

Anxiety Levels of Couples of Childbearing Age Regarding Interest in Using Contraceptive Implants in the Working Area of the Mopah Baru Community Health Center, Merauke, South Papua 2023

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ABSTRACT

The implant contraceptive method is one of the long-term contraception methods that is less popular with the public, especially couples of childbearing age. This study aims to determine The relationship between anxiety levels of couples of childbearing age and interest in using birth control implants in the working area of the Mopah Baru Community Health Center, Merauke, South Papua 2023. This research uses descriptive research. The research design uses survey research. With technique *purposive sampling* A sample of 87 respondents was obtained, the independent variable (anxiety level) and the dependent variable (interest in using birth control implants) used a questionnaire. Statistical tests are used *Chi-Square* to find out the relationship between the two variables. Research results from 87 respondents were obtained sThe majority had a mild level of anxiety about using contraceptive implants, namely 47 respondents (54%), and sThe majority of respondents have a low interest in the use of KB implants, namely 74 respondents (85.1%). Analysis uses statistical tests *Chi-Square* found there the relationship between the level of anxiety of fertile age couples and their interest in the use of contraceptive implants that is $p\text{ value} = 0,016 < 0,05$. It is necessary to seek various sources of information from various parties (for example through print media, electronic media, through friends, family and competent health workers) before making a decision, especially information about the side effects and limitations of birth control implants, so that respondents are not anxious and can have an interest in the use of birth control implants.

Keywords : Interest in Implant use, Level of Anxiety

INTRODUCTION

Indonesia is a developing country with the fourth largest population after China, India and the United States with a population reaching 276,639,440 people (Worldometers, 2020). One of the problems experienced by developing countries is the population explosion. The population explosion will result in a very rapid population growth rate (Riyanti in Zulliati, et al, 2015). The efforts made by the Indonesian government to control population growth are by launching a birth control program which is implemented through the Family Planning (KB) program. The target of the family planning program is couples of childbearing age, namely husband and wife, with the vision of creating a quality family and balanced population growth in order to achieve an advanced, sovereign, independent, and personality-based Indonesia based on mutual cooperation.

The family planning program plays a major role in reducing population growth through family planning by arranging safe, healthy and desired pregnancies (Ministry of Health, 2014). Family planning programs through the use of contraceptives include short-term contraception

and long-term contraception. Short-term contraception includes injections, pills and condoms, while long-term contraception consists of IUD, MOW, MOP and implant. Considering the high dropout rate for Short Term Contraceptive Methods, active family planning users are directed to increase long-term contraception coverage. This is because long-term contraception is more effective in preventing unwanted pregnancy than short-term contraception (Winner et. al., 2012).

The implant contraceptive method is one of the long-term contraception methods that is less popular with the public, especially couples of childbearing age (PUS), even though the effectiveness of implant contraception is very high, namely 0.2-1 pregnancy failures per 100 women (Saifuddin, 2010). WHO data shows that users of contraceptive implants throughout the world are still below injectable contraceptives, pills, condoms and IUDs, especially in developing countries. The percentage of use of injectable contraceptives is 35.3%, pills 30.5%, IUDs 15.2%, while implants are under 10%, namely 7.3%, and other contraceptives are 11.7% (Sari, et.al. , 2020). Long-term contraception preference coverage in Indonesia in 2019 was still low at only around 18% with the percentage of long-term contraception participants being implants 7.4%, IUD 7.4%, MOW 2.7%, and MOP 0.5% (Ministry of Health of the Republic of Indonesia, 2021).

Based on data from the Indonesian Ministry of Health in 2017, it shows that the highest use of contraceptive implants was in Central Java Province at 8.27% and the lowest users were in West Papua Province at 6.45%. Merauke Regency is one of the regencies in Papua Province with the number of couples of childbearing age in 2021 being 5,739. Based on the number of existing EFAs, there are a number of active family planning participants with details of injections (45%), pills (22%), MOP (0%), MOW (0.9%), implants (12.4%), IUDs (18, 5%). The most popular contraceptive methods are IUDs and injections. Meanwhile, the lowest choice of contraceptive methods were implants and MOP (Papua Province Central Statistics Agency, n.d.)

Mopah Baru Community Health Center is one of the Community Health Centers in Merauke Regency. The number of couples of childbearing age at the Mopah Baru Community Health Center from 2021-2023 is 4,854 people. From this data, there are 933 people who are family planning acceptors in 2021, of which 0 people use implants (none). In 2022, there will be 2,275 family planning acceptors, of which 9 people will use implants. Then in 2023 there will be 693 people who are family planning acceptors, of which 13 people will use implants (Merauke District Health Service, 2023). Based on the results of interviews with 10 patients who came for contraceptive injections, it was found that the patients were not interested in using implants because they were afraid and anxious about the installation and side effects.

