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Analysis of Reproductive Age Couples Education Level by Choosing of Contraceptive Methods at Cempaka Putih Health Center

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Abstract

Contraception is one of the efforts made by the government to reduce the growth rate of the population at high risk of unwanted abortions and pregnancies. 1.45% in the 1990-2000 period to 1.49% in the 2000-2010 period. Couples of Reproductive Age are expected to use contraceptive methods to reduce the population. The objectives of this study is to find out the analysis of reproductive age (PUS) couples educational level by choosing of contraceptive methods at Cempaka Putih Health Center. This study used a cross-sectional quantitative approach. Cross Sectional Measurement is a research design by measuring or observing at the same time. The result is found that most couples of reproductive age had a secondary education level of 19 respondents (63.3%), high of 9 respondents (30.0%), basic of 2 respondents (6.7%) and the choice of contraception for couples of reproductive age the most are modern, 25 respondents (83.3%) and as many as 5 respondents choose traditional (16.7%). The conclusion of this study is most of the respondents had the highest level of education (middle school and high school) and chose the most types of modern contraception (birth control pills, injections, implants, IUDs).

Keywords: Contraceptive Method, Couples of Reproductive Age (PUS), Education Level

Introduction

Contraception for Couples of Reproductive Age (PUS) improves women's health by reducing the proportion of pregnancies that are classified as high-risk and unsafe abortions due to unwanted pregnancies. The government is also trying to suppress population growth by encouraging all parties to work hard to control population growth with family planning (family planning) programs or contraceptive use.

Women with higher education know more about the types of contraception that can be used to prevent pregnancy. Each contraceptive method is very useful for assisting families in spacing births and preventing unwanted pregnancies or limiting the number of children desired, but on the other hand each contraceptive method always has side effects that must be considered by each potential acceptor. Prospective family planning acceptors must first consult with a health worker,

before deciding which type of family planning method to use.

The side effects of each type of contraception cause each married PUS (Couple of childbearing age) to have a different choice of the desired type of hormonal contraception. Education about contraceptives is needed to support the correct choice of contraceptives, so that couples of childbearing age need to be given health education. Health education is an effort made for the community so that the community is willing and able to maintain and improve the health of the community itself. Based on a preliminary study conducted at the Cempaka Putih Health Center in 2021, it was found that most of the data on couples of childbearing age came from 6 respondents with secondary education level, 3 respondents with higher education and 1 respondent with basic education. As for data related to the choice of contraceptive type by most fertile couples, namely modern contraception as many as 8 respondents and traditional contraception as many as 2 respondents.

Method

This study uses a simple descriptive method that aims to analyze the relationship about a situation objectively regarding the education level of couples

of childbearing age with the choice of contraceptive method. The data used in this research is primary data. The independent variable is the level of education and the dependent variable is the choice of contraceptive method. The design of this study was through a cross-sectional quantitative approach. Cross sectional measurement is a research design by measuring or observing at the same time and collecting data using a questionnaire. Cause and effect variables or cases that occur in the object of research are measured or collected at the same time which is done at one time and once, there is no follow-up, to look for relationships between the independent variables (cause) and the dependent variable (effect).

Result

Characteristics of couples of childbearing age at the Cempaka Putih Public Health Center based on education level, the most dominant being the middle category with 19 respondents (63.3%), high with 9 respondents (30%) and elementary with 2 respondents (6.7%). Based on the type of contraception chosen, the most dominant respondents were the modern category with 25 respondents (83.3%), traditional with 5 respondents (16.7%), solid 0 respondents (0%) and 0 respondents (0%).

Table 1. Frequency distribution of education level of childbearing age couples by choosing contraceptive method

No	Education Level	Frequency (n)	Percentage (%)
1	High (academy/ high school)	9	30.0
2	Middle (junior high school and senior high school)	19	63.3
3	Basic (elementary school)	2	6.7
Total		30	100

Based on table 1, information was obtained that the education level of childbearing age couples by choosing contraceptive methods at the Cempaka

Putih Health Center with a high education level category was 9 respondents (30.0%), the middle category was 19

respondents (63.3%) and the basic category was 2 respondents (6.7%).

Table 2/ Frequency distribution of contraceptive method choice based on contraceptive method type

No	Types of Contraception	Frequency (n)	Persentase (%)
1	Steady (vasectomy and tubectomy)	0	0
2	Modern (birth control pills, injections, implants, IUD)	25	83.3
3	Traditional (calendar and condom)	5	16.7
4.	Populist (intercourse is cut off)	0	0
	Jumlah	30	100

Based on table 2, information was obtained that the type of contraception chosen by childbearing age couples at the Cempaka Putih Health Center was in the steady category 0 respondents (0%), the modern category 25 respondents (83.3%), the traditional category 5 respondents (16.7%) and the populist 0 respondents (0%).

Discussion

Education level

Education about contraceptives is needed to support accuracy in choosing contraceptives, so that couples of childbearing age need to be given health education so that people are willing and able to maintain and improve the health of the community itself. Couples of childbearing age mostly have a secondary level of education and choose modern types of contraception that are used to prevent pregnancy, each method of contraception is very useful to assist families in spacing unwanted pregnancies.

Based on the information obtained, the education level of couples of childbearing age with the choice of contraceptive method at the Cempaka Putih Health Center with the highest category was middle education level 19 respondents (63.3%), the high category was 9 respondents (30.0%) and the basic category was 2 respondents (6.7%).

Contraceptive methods types

The high interest of users of modern contraceptives as an option for spacing pregnancies is due to the fact that they are safe, simple, effective, and can be used postpartum, compared to other types of contraceptive methods, whose failure rate is only 0.1, which means that only about one will become a pregnant among ten women who use modern contraceptives. This makes modern one of the most efficient of all contraceptives. If choosing a method, the mother must consider various factors including health factors, side effects, desired family size, partner cooperation and culture.

Based on the information, it was found that the type of contraception chosen by couples of childbearing age at the Cempaka Putih Health Center was in the steady category 0 respondents (0%), the modern category 25 respondents (83.3%), the traditional category 5 respondents (16.7%) and the people 0 respondents (0%).

Conclusion

Based on the results of research conducted at the Cempaka Putih Health Center, Central Jakarta, the following conclusions were drawn: it was found that the education level of childbearing age couples at the Cempaka Putih Health Center was in the highest category was middle education level of 19 respondents

(63.3%), high education level of 9 respondents (30.0%) and basic education level of 2 respondents (6.7%). The type of contraception chosen by couples of childbearing age at the Cempaka Putih Health Center was in a stable category 0 respondents (0%), the modern category 25 respondents (83.3%), the traditional category 5 respondents (16.7%) and the people 0 respondents (0%).

Suggestions

Childbearing age couples

To be more active in obtaining correct and clear information about various choices of contraceptives that can be used according to individual needs and circumstances.

Health workers/Midwives

Can maintain and increase efforts to provide IEC (Counseling, Information and Education) regarding the selection of contraceptives for childbearing age couples so they use contraception according to their individual needs and circumstances.

Next research

Further research is needed to deepen and broaden the reach of research with more samples and a wider range of variables, as well as to better explore and develop information about the choice of contraceptive methods by couples of childbearing age.

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