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**Sociodemography Factors and Selection Method of Contraception for Postpartum in Public Health Center “Socah”, Bangkalan**

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**ABSTRACT**

The World Health Organization recommend setting a minimum pregnancy distance of 24 months from previous deliveries in order to reduce the risk of maternal and child mortality and illness. The postpartum period is one of the opportunities for a mother to understand and use effective contraception. The contraceptive needs of a postpartum mother will be fulfilled properly through the provision of counseling using a variety of methods, overcoming cost barriers and providing permanent and long-term contraceptive methods at various health facilities. So that every postpartum mother will get a contraceptive method according to their needs and choices. This research used cross-sectional design. Population was all mother after childbirth in the work area of Public Health Center “Socah”, Bangkalan in June-August 2017. Sample size was 48, selected by accidental sampling. The independent variable were sociodemography (education and culture), meanwhile the dependent variable was selecting postpartum contraception methods. The data used primary data using a questionnaire on the postpartum. Prior to grab data respondents had given counseling on a variety of contraceptive methods, then follow to choose one of the contraceptives currently labor. Sociodemography questionnaire used in the study was a questionnaire that has been proven validity and reliability. Data were analyzed by Chi-Square test. The results showed that there was a significant influence in the selection of contraceptive methods based on sociodemography, they are education and culture. Need to provide information for each prospective acceptor by using decision-making instruments so that all prospective acceptors can choose contraceptives that are understood and in accordance with their health conditions.

**Keywords:** Education, Culture, Contraception selection**INTRODUCTION**

Indonesia is a country with the biggest four population in the world, with a relatively high growth rate. Public awareness of the existence of this KB (family planning) program still needs more improvement because the community still holds the assumption that more children you have more fortune you get, but they are not aware by doing that, many children that they have many needs that they need. The World Health Organization recommend set a minimum pregnancy distance of 24 months from the previous delivery, in order to reduce the risk of maternal and child mortality and illness. The distance arrangement of pregnancy in addition to improve maternal and child health is also to ensure the fulfillment of nutrition for mother and children and to maintain children's psychological development.<sup>(1)</sup>

More than 95% of postpartum mothers want to delay their next pregnancy for at least 2 years or do not want to get pregnant again. However, many mothers do not use contraception, resulting in unintended pregnancy which ends in risky pregnancy and unsafe abortion.<sup>(2)</sup> Based on the results of the SDKI 2012, there were 10% of births within 24 months of the previous birth. Based on data from the KBKS Kab. Bangkalan in 2014, there were 202,231 couples of childbearing age, with 148,234 peoples Participating in KB programs. Whereas in 2015 childbearing age couples amounted to 205,543 peoples, with KB participants as many as 152. 478 people. In 2014, KB participants were only 73.30%, this number increased in 2015 to 74.18%, so there was a 1 percent increase. The postpartum period is one of the opportunities for a mother to understand and use effective contraception. The contraceptive needs of a postpartum mother will be fulfilled properly through the provision of counseling use a variety of methods, overcome cost barriers and provide permanent and long-term contraceptive services at various health facilities.<sup>(2)</sup>

The number of childbearing age couples in 2015 amounted to 166,003 couples. New KB participants were 16,491 peoples (9.9% of PUS), while Active contraception participants were 104,839 peoples (63.2% of PUS). Based on the type of contraceptive method used for active contraception participants, most of them still using

injectable contraception 59.1%, pill 30.2%, and the lowest participants were using IUD contraception which was only 1.3% and vasectomy only 0.2%. While the New KB participants based on the type of contraception most of them were using injection (64.4%) and pill (25.0%) while the least were using vasectomy that is about 0.04% PUS more used the type of NON contraception Long-Term Contraception Method (LTCM), they are injections and pills, both from active KB participants and new family planning participants. The use of injectable and pill contraceptives are in great demand because people consider that this type of contraception is easier to use and the price is more affordable. The type of LTCM contraception is rarely used by the public because of the lack of knowledge about these types of contraception and also the public thinks that the type of contraceptive LTCM is more at risk in its use.<sup>(3)</sup>

### METHODS

This research used cross-sectional design. Population was all mother after childbirth in the work area of Public Health Center “Socah”, Bangkalan in June-August 2017. Sample size was 48, selected by accidental sampling. The independent variable was sociodemography (education and culture), meanwhile the dependent variable was selecting postpartum contraception methods.