The implant is a long-term contraceptive method in the form of an implant made from a type of plastic rubber containing hormones, installed in the upper arm. Implants can be used for a long term of 3-5 years and are reversible (Wirda, 2021). The advantage of implant contraception is that it is highly effective at 99% in preventing pregnancy for 3 years (implant failure rate, 1 in 100 women per year in the first 3 years), this is the same as the effectiveness of the IUD, but the implant has a smaller percentage of failure, which is equal to 0.05%, while the IUD has a failure percentage of 0.8% (Ministry of Health of the Republic of Indonesia, 2013). Implants are an effective, safe and comfortable contraceptive option for women. Once the implant is installed there is no need to remember it every day. The implant contains levonorgestrel which is a progesterone hormone (Handayani, 2010).

From the data obtained, implant contraception is a contraceptive method that is less popular with some women of childbearing age as an option for spacing or preventing pregnancy even though the effectiveness of implant contraception is very high (Antono et al, 2018). The determination or low use of contraceptive devices used is caused by the acceptor himself. There are several factors that are very influential in choosing a contraceptive implant method or

device, namely the level of knowledge, anxiety, side effects of contraceptives, motivation and providing information (Salviana, 2013). Fear of pain during implant insertion is a major source of anxiety for many women, the actual pain experienced is not as severe as imagined. Satisfaction levels were found to be high in users who were self-motivated and informed. All clients approach insertion with a level of anxiety that can be reduced by providing detailed explanations and preparation (Speroff, 2005).

Psychological intervention is one intervention in overcoming client anxiety. Much evidence suggests that illnesses caused by anxiety and depression are experienced by clients receiving physical care. Health workers often minimize the client's anxiety by not telling the client the whole truth about the prognosis or side effects of treatment that may occur to the client. Existing evidence suggests that stress is caused by a lack of information. The client's fears are worse than the reality and without real information the client can feel uncertain and unable to act appropriately. This can reduce self-confidence, increase hopelessness and increase anxiety (Abraham, 1997).

Based on the background above, the author is interested in conducting research on "Anxiety Levels of Childbearing Couples regarding Interest in Using Implant Birth Control in the Mopah Baru Health Center Working Area, Merauke, South Papua 2024".

METHOD

This research uses descriptive research. The research design uses survey research. With technique *purposive sampling* A sample of 87 respondents was obtained, the independent variable (anxiety level) and the dependent variable (interest in using birth control implants) used a questionnaire. Statistical tests are used *Chi-Square* to find out the relationship between the two variables. Analysis uses statistical tests *Chi-Square* found there the relationship between the level of anxiety of fertile age couples and their interest in the use of contraceptive implants that is $p \text{ value} = 0,016 < 0,05$.

RESULTS

Table. 1 Distribution of Respondent Characteristics and Variables

Research result	Frequency (f)	Percentage (%)
Emergency Level		
No worries	40	46
Mild anxiety	47	54
Emergency is moderate	0	0
Severe anxiety	0	0
Emergency is very heavy	0	0
Interest		
Low	74	85,1
Height	13	14,9
Amount	87	100

Source: Research Questionnaire, dated February 2024

Table 2. Cross Tabulation between Variables

			Implant User Interest Criteria		Total
			Low	Height	
Anxiety Level	Don't worry	Frequency	38	2	50
		%	51,4%	15,4%	46%
Criteria	Mild	Frequency	36	11	47
	Anxiety	%	48,6%	84,6%	54%
Total		Frequency	74	13	87

	%	100%	100%	100%
Source: Research Questionnaire, dated February 2024				
Based on table 2 above, it is known that of the 87 mothers, the majority were not worried about using contraceptive implants and had low interest in using contraceptive implants, namely 38 people (51.4%).				

Analysis of Research Statistical Test Results			
Nominal by Nominal	Contingency Coefficient	Value	Approx. Sig
N of valid Cases		5.759	.016
		87	

The results of the chi square test show that $p \text{ value} = 0.016 < 0.05$, which means there is a relationship between the anxiety level of couples of childbearing age and interest in using birth control implants in the working area of the Mopah Baru Health Center, Merauke, South Papua in 2023.

DISCUSSION

Identify Anxiety Levels

Based on table 1, it is known that of the 87 respondents, it was found that the majority had a mild level of anxiety about using birth control implants, namely 47 respondents (54%).

