

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.

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 post-miscarriage 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 pre- 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 Dlangu 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 Dlangu 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.

Table 1 Distribution of Respondents by Age in Dlanggu Village, Kec. Deket, Kab. Lamongan 2020

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 employees	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	1	11	36.7
2	2-4	2-4	17	56.7
3	> 4>	>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%)

DISCUSSION

In this discussion, the researcher explains more about "The Study of Postpartum Mother Knowledge About Contraceptives During Postpartum Period in Dlanggu Village, Kec Deket Kab. Lamongan ". It shows that 46.7% of postpartum mothers are classified as having sufficient knowledge about contraceptives during the postpartum period, 36.7% of childbirth mothers who have less knowledge and 16.7% of childbirth mothers who have good knowledge.

This can be influenced by the age of the respondents, most of whom are 20-35 years old, and belong to the young adult stage. The

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" results. This happens after someone senses a certain object through the five human senses, namely 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 appropriate 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 information to increase the mother's knowledge about contraception during the postpartum period.

2. For Health Officials (Midwives)
Health workers should be more cooperative 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 together with health workers to help provide education about contraception to the general 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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