

The Effect of Long-Term Contraceptive Method Education on Increasing the Number of Acceptors in Women Workers in Oil Palm Plantations

Yuyun Christyanni, Fetty Rahmawaty

Bachelor of Applied Nursing Study Program, Health Polytechnic, Ministry of Health, Palangka Raya

*Email Korespondensi : yuyun.christyanni@polkesraya.ac.id

ABSTRACT

Background: Strengthening family planning program services by delaying or reducing the percentage of pregnancies for couples of childbearing age, namely by using Long Term Contraceptive Methods that are more effective and efficient for the purpose of spacing births for more than three years or terminating pregnancies in couples who no longer wish to have more children. But unfortunately this contraceptive method is less desirable, especially for working women in oil palm plantations. One of the factors that affect the low number of users is a lack of communication, information and education.

Objective: This study aims to determine the effect of Long Term Contraceptive Method education on increasing the number of acceptors of female workers in oil palm plantations.

Method: Quasi-experimental research with a one group pre and post test design. The population is all WUS who work at PT. Mustika Sembuluh East Kotawaringin Regency numbered 556 people. The sample in this study were 40 respondents with inclusion criteria and purposive sampling which would be divided into 4 small groups. Data analysis used the McNemar test.

Result: this study found that before the intervention only a small proportion chose the Long-Term Contraceptive Method, namely 11 respondents (27.5%) and after the intervention increased to 25 respondents (62.5%) with a significant difference $p < 0.001$.

Conclusion: Providing education is significant in improving Long-Term Contraceptive Methods.

Keywords: Long Term Contraceptive Methods, Women of Reproductive Age, Oil Palm Plantation Workers.

Cite this as: Christyanni, Y. dan Rahmawaty, F. The Effect of Long Term Contraceptive Method Education on Increasing the Number of Acceptors in Women Workers in Oil Palm Plantations. 2023;11(2): 184-191. DOI: 10.20527/dk.v11i2.502.

INTRODUCTION

Indonesia is the largest palm oil producing country in the world with an area of oil palm plantations reaching 14.59 million hectares and is able to absorb a workforce of 4.42 million people. This number continues to grow every year in line with the increasing demand for world palm oil (2, 5).

Central Kalimantan is the province with the third largest oil palm plantation area in Indonesia, after the Provinces of Riau and West Kalimantan. As one of the largest palm oil producers in the country, Central Kalimantan employs a total of 756,308 palm oil workers with the largest number being in East Kotawaringin Regency. In palm oil production, male workers dominate the industry, but the share of female workers is also very important. Stated that the type of work that is mostly done

by women workers in oil palm plantations is plant maintenance, namely as fertilizer workers, Circle Weeding and Path Spraying (3, 4).

All female workers working in oil palm plantations are women of childbearing age who still have the potential to reproduce, so they need special attention. If this is not considered, it will affect the increasing birth rate in Indonesia (1).

The high birth rate and population growth rate are major problems in the population sector in Indonesia. The government is strengthening the services of the Family Planning Program by stipulating it in the 2015-2019 National Intermediate Guarantee Development Plan, that to delay or reduce the percentage of pregnancies for couples of childbearing age, namely by using the Long-Term Contraceptive

Method (6). The use of Long Term Contraceptive Methods is very appropriate to be applied to the condition of Indonesia which is experiencing population growth problems because Long Term Contraceptive Methods is a contraception that can be used for more than two years, is more effective and efficient for the purpose of spacing births for more than three years or terminating pregnancies in couples who no longer want to add another child (7).

But unfortunately the Long Term Contraceptive Methods method is a contraceptive method that is less desirable (8). Data from the Ministry of Health of the Republic of Indonesia in 2016 showed that there were only 1,239,490 new Family Planning Program users with the Long Term Contraceptive Methods type in Indonesia (18.6%). The National Population and Family Planning Agency in Central Kalimantan Province in 2016 stated that there were only 10,112 people (12.8%) using Long Term Contraceptive Methods IUDs and implants (9, 10).

One of the factors affecting the low number of Long Term Contraceptive Methods users is the lack of communication, information and education. Sari and Nurhidayati in their research also stated that exposure to information sources is a factor related to the low interest of mothers in using Long Term Contraceptive Methods (11, 12). In addition, support from health workers also influenced women of childbearing age interest in using Long Term Contraceptive Methods. The results of research by Mi'rajiah et al (2019) state that there is a relationship between the support of health workers and access to health care centers with the use of Long Term Contraceptive Methods. The results of this study support the results of Danila's research (2015) which states that the provision of information from health workers is a factor influencing the use of Long Term Contraceptive Methods (13).

