

The Relationship Of Information Sources And Level Of Anxiety Towards Participation In Iud Use In Mopah Baru Health Center Working Area Merauke, South Papua

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ABSTRACT

One of the appropriate contraceptives to prevent pregnancy, especially in the long term, is the IUD. This study aims to determine the relationship between information sources and anxiety levels on participation in using IUDs in the Mopah Baru Community Health Center working area. This research uses a research design *Analytical Observational* with approach *cross sectional*. With technique *simple random sampling* there was sample of 87 respondents obtained, the independent variable (source of information and level of anxiety) and the dependent variable (participation in IUD use) used a questionnaire. Statistical tests are used *Chi-Square* to find out the relationship between the two variables. The results of research from 87 respondents showed that most of the criteria respondents did not get a source of information about IUD use as many as 54 respondents (62.1%), the majority of respondents experienced moderate anxiety about IUD use, namely 47 respondents (54%), and it was found that the majority of respondents The criteria for not participating in IUD use were 79 respondents (90.8%). Analysis uses statistical tests *Chi-Square* It was found that there was a relationship between the source of information and participation in using the IUD, namely $p\text{ value} = 0.000 < 0.05$, and there was a relationship between the level of anxiety and participation in using the IUD, namely $p\text{ value} = 0.001 < 0.05$. 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 IUD contraception, so that respondents are not anxious and do not hesitate to take part in IUD use.

Keywords: Participation in IUD use, Source of information, Level of Anxiety

INTRODUCTION

One of the appropriate contraceptives to prevent pregnancy, especially in the long term, is the IUD (Ratna, Irma Jayatmi, 2023). IUD (Intra Uterine Device) is an effective contraceptive method, especially for women who are in the period after giving birth, or giving birth. The IUD in IUD contraception has an effectiveness of 99.2%-99.8% in the first year of use and the failure rate in the first year of Cu T 380a is 0.6-0.8%, after stopping use of Cu T 380a IUD users will become fertile again with the possibility 82% of pregnancy returns in the first year and 89% in the 2nd year of delivery (Ratna, Irma Jayatmi, 2023).

WHO data shows that currently it is estimated that 30% of those using IUDs/AKDRs are in China, 13% in Europe, 5% in the United States, 6.7% in other developing countries (Nurmalita Sari, Sopiani and Irawati, 2020).

Data from the Central Statistics Agency for 2023 shows that in Indonesia, the percentage of women aged 15-49 years and married who are currently using or using

contraceptives in 2020 is 56.04%. This percentage decreased slightly in 2021, namely 55.06%, and increased again in 2022, namely 55.36% (Central Statistics Agency, 2022).

Data from the Central Statistics Agency for 2023 shows that the number of couples of childbearing age in Papua Province in 2019 was 332,840 people, of which 12,604 people used IUDs. In 2020, the number of couples of childbearing age decreased to 176,496 people, of which 8,156 people used IUDs. Then, in 2021 the number of couples of childbearing age increased again, namely 400,641 people, of which 4,195 people used IUDs (Central Statistics Agency, 2022).

Data from the Central Statistics Agency for 2023 shows that the number of couples of childbearing age in Merauke Regency in 2019 was 2,851 people, of which 26 people used IUDs. In 2020, the number of couples of childbearing age decreased to 2,535 people, of which 14 people used IUDs. Then, in 2021 the number of couples of childbearing age increased again, namely 21,492 people, of which 1,063 people used IUDs (Central Statistics Agency, 2022).

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 1 person uses an IUD. In 2022, there will be 2,275 family planning acceptors, of which 0 people will use IUDs (none). Then in 2023 there will be 693 people who are family planning acceptors, of which 2 people will use IUDs (Merauke District Health Service, 2023).

The source of information obtained by the mother can influence the mother's decision making. The low participation of respondents in using the IUD contraceptive device is partly influenced by incorrect information obtained about the side effects caused by the use of the IUD contraceptive device such as vaginal discharge, increased body temperature, shivering, etc. This means, to choose the type of IUD contraception, it is very important to access as much information as possible about the contraceptive (Ratna, Irma Jayatmi, 2023).