The data used primary data using a questionnaire on the postpartum. Prior to grab data respondents had given counseling on a variety of contraceptive methods, then follow to choose one of the contraceptives currently labor. Sociodemography questionnaire used in the study was a questionnaire that has been proven validity and reliability. The categorical data were presented in the form of frequency and percentage<sup>(4)</sup>, then analyzed by Chi-Square test.

### RESULTS

#### Sociodemography

Sociodemography (education and culture) in the selection of methods of contraception postpartum on serve in the table 1.

Table 1. The selection method of contraception for postpartum based on sociodemography factors (education and culture) in Bangkalan District Public Health Socah period June-August 2017

Variable	The selection method of contraception				p-value (CI 95%)
	consistent		less consistent		
	n	%	n	%	
Education					0.013
Basic	8	44.4	10	55.6	
Secondary	20	80.0	5	20.0	
High	5	100	-	-	
Culture					0.002*
Less supportive	8	42.1	11	57.9	
Supportive	25	86.2	4	13.8	

Description \*: Fisher’s Exact Test

Based on table 1, referring to the p-value, it can be concluded that the selection of contraceptive methods for postpartum is significantly related to culture and education.

An election contraceptives postpartum of respondents can look at the table 2.

Table 2. The method of contraception postpartum in Bangkalan district Public Health Socahperiod June-August 2017

The method of contraception	Consistent		Less Consistent	
	n	%	n	%
	33	68.8	15	31.3

Most respondents postpartum in choosing contraceptives is in accordance with options of 33 (68.8%).

## DISCUSSION

### Sociodemography

According to its research the most educated women will be mostly middle class have also been able to choose appropriate method of contraception 80%, although there were still 20% which were not based on. Any impact mothers education to postpartum method of contraception. Education in also had an impact in the selection of these method of contraception. But from all mother are highly educated all have can choose method of contraception in accordance with their condition health her body. Theoretically formal education very large their influence on knowledge someone where if a highly education so will have higher the knowledge, in contrast if someone had the low formal education and their knowledge will low also. Someone who highly education expected to be more easily and fast understand the importance of health and can determine contraceptive in taste in accordance with the things.

Knowledge is a result of a know before someone adopt behavior or norm new, so beforehand looking for know what it is to and benefits of to that behavior for themselves instruments of music.<sup>(5)</sup>

In the Public Health Center "Socah", there is still a trust said that women do not need a formal education high but only a few, this is because people particularly those who live in rural areas are still many take route the informal education in boarding. There was a sense of women do not need high education as partaking women being housekeeping.

### Culture

Research on culture for selecting villagers to method of contraception in the aftermath of postpartum, some people have support mothers who have just given for selecting villagers to a contraceptive device as much as 86.2%. There an effect we wish for a specified culture on monday to elect the method of contraception in the aftermath of postpartum. Mother forms part of the society which has a quite strong revere the islamic teachings in. This is in accordance with the statement of Handayani<sup>(6)</sup>, that the conditions of social and cultural affairs department (the tradition handed down by) and the poor condition surrounding environmental residence had a significant effect on the election of a new method of contraception. Tribal society Madura in general was already familiar with the preparation of reporting that follow a contraceptive device was not something she which was not in but take your precautions, because there was a view a myth a lot of the son of lot dish or presence of a an absolute truth with certainty (the religion of) did not allow follow family planning. This is related to their knowledge and comprehension mother and the public about the importance of family planning to control the creation of gestation in improve family welfare. By raising the standard of education and the expected mobilization of mother and the sacred monument. The purpose were to determinaine contraceptive methodes pregnant adolescents intend to use post partum and to understand factors thar predispose intention to use less effective birth control than long acting reversible contraceptive (LARC).<sup>(7)</sup>

