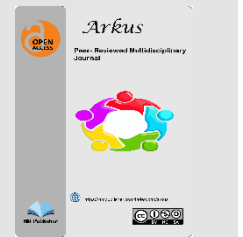




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Optimizing the Role and Increasing Knowledge of Women of Childbearing Age About Contraception at the Pratama Lena Clinic, Purwakarta, Indonesia

Devita Zakirman^{1*}

¹Politeknik Bhakti Asih, Purwakarta, Indonesia

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*Corresponding author:

Devita Zakirman

E-mail address:

shinyriapратиwi@polbap.ac.id

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ABSTRACT

As an effort to promote family planning, the government and health workers can provide comprehensive reproductive health services, including consultations about contraception, health checks, and contraceptive installation. Contraceptive education through counseling or lectures can be effective in increasing public understanding of various contraceptive methods, their benefits, and how to use them. Counseling or lectures enable the delivery of targeted and comprehensive information to individuals or groups. This study aimed to describe contraceptive education for women of childbearing age at the Pratama Lena Clinic, Purwakarta. This study is a descriptive observational research. The research location was at the Pratama Lena Clinic, Purwakarta, Indonesia. A total of 35 respondents took part in this study. The inclusion criteria for research subjects were women aged 19-35 years and willing to take part in this research. Most respondents were aged 26-30 years (65.7%), had a senior high school education (62.9%) and used injectable contraception (45.7%). Based on pre and post-assessment evaluations, there was an increase in knowledge about contraception by 50%. The increase in knowledge obtained by participants reflects that participants are able to accept the information received through health education. In conclusion, reproductive health and contraception education programs for women of childbearing age can increase knowledge and acceptance of contraceptive use.

1. Introduction

Contraception is a method used to intentionally prevent pregnancy by controlling or stopping the reproductive process.¹ The government can popularize and support the use of contraception as part of population policy to regulate population growth. Countries can ensure that contraception is easily accessible to the public by providing affordable and safe access to various types of contraception, including condoms, contraceptive pills, intrauterine devices (IUDs), and contraceptive injections.^{2,3} Birth control through contraception is an important aspect of population and reproductive health policy planning in many countries to achieve sustainable development goals and overcome problems such as uncontrolled population growth and pressure on natural resources.

As an effort to promote family planning, the government and health workers can provide comprehensive reproductive health services, including consultations about contraception, health checks, and contraceptive installation. Reproductive health consultation services help individuals choose contraceptive methods that suit their needs. Some countries have family planning policies that support contraceptive use and manage population growth. Such policies may include incentives or financial support for families participating in family planning programs.^{4,5}

Contraceptive education through counseling or lectures can be effective in increasing public understanding of various contraceptive methods, their benefits, and how to use them. Counseling or lectures

enable the delivery of targeted and comprehensive information to individuals or groups.⁶ Contraceptive counseling can be tailored to individual needs. A counselor can help individuals choose the contraceptive method that best suits their situation, considering factors such as age, health, and personal preferences. Lectures or counseling held in groups can also have positive social effects. When individuals hear positive experiences from others who have used contraception successfully, this may increase their motivation to adopt a contraceptive method. Counseling and lectures delivered correctly and tactfully can play an important role in helping individuals make informed decisions regarding contraception and birth control. This study aimed to describe contraceptive education for women of childbearing age at the Pratama Lena Clinic, Purwakarta.

2. Methods

This study is a descriptive observational research. The research location was at the Pratama Lena Clinic, Purwakarta, Indonesia. A total of 35 respondents took part in this study. The inclusion criteria for research

subjects were women aged 19-35 years and willing to take part in this research. Each respondent has provided informed consent and signed an agreement to participate in the research. This study has received approval from the ethical committee of the Politeknik Bhakti Asih, Purwakarta, Indonesia. Before counseling was carried out, respondents were given a pre-assessment in the form of a short questionnaire regarding contraceptive knowledge. Respondents were given lectures and counseling regarding various contraceptive methods. After the counseling is complete, the subject is given a post-assessment questionnaire as an evaluation of the activity.

3. Results and Discussion

Table 1 describes the characteristics of research respondents. Most respondents were aged 26-30 years (65.7%), had a senior high school education (62.9%), and used injectable contraception (45.7%). Based on pre and post-assessment evaluations, there was an increase in knowledge about contraception by 50%. The increase in knowledge obtained by participants reflects that participants are able to accept the information received through health education.

Table 1. Characteristics of respondents.

Variable	N (%)
Age group (years)	
20-25	5 (14,3)
26-30	23 (65,7)
31-40	7 (20)
Recent education	
Junior high school	5 (14,3)
Senior high school	22 (62,9)
College	8 (22,8)
Contraception used	
Inject	16 (45,7)
Implant	5 (14,3)
IUD	4 (11,4)
Pill	10 (28,6)

Apart from the low level of education and lack of information sources, experience also greatly influences the level of knowledge of mothers. every health worker is obliged to provide correct information and motivation about contraceptives to women of

childbearing age so that they have sufficient knowledge and awareness to participate in the family planning movement.^{7,8}

knowledge has a big influence on a person's level of acceptance of contraception. the better a person

understands various contraceptive methods, how they work, their benefits, and possible risks and side effects, the more likely they will accept and use contraception appropriately. good knowledge of contraception allows individuals to understand how different contraceptive methods work and choose the one that best suits their needs. this helps in making the right decision.⁹

Sufficient knowledge can help individuals overcome fears or misconceptions about contraception. for example, someone who understands that most contraceptive methods are safe and effective will be more likely to accept contraception than someone who has many misconceptions about the risks. individuals who have good knowledge about contraception tend to be more satisfied with their use. they may experience fewer side effects or be better able to deal with problems that may arise. knowledge helps individuals make informed decisions about when and how to use contraception, consistent with their goals of birth control.^{10,11}

Therefore, effective education and counseling about contraception is important. educational programs organized by governments, health institutions, and non-governmental organizations aim to increase public knowledge about contraception, facilitate open discussion on this topic, and promote the safe and effective use of contraception.^{11,12} With increasing knowledge, it is hoped that the level of acceptance and appropriate use of contraception will increase, which in turn can help control births and improve reproductive health.

4. Conclusion

Reproductive health and contraception education programs for women of childbearing age can increase knowledge and acceptability of contraceptive use.

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