Apart from the information source factor, the mother's anxiety level also influences the use of the IUD. Anxiety can arise influenced by several factors, namely environmental factors, suppressed emotions, physical causes as interactions between the mind and body, and hereditary factors. Anxiety has both physical and psychological symptoms. When using IUD contraception, the symptoms that often appear are general aggravation, such as nervousness, annoyance, tension and panic, sudden headaches, shaking, sweating, flushed face, dry mouth, digestive disorders (diarrhea) and frequent urination (Ratna, Irma Jayatmi, 2023).

A preliminary study conducted by researchers at the Mopah Baru Community Health Center in August 2023, using direct interviews, obtained data from 20 family planning acceptors, only 2 people chose to use long-term contraception (IUD) and 18 people chose to use non-long-term contraception (injections, pills and implants). This shows that there is still little participation by couples of childbearing age to use IUDs. Two mothers used IUD contraception because they already knew about the advantages and disadvantages of IUD contraception, received a lot of information about IUD contraception, especially the availability of free IUD contraceptive installations at health centers, and because they already had enough children so they did not want to have more children. Meanwhile, 18 mothers did not use IUD contraception because they were afraid of how to install it, afraid of pain, afraid of it falling out. Apart from that, mothers have heard a lot from neighbors who use IUDs. The threads from the IUD are often felt when washing the genitals, and husbands do not allow them to use IUDs.

In research conducted by Ratna and Irma Jayatmi with the title "Relationship between sources of information, husband's support and level of anxiety regarding participation of IUD family planning acceptors" shows that there is a relationship between sources of information and participation of IUD family planning acceptors ($p = 0.005$ $p < \alpha$ or $0.005 < 0.05$), there is a relationship between husband's support for the participation of IUD family planning acceptors

with ($p = 0.014$ $p < \alpha$ or $0.014 < 0.05$), and there is a relationship between the level of anxiety towards participation of IUD family planning acceptors with ($p = 0.010$ $p < \alpha$ or $0.010 < 0.05$) (Ratna, Irma Jayatmi, 2023).

Based on the background above, the author is interested in conducting research on the relationship between sources of information and levels of anxiety regarding participation in using IUDs in the working area of the Mopah Baru Health Center, Merauke, South Papua.

METHODS

This research uses a research design *Analytical Observational* with approach *cross sectional*. With technique *simple random sampling* A sample of 87 respondents was obtained, the independent variable (source of information and level of anxiety) and the dependent variable (participation in IUD use) used a questionnaire. Statistical tests are used *Chi-Square* to find out the relationship between the two variables. Data analysis found that there was a relationship between the source of information and participation in using the IUD, namely p value = $0.000 < 0.05$, and there was a relationship between the level of anxiety and participation in using the IUD, namely p value = $0.001 < 0.05$.

RESULTS

Table. 1 Distribution of Respondent Characteristics and Variables

Research result	Frequency (f)	Percent (%)
Age		
20-35 Years	66	75,9
>35 Years	21	24,1
Types of Contraceptives		
Condom	3	3,4
Inject	34	39,1
Pil	30	34,5
Implant	12	13,8
IUD	8	9,2
Sterilization	0	0
Resources		
Not Getting Sources of Information	54	62,1
Getting Sources of Information	33	37,9
Emergency Level		
Light	40	46
Moderate	47	54
Heavy	0	0
Very Heavy	0	0
Participation in IUD Use		
Not Participating	79	90,8
Participating	8	8,2
Amount	87	100

Source: Research Questionnaire, December 25, 2023

Table 2. Cross Tabulation Between Variables

			Participation Criteria for IUD Use		Total
			Not Participating	Ikucerta	
Information Source Criteria	Not Getting Sources of Information	Frequency	54	0	54
		%	68,4%	0%	62,1%
	Getting Sources of Information	Frequency	25	8	33
		%	31,6%	100%	37,9%
Total			Frequency	8	87
			%	100%	100%
Emergency Level Criteria	Very Heavy	Frequency	0	0	0
		%	0%	0%	0%
	Heavy	Frequency	0	0	0
		%	0%	0%	0%
	Moderate	Frequency	39	8	47
		%	49,4%	100%	54%
	Light	Frequency	40	0	40
		%	50,6%	0%	46%
			Frequency	8	87
			%	100%	100%

Source: Research Questionnaire, December 25, 2023

Based on table 2 above, it is known that respondents who did not get a source of information about IUDs mostly did not participate in IUD use, namely 54 respondents (68.4%), and respondents who had moderate levels of anxiety mostly did not participate in IUD use, namely 39 respondents (49.4%).

