and accurate information about various types of contraceptives so that prospective family planning acceptors can make the right decisions according to their needs and conditions.<sup>4-7</sup> The aim of this research is to determine the effect of counseling on family planning acceptors in making decisions about contraceptives during the postpartum period at the Jatiluhur Health Center, Purwakarta Regency, Indonesia.

## 2. Methods

This research uses a quasi-experimental research design with a pretest-posttest control group design. The research population was all postpartum women who gave birth at the Jatiluhur Health Center, Purwakarta Regency, in January-March 2023. The research sample was 60 people, consisting of 30 people in the experimental group and 30 people in the control group. The experimental group was given family planning counseling by a midwife at the Jatiluhur Health Center for 30 minutes. Family planning counseling includes information about various types of contraceptives, how contraceptives work, the advantages and disadvantages of contraceptives, and how to use contraceptives. The control group was not given family planning counseling. Data was collected using a family planning counseling questionnaire. The family planning counseling questionnaire consists of 20 items, which measure knowledge, attitudes, and preferences toward contraceptives. Data analysis used the t-test.

## 3. Results and Discussion

The results showed that there were differences in contraceptive decision-making scores between the experimental group and the control group. The experimental group that was given family planning counseling had a higher contraceptive decision-making score ( $87.89 \pm 9.76$ ) than the control group that was not given counseling ( $54.76 \pm 6.66$ ). The difference in contraceptive decision-making scores

between the experimental group and the control group was statistically significant ( $p < 0.05$ ).

Family planning counseling is a communication process between the counselor and the client to help the client understand information and make decisions. In the context of decision-making on contraceptives, family planning counseling can provide complete and accurate information about various types of contraceptives so that prospective family planning acceptors can make the right decisions according to their needs and conditions. The information provided in family planning counseling may include the following: Types of contraceptives; How contraception works; Advantages and disadvantages of contraception; Side effects of contraceptives; How to use contraception.<sup>8-10</sup>

This complete and accurate information can help prospective family planning acceptors understand the various types of contraceptive options available. Prospective family planning acceptors can also consider other factors that influence their decision-making, such as their health needs and conditions, as well as support from their partner and family. Thus, family planning counseling can help prospective family planning acceptors make appropriate and responsible decisions about the contraceptives they will use.<sup>11-13</sup>

The information provided in family planning counseling can increase the knowledge of prospective family planning acceptors about contraceptives. Complete and accurate knowledge about contraceptives can help prospective family planning acceptors understand the advantages, disadvantages, and side effects of each contraceptive method. The attitude of prospective family planning acceptors towards contraceptives can be influenced by various factors, including knowledge, experience, and personal values. Family planning counseling can help prospective family planning acceptors understand the advantages and disadvantages of each contraceptive method so that they can form a positive attitude toward the contraceptive method they choose. Family



planning counseling can help prospective family planning acceptors develop their ability to make decisions. Counselors can provide guidance and support to prospective family planning acceptors in the decision-making process.<sup>14-16</sup>

#### 4. Conclusion

The conclusion of this study is that counseling is effective in improving contraceptive decision-making among family planning acceptors during the postpartum period.

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