In the preliminary study conducted at the oil palm plantation of PT. Mustika Sembuluh, East Kotawaringin Regency, which has 556 women of childbearing age as female workers, it is

known that Long Term Contraceptive Methods acceptors are still very low, namely 2.9%. Information from the company's clinic has never been given specific education regarding Long Term Contraceptive Methods (14). so that understanding and interest in this contraceptive tends to be low compared to other contraceptive methods (15). In addition, the location of the plantation which is large and far from urban areas causes access to information to be limited (16, 17). In this study the researcher intends to provide specific education related to Long Term Contraceptive Methods which will be given in small groups with the hope of increasing knowledge and interest in using Long Term Contraceptive Methods (18). This study aims to determine the effect of Long Term Contraceptive Methods education on increasing the number of Long Term Contraceptive Methods acceptors among women workers in oil palm plantations. The specific objectives of this study included identifying the characteristics of research respondents based on age, number of children, education level, income level and whether or not Long Term Contraceptive Methods acceptors and analyzing the increase in the number of Long Term Contraceptive Methods acceptors before and after education. Based on this background, the authors are interested in knowing the effect of Long Term Contraceptive Methods education on increasing the number of acceptors of female workers in oil palm plantations.

METHOD

This research is a quasi-experimental research with the research design used is one group pre and post test design, namely experimental research carried out in only one group without any comparison group or control group. Respondents were selected by purposive sampling according to predetermined criteria. The research design of the one group pre and post test design was measured using the pre test which was carried out before being given treatment and the post test which was carried out after being given treatment. The population in this study were all WUS working at PT.

Mustika Sembuluh East Kotawaringin Regency numbered 556 people. The sample in this study is 40 respondents who will be divided into 4 small groups. This is done so that the intervention is more effective and in accordance with the location where the respondent lives.

The inclusion criteria in this study were a) WUS working at PT. Mustika Sembuluh, Kotawaringin Timur Regency, b) Age 20-45 years, c) Not using MOW contraception, d) Can read and write and e) Willing to be a respondent. While the exclusion criteria were a) Respondents who were on leave or sick during the study and b) Respondents who did not participate in the intervention from the beginning to the end of the session. The sampling technique used was purposive sampling, that is, the samples were taken according to the criteria determined by the researcher and the number of samples in the study matched the inclusion criteria. In

quantitative research using the quasy experimental method, the data collection instruments used were a) educational instruments in the form of flipcharts that had been tested for readability or legibility, which is the level of how easily a series of letters can be read and data collection instruments in the form of demographic data questionnaires, namely age, number of children, education level, income level and family planning acceptors who are given to be filled before giving education. Meanwhile, the informed consent form was used to determine the number of respondents who used MKJP after providing education.

This study used univariate analysis to analyze data processing, to identify age, number of children, education level, income level and family planning acceptors as well as bivariate data analysis using the McNemar test, which is a nonparametric statistical test that examines differences in designs with "before" and "after"

Table 1. Frequency Distribution of Research Subject Characteristics

Characteristics of Respondents	Categories	Number of Respondents (n=40)	
		n	%
Ages	17 – 25 years	4	10.0 %
	26 – 35 years	16	40.0 %
	36 – 45 years	18	45.0 %
	46 – 55 years	2	5.0 %
Number of children	1	4	10.0 %
	2	19	47.5 %
	3	15	37.5 %
	4	2	5.0 %
Level of education	Elementary School	23	57.5 %
	Middle School	5	12.5 %
	High School	5	12.5 %
	College	7	17.5 %
Income	< 2 million	18	45.0 %
	2 – 5 million	18	45.0 %
	> 5 million	4	10.0 %
Long Term Contraceptive Method users before intervention	Yes	11	27.5 %
	No	29	72.5 %
Long Term Contraceptive Method Users after intervention	Yes	25	62.5 %
	No	15	37.5 %

treatment. ”. This test was chosen because the data obtained in this study is dichotomous data on a nominal scale.

RESULTS AND DISCUSSION

RESULTS

1. Description of Respondent Characteristics

Univariate analysis was used to analyze the characteristics of the respondents which consisted of age, number of children, education, income, Long Term Contraceptive Method users before the intervention and Long Term Contraceptive Method users after the intervention.

From table 1 above, it is known that most of the respondents were aged 36-45 years (45%), most of the respondents had 2 children (47.5%), most of the respondents had elementary school education (57.5%), almost all of the respondents had income less than Rp. 5,000,000, - (90%), respondents who used Long-Term Contraception Methods before being given the intervention were 11 people (27.5%)

and respondents who used KB MKJP after being given the intervention were 25 people (62.5%).