In general the community to follow culture and the institutions and usages which a long time ago formed for the survival of the tribe of. For the achievement of the the success of particular the development parents when choosing a family planning program, have made your body available will be done in and culture in society. The madurese tending to adheres to the community patrilineal where are male or husband are more dominant than the express the position of mother or wife.<sup>(8)</sup>

The use of method of contraception are closely connected with a culture, for a contraceptive device related means installing and of habit in use for example implant and iud. The installation of iud culture still ca not fully accepted in the community madura who spend the genitals, because assumed taboo. A mother be going to interest wearing a contraceptive device if there are people around also use a contraceptive same device. It is in accordance with statements of Aritonang<sup>(8)</sup>, as social man lives can not be separate from a culture in which it lives. With regard to the culture of the mosaic customs, tradition, the habit of, the rules and opinions .

The research results show fact that there are still cultural less supportive mother in follow contraceptive after postpartum but in accordance in choosing of 42.1%. Trust religious or culture can affect clients in choosing method .For example, some islamic leader claime that sterilization forbidden, while others allow. Although islamic does not forbid discharging method of contraception in general, the acceptors women might argue that the hemorrhages irregular caused by some method hormonal will made it very difficult because during menstruation they commit pray.

### The Selection Method of Contraception for Postpartum

Research get that there are some great mother in choosing method of contraception most of them are in accordance as much as 68.8%. This is line with the theory put forward by Notoatmodjo<sup>(5)</sup>, which states that a person behavior or society on health determined by knowledge, attitude, trust, tradition and forth from the people or community concerned. But the presence of, the attitudes and behavior of their health officials will also seek to support and strengthen the establishment of behavior. The communication and interaction with being too close to and the neighbors can affect believe and attitude mother about contraceptives. If there is a choice variety method of contraception to the advantage of mother in decision-making, mothers must capable of making the need priority of resulting from a critical thought, consisting of the invention of the fact or experience, choose information and initiated a make decisions in accordance with their condition.

In the Socah Bangkalan, that there are still many who adheres to customary or culture, where husband as decision-making, and then many mother who according to it what in decide a spouse, although decision choose is the right of absolute any woman because woman who have organs reproductive. There are still many husband do not want to take method of contraception so it was always mother who had to wear contraceptives. Awareness mother in willpower choose contraceptives the research are good and evenly, although the role of husband does not appear. It is show with time parturition unfinish mom already has something to family planning.

Ideally, contraceptive counseling for pregnant women begins during the prenatal period because women in the immediate postpartum period are typically focused on childbirth recovery and new born care. Contraceptive counseling during the prenatal and post partum is also important because pregnancy an childbirth may change a women's preference for contraseption. Decision-making is a process that learn since people are born and will continue to be during the man are in a conscious. Sooner or later someone judge does not guarantee it a decision a wise or rational. Decision makers who success is someone who have a desire and the ability to take a decision to quality without any mental derangement and emotion. The prevalence of post partum contraceptive use, include the use of more effective methods, the highest when contraceptive counseling was provided during both prenatal and postpartum time periods. Women with medicaid or no health insurance before the most benefited of pregnancy.<sup>(9)</sup>

The results of the study, fact that there are still mother who do not in accordance with their condition of 31.3% himself, maybe because make a decision on the contraceptive based on misinformation that is obtained from friends and family or from education information confuse. Information obtained from the healthcare providers and other sources tempt or sensational, with the properties of positive method less ignored, the mark of negative enlarged. Rumors often circulating covering the users oral contraceptives who gave birth to a monster, akdr who wanders in the body and may ultimately deadly users, and the belief that discharging method reversible that can cause woman sterile. Besides affect method selection, rumors can cause error discharging method so that there is a failure method. Providers family planning especially health workers especially midwives, must be any rumors found a lot in public and heed; Must be any rumors found a lot in the community and correct errors perceptions on certain methods.

As health workers especially midwives, have various ways to give counseling about kind the method of contraception with the help of ABP Kinvolving husband, Posyandu cadre and the role of the community. Other efforts which has done by