Anxiety is a powerful force in driving a person's behavior, both normal and deviant. Every human being, whether they realize it or not, has never experienced anxiety. Anxiety is characterized by feelings of worry, nervousness, tension, insecurity, and irritability. Mild anxiety is a natural emotional disorder (affective) which is characterized by deep and continuous feelings of fear or worry, there is no disturbance in assessing reality, the personality remains intact, and behavior can be disturbed but is still within normal limits. The negative impact of anxiety is the occurrence of drop outs and discomfort when using the IUD (Nur'aini, 2022).

The HAM-A, also called HARS, was one of the first rating scales developed to measure the severity of anxiety symptoms in adults and adolescents, and is still widely used today in both clinical and research settings. The scale consists of 14 items, each defined by a set of symptoms, and measures psychic anxiety (mental agitation and psychological distress) and somatic anxiety (physical complaints related to anxiety) (Thompson, 2021).

In the researcher's opinion, the majority of respondents who had a mild level of anxiety in this study were because the respondents only had one to two anxiety symptoms on each HARS scale statement item. The mild anxiety felt by respondents regarding the use of contraceptive implants caused respondents to have low interest in using contraceptive implants. The mild anxiety that is most often experienced, for example, is that respondents feel worried and afraid about surgical procedures for insertion and removal of implants, autonomic symptoms such as headaches and dizziness arise, and symptoms of digestive disorders such as nausea and weight gain or loss arise. The anxiety felt by respondents is closely related to decision making regarding the use of birth control implants. Therefore, there is a need for psychological support from husbands, family and health workers to reduce this anxiety.

Identify Interest in Using Birth Control Implants

Based on table 1, it is known that of the 87 respondents, it was found that the majority of respondents had low interest in using contraceptive implants, namely 74 respondents (85.1%).

There are several factors that influence the growth and development of an interest, namely internal factors and external factors. According to Syah (Elyani, 2010) internal factors come from within, for example intentions, motivation and desires, and external factors come from family and friends.

In the researcher's opinion, the majority of respondents had low interest in using contraceptive implants in this study because respondents did not yet want and did not plan to switch to using contraceptive implants, respondents were comfortable with the contraception currently used, and there was a lack of sources of information from family and friends about birth control implants, as well as the lack of promotion of birth control implants through print, electronic and banner media. Apart from that, the anxiety felt by respondents, especially fear of experiencing complaints or side effects of birth control implants, caused respondents to have low interest in using birth control implants.

Some respondents who had a high interest in using contraceptive implants in this study, according to the researcher's opinion, this was due to the role of health workers, especially midwives, in providing education about implants, so that even though fear/concern arose, it did not affect interest in using contraceptive implants.

Analysis of Anxiety Levels of Couples of Childbearing Age Regarding Interest in Using Birth Control Implants

The results showed that most of the 74 mothers were not worried about using contraceptive implants and had low interest in using contraceptive implants, namely 38 people (51.4%). The results of the chi square test show that $p \text{ value} = 0.016 < 0.05$, so H_0 is rejected and H_1 is accepted, which means there is a relationship between the anxiety level of couples of childbearing age and interest in using birth control implants in the working area of the Mopah Baru Health Center, Merauke, South Papua in 2024.

Anxiety is a powerful force in driving a person's behavior, both normal and deviant. The negative impact of anxiety is the occurrence of drop outs and discomfort when using implants. Public anxiety is still a factor influencing low interest in contraceptive implants (Heriani, 2020).

In the researcher's opinion, there is a relationship between the anxiety level of couples of childbearing age and their interest in using birth control implants in the work area of the Mopah Baru Merauke Public Health Center. In this study, this research proves that the level of anxiety really has an impact on interest in using birth control implants. This is proven by the results of this study, namely that there is a relationship between the anxiety level of couples of childbearing age and their interest in using birth control implants. Therefore, anxiety about using birth control implants needs to be reduced through supportive and communicative efforts. Supportive efforts can be made through support from those closest to you (husband and family). Meanwhile, communicative efforts can be made through counseling or education, especially about the side effects and limitations of birth control implants. If you don't get a correct explanation, especially about the side effects and limitations of contraceptive implants, interest in using contraceptive implants will remain low compared to other contraceptives.

CONCLUSION

1. The majority had a mild level of anxiety about using birth control implants, namely 47 respondents (54%).
2. Most respondents had low interest in using contraceptive implants, namely 74 respondents (85.1%).
3. There is a relationship between the anxiety level of couples of childbearing age and interest in using birth control implants, namely $p \text{ value} = 0.016 < 0.05$

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