2. Differences in Acceptors of Long-Term Contraceptive Methods Before and After Education

From Figure 1 above, it is known that before the intervention only a small proportion chose the Long-Term Contraceptive Method, namely 11 respondents (27.5%) and after the intervention increased to 25 respondents (62.5%) with a significant difference $p < 0.001$. This shows that providing education is significant in increasing the choice of Long-Term Contraceptive Methods. The statistical test used is the McNemar test.

DISCUSSION

The results of the analysis showed a significant difference ($p < 0.001$) in response to use the Long-Term Contraceptive Methods before and after the intervention. This shows that educational interventions

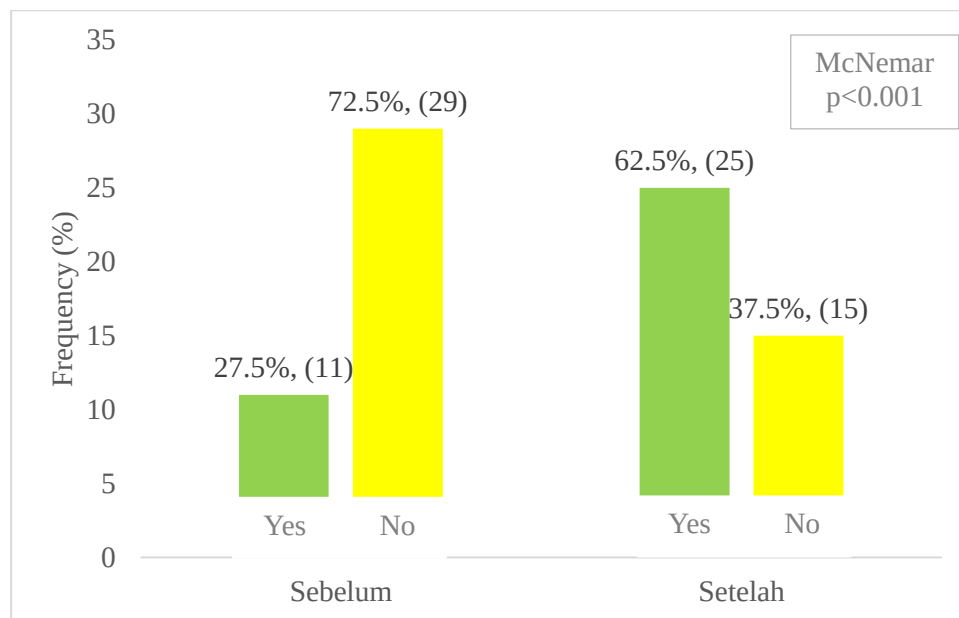


Figure 1. The difference before and after education

are significant in increasing acceptors of Long-Term Contraceptive Methods. Education conducted in small groups is proven to be effective because it can improve critical thinking skills. Through this method educational participants can build social space, current social conditions (social present) and positive cohesion (19, 20). Providing education is expected to increase knowledge which will ultimately move or change one's mindset and behavior. In this study, the educational intervention that was carried out was proven to increase the knowledge of the research respondents, which then moved the respondents to choose the Long-Term Contraceptive Method as a contraceptive choice. The purpose of providing education is to increase knowledge (21). Hamzah et al (2022) stated that there was a relationship between the level of knowledge ($p=0.001$) and husband's support ($p=0.000$) with IUD acceptors at the Poyowa Besar Assistant Health Center. Husband's knowledge and support can influence a person in choosing the contraceptive method to be used.

Education is also the right way to increase interest in the use of IUD and implant contraceptives (22). Similar to the results of research conducted by Suriana et al (2021) which stated that there was an effect of providing IUD contraceptive education on increasing knowledge, attitudes and interest in acceptors of contraceptives during the Covid-19 pandemic at the Makassar City Regional General Hospital. Suriana et al (2021) suggested that respondents who already have a positive attitude should use the IUD contraceptive device to suppress pregnancy and childbirth during the Covid-19 pandemic as an effort to reduce maternal and infant mortality. As well as the respondent's family, especially the husband, to always provide support and

motivation to further strengthen their intention to use the IUD contraceptive (23, 24).

From this study it is known that health workers also play an important role by showing support for respondents, this has proven to be effective with the increasing number of MKJP KB users (25). The results of this study are in line with research conducted by Trianingsih, et al (2021) which states that there is a relationship between the role of health workers, husband's knowledge and support for IUD family planning acceptors. It is hoped that health workers will play an even more active role in providing counseling and counseling at every posyandu activity, distributing leaflets to every woman of childbearing age who visits the health center so that mother's knowledge will be good (26).