Analysis of Research Statistical Test Results

		Value	Approx. Sig
Nominal by Nominal	Contingency Coefficient	18.690	.000
N of valid Cases		87	

The results of the research analysis regarding the relationship between sources of information and participation in using IUDs based on statistical tests using the Chi-Square test showed that $p = 0.000 < 0.05$, so H_0 was rejected and H_1 was accepted, which means there is a relationship between sources of information and participation in using IUDs in the Mopah Baru Community Health Center Work Area. .

		Value	Approx. Sig
Nominal by Nominal	Contingency Coefficient	8.353	.004
N of valid Cases		87	

Results of research analysis on relationship between anxiety levels and participation in IUD use based on statistical tests using tests *Chi-Square* results were obtained $p = 0,001 < 0,05$ eye H_0 rejected and H_1 accepted which means it exists The relationship between anxiety levels and participation in using IUDs in the Mopah Baru Community Health Center Work Area.

DISCUSSION

Identify Information Sources

Based on table 1, it is known that of the 87 respondents, it was found that the majority of respondents did not get a source of information about IUD use, namely 54 respondents (62.1%).

The use of IUDs among prospective family planning acceptors can be influenced by the source of information obtained, especially about IUD contraception. The lack of sources of information about IUD contraception causes a lack of knowledge of family planning acceptors, so that prospective family planning acceptors who have less knowledge choose to use contraceptives that are widely used by other family planning acceptors and there are even some who choose not to use contraceptives, so they are worried about unwanted pregnancies. As well as increasing the population (Ratna, Irma Jayatmi, 2023).

The majority of respondents did not receive sources of information about the use of IUDs in this study, in the researcher's opinion this was due to the lack of increased promotional efforts about IUDs through electronic media (for example: television / radio / internet), print media (for example: newspapers / magazines / leaflets / posters / flip sheets), and from banners or banners placed in health facilities (for example: Hospitals / Community Health Centers / Independent Practicing Midwives). Even though the government's policy on family planning has led to the use of IUDs. Apart from that, the very limited source of information about IUDs from family or friends has resulted in a small number of couples of childbearing age participating in IUD use. Internal factors originating from the family environment and friendships have a huge influence on a person's decision to participate in using an IUD.

According to the researcher's opinion, this was due to the role of health workers, especially doctors and midwives, in providing information about IUD contraception during family planning counseling. Mothers trust information about IUDs more from health workers, especially doctors and midwives who are seen as competent and experienced in installing and removing IUDs. Therefore, the ability of health workers to provide health education and the skills they possess can influence the number of IUD users in their work area. However, there were also respondents who received sources of information about IUD use but still decided not to participate in using an IUD because their husbands had not permitted them to use an IUD.

Identify Anxiety Levels

Based on table 1, it is known that of the 87 respondents, it was found that the majority had a moderate level of anxiety about using IUDs, 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. (Nur Faizah, Tutik Ekasari, 2023).

Moderate anxiety allows a person to focus on important problems and ignore others, so that a person experiences selective attention, but can do something directed. Physiological response: often shortness of breath, pulse and blood pressure rise, dry mouth, restlessness, constipation. Meanwhile, the cognitive response is that the field of perception is narrowed, external stimuli cannot be received, focus is on what is of concern.

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).

The majority of respondents who had a moderate level of anxiety in this study, according to the researcher's opinion, this was because the respondents had 2-3 symptoms of anxiety in each HARS scale statement item. Respondents felt moderate anxiety regarding IUD use caused respondents not to participate in IUD use. For example, respondents felt worried and afraid of the side effects of using an IUD, namely more menstrual blood than usual. The anxiety felt by respondents is closely related to decision making regarding the use of IUD contraception. Therefore, there is a need for psychological support from husbands, family and health workers to reduce this anxiety.

Identification of Participants in IUD Use

Based on table 1 above, it is known that of the 87 respondents, it was found that the majority of respondents did not participate in the use of IUDs, namely 79 respondents (90.8%).