LIMITATIONS

The limitation of this research is that the researcher was not able to control religious and socio-cultural factors on the use of Long-Term Contraceptive Methods. In addition, this research sample was carried out in one place which could allow for differences if it was carried out in different places.

ETHICAL CLEARANCE

This research was subjected to an ethical test at the Research Ethics Commission at the University of Muhammadiyah Banjarmasin and declared an ethical proper test under the number 032/UM/KE/II/2022 on February 21st, 2022.

CONFLICT OF INTEREST

There is no conflict of interest in this research.

ACKNOWLEDGMENT

The researcher would like to thank all those who supported the course of this research.

Thanks to the research respondents who were very cooperative to support the course of this research. Thanks to PT. Mustika Sembuluh, East Kotawaringin Regency, which has facilitated the course of this research.

CONCLUSION

Univariate analysis in this study showed that most of the respondents were aged 36-45 years (45%), most of the respondents had 2 children (47.5%), most of the respondents had elementary school education (57.5%), almost all of the respondents had an income less than IDR 5,000,000.00 (90%), respondents who used KB MKJP before being given the intervention were 11 people (27.5%) and respondents who used KB MKJP after being given the intervention were 25 people (62.5%). From this study it was known that before the intervention, only a small proportion chose the Long-Term Contraceptive Method, namely 11 respondents (27.5%) and after the intervention increased to 25 respondents (62.5%) with a significant difference $p < 0.001$. This shows that providing education is significant in increasing the choice of Long-Term Contraceptive Methods. The recommendation from this study is that the provision of health information to the public will be more effective if it is carried out using the small group method. This is because in small group discussions the interaction between informants and participants becomes more intense so that the information conveyed will be easier to understand.

REFERENCES

1. Aswitami, P., Purnamayanthi, P. P. I., Udayani, N. P. M. Y. and Prameswari, I. G. A. A. (2020). "Tingkat Pengetahuan Akseptor KB Tentang Metode Kontrasepsi Jangka Panjang dengan Keikutsertaan Terhadap Metode Kontrasepsi Jangka Panjang", *Journal Center of Research Publication in Midwifery and Nursing*, 4(1), pp. 50-54. doi: 10.36474/caring.v4i1.172.
2. Badan Pusat Statistik Propinsi Kalimantan Tengah. (2018). <https://kalteng.bps.go.id/indicator/30/734/1/jumlah-akseptor-kb.html>. Diakses pada tanggal 6 Mei 2021.
3. Badan Pusat Statistik. (2019). Statistik Kelapa Sawit Indonesia 2018 *Indonesian Palm Oil Statistic*. Jakarta: Badan Pusat Statistik.
4. BKKBN. (2016). Kebijakan Program Kependudukan, Keluarga Berencana dan Pembangunan Keluarga. Jakarta: BKKBN.
5. BKKBN. (2017). Profil Kesehatan Indonesia 2016. Jakarta : Kementerian Kesehatan Republik Indonesia.
6. Carr, S., et al. (2014). Kesehatan Masyarakat Epidemiologi Edisi 2. EGC: Jakarta.
7. Dewi, PHC., Notobroto, HB. (2014). Rendahnya Keikutsertaan Pengguna Metode Kontrasepsi Jangka Panjang Pada Pasangan Usia Subur. *Jurnal Biometrika dan Kependudukan*. Vol. 3; No. 1; Pp 66 – 72; ISSN 2540 – 8828.
8. Fatikasari, ND., Listiyani., Kurniawati, F. (2018). Analisis Jenis Pekerjaan dan Produktivitas Tenaga Kerja Wanita di Perkebunan Kelapa Sawit. *Jurnal MASEPI*. Vol. 3; No. 1; ISSN 2715-5897.
9. Fransiska, D., Pebrina, M. (2019). Pengaruh KIE Terhadap Tingkat Pengetahuan Pasangan Usia Subur dalam Pemakaian Alat Kontrasepsi Jangka Panjang. *Jurnal Ilmu Kesehatan*. Vol. 3; No. 2; Pp 74 – 79; ISSN 2597-8594; doi: 10.33757/jik.v3i2.208.
10. Handayani, S. (2010). Buku Ajar Pelayanan Keluarga Berencana. Yogyakarta: Pustaka Rihana.
11. Kutaneegara, PM. (2010). Keluarga Berencana dan Kesehatan Reproduksi. Yogyakarta: Pustaka Pelajar.