There are many factors that influence family planning acceptors not to participate in using the IUD, namely lack of information sources, lack of husband's support, and self-anxiety. There is a lack of sources of information available to family planning acceptors, especially IUD contraception, so that prospective family planning acceptors who have little knowledge choose

to use contraceptives that are widely used by other family planning acceptors, some even choose not to use contraceptives. Lack of support from husbands also plays a role in that husbands who do not allow wives to use IUDs cause wives not to participate in becoming IUD users. Apart from that, there is anxiety among birth control acceptors who do not know the side effects of IUD birth control, which can cause negative prejudices towards IUD contraception (Ratna, Irma Jayatmi, 2023).

In the researcher's opinion, the majority of respondents did not participate in using IUDs in this study because of the lack of sources of information from family and friends about IUDs, as well as the lack of promotion of IUDs through print, electronic media and banners. Apart from that, the anxiety felt by respondents, for example respondents felt worried and afraid of the side effects resulting from using an IUD, caused respondents to decide not to participate in using an IUD.

According to the researcher's opinion, this was due to the important role of health workers in providing information about IUDs, so that even though there was mild anxiety they felt it did not influence respondents in their participation in becoming IUD users.

Analysis of the Relationship between Information Sources and Participation in IUD Use in the Mopah Baru Health Center Area, Merauke, South Papua

Results of research analysis on relationship between sources of information and participation in IUD use based on statistical tests using tests *Chi-Square* results were obtained $p = 0,000 < 0,05$ points H_0 rejected and H_1 accepted which means it exists relationship between sources of information and participation in using IUDs in the Mopah Baru Community Health Center Area.

The more information obtained from various information media, the higher the frequency of contraceptive use. Lack of information causes a lack of client knowledge in choosing the type of birth control. There are still many acceptors who determine the contraceptive method they choose only based on information obtained from other acceptors (for example from neighbors, friends, relations) based on their own experiences. Apart from that, the lack of skills or competence of doctors and midwives in providing counseling to prospective family planning acceptors also influences participation in using IUDs (Ratna, Irma Jayatmi, 2023).

In the researcher's opinion, there is a relationship between sources of information and participation in using IUDs in the Mopah Baru Community Health Center area This research proves that the sources of information obtained by family planning acceptors really have an impact participation in becoming an IUD user. This is proven by the results of this research, namely that there is a strong relationship between source of information regarding participation in IUD use. Therefore, sources of information about IUDs must be increased to family planning acceptors through promotive, supportive and communicative efforts. Promotional efforts can be carried out through print, electronic media, banners/benners. Supportive efforts can be made through motivation and support from husbands, family, friends, neighbors, co-workers and society in general. Meanwhile, communicative efforts can be made through counseling about IUD family planning by health workers and the BKKBN.

Analysis of the Relationship between Levels of Anxiety and Participation in IUD Use in the Mopah Baru Health Center Area, Merauke, South Papua

Results of research analysis on relationship between anxiety levels and participation in IUD use based on statistical tests using tests *Chi-Square* results were obtained $p = 0,001 < 0,05$ eye H_0 rejected and H_1 accepted which means it exists The relationship between anxiety levels and participation in using IUDs in the Mopah Baru Community Health Center Area.

The anxiety level of family planning acceptors is closely related to the choice of contraceptive methods, because the level of anxiety regarding certain contraceptive methods will change the acceptor's cognitive response. This cognitive response influences a person's

decision making, in this case anxiety influences the choice of IUD contraception (Ratna, Irma Jayatmi, 2023).

In the researcher's opinion, there is a relationship between the level of anxiety and participation in using IUDs in the Mopah Baru Community Health Center area in this research proves that emergency level really had an impact on participation in becoming an IUD user. This is proven by the results of this research, namely that there is a strong relationship between levels of anxiety regarding participation in IUD use. Therefore, anxiety about the IUD 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, especially about the side effects and limitations of IUD contraception. When If you don't get the correct explanation, especially about the side effects and limitations of IUD contraception, people can leave their participation in using IUD contraception.

CONCLUSION

1. Most respondents did not get a source of information about IUD use, namely 54 respondents (62.1%).
2. The majority had a moderate level of anxiety about using IUDs, namely 47 respondents (54%).
3. Most respondents did not participate in using IUDs, namely 79 respondents (90.8%).
4. There is a relationship between sources of information and participation in IUD use, namely $p \text{ value} = 0,000 < 0,05$
5. There is a relationship between the level of anxiety and participation in using the IUD, namely $p \text{ value} = 0,001 < 0,05$

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