12. Mahmudah, LTN., Indrawati, F. (2015). Analisis Faktor yang Berhubungan dengan Pemilihan Metode Kontrasepsi Jangka Panjang (MKJP) Pada Akseptor KB Wanita di Kecamatan Banyubiru Kabupaten Semarang. *Unnes Journal of Public Health*. Vol. 4; No. 3; Pp 76 – 85; ISSN 2252-6528; <https://doi.org/10.15294/ujph.v4i3.7222>.
13. Maulana, H. (2009). Promosi Kesehatan. Jakarta: PT. Penerbit Buku Kedokteran EGC.
14. Mi'rajiah, N., Noor, Ms., Arifin, S. (2019). Hubungan Dukungan Tenaga Kesehatan dan Akses ke Puskesmas dengan Pemakaian Metode Kontrasepsi Jangka Panjang. *Homeostasis*. Vol. 2; No. 2; Pp. 113-120.
15. Mubarak, W, I & Chayatin, N. (2009). Ilmu Keperawatan Komunitas Pengantar dan Teori. Jakarta : Salemba Medika.
16. Peraturan Pemerintah Nomor 87 tahun 2014 tentang Perkembangan Kependudukan dan Pembangunan Keluarga Berencana dan Sistem Informasi Keluarga.
17. Potter & Perry. (2009). Fundamental Keperawatan. Edisi 7. Jakarta : Salemba Medika.
18. Prawirohardjo, S. (2014). Ilmu Kebidanan Sarwono Prawirohardjo. Jakarta: PT. Bina Pustaka Sarwono Prawirohardjo.
19. Saragih, H. R. (2018). Faktor-Faktor yang Memengaruhi Pemakaian Alat Metode Kontrasepsi Jangka Panjang pada Istri Pasangan Usia Subur (PUS) di Puskesmas Pancur Batu Kabupaten Deli Serdang Tahun 2017. *Jurnal Ilmiah PANNMED*, 12(3), pp. 273-280. doi: <https://doi.org/10.36911/pannmed.v12i3.146>
20. Sari, IE., Nurhidayati, E. (2016). Faktor-Faktor yang Berhubungan dengan Rendahnya Minat Ibu terhadap Penggunaan Metode Kontrasepsi Jangka Panjang di BPS Sri Romdhati Semin Gunung Kidul. Skripsi. Yogyakarta: Universitas Aisyiyah.
21. Triyanto, L., Indriani, D. (2018). Faktor yang Mempengaruhi Penggunaan Jenis Metode Kontrasepsi Jangka Panjang (MKJP) pada Wanita Menikah Usia Subur di Provinsi Jawa Timur. *The Indonesian Journal of Public Health*. Vol. 13; No. 2; Pp 244 – 255; ISSN 2540-8836; doi: 10.20473/ijph.vl13il.2018.244-255
22. Weni, L., Yuwono, M., Idris, H. (2019). Determinan Pemilihan Metode Kontrasepsi Jangka Panjang Pada Akseptor KB Aktif di Puskesmas Pedamaran. *Contagion : Scientific Periodical of Public Health and Coastal Health*. Vol. 1; No. 1; Pp 9 – 16; ISSN 2685-0389.
23. Fauzan, M. F., Nadhir, L. A., Kustanti, S., & Suciani, S. (2022). Pembelajaran Diskusi Kelompok Kecil : Seberapa Efektif kah dalam Meningkatkan Keterampilan Berfikir Kritis Pada Siswa ? *Aksara: Jurnal Ilmu Pendidikan Nonformal*, 8(3), 1805. <https://doi.org/10.37905/aksara.8.3.1805-1814.2022>
24. Suriana, Multazam, Andi Muhammad., & Arman. (2021). Pengaruh Edukasi KB IUD Terhadap Pengetahuan , Sikap dan Minat Akseptor KB pada Masa Pandemi Covid-19 di Rumah Sakit Umum Daerah Kota Makassar. *Journal of Muslim Community Health (JMCH)*, 2(4), 28–40. <https://pasca-umi.ac.id/index.php/jmch/article/download/694/736>
25. Trianingsih, T., Sari, E. P., Hamid, S. A., & Hasbiah, H. (2021). Hubungan Peran Tenaga Kesehatan, Pengetahuan dan Dukungan Suami dengan Akseptor KB IUD di UPTD Puskesmas Pengandonan Kabupaten Ogan Komering Ulu. *Jurnal Ilmiah Universitas Batanghari Jambi*, 21(3), 1283.

<https://doi.org/10.33087/jiubj.v21i3.1737>

26. Hamzah, R., & B, Hamzah. (2022). Analysis of Factors Associated with IUD KB Acceptors at the Health Center Poyawa Besar. *Kournal of Sciences and Health (JSH)*, 1(3), 1–7. <https://doi.org/10.54619/jsh.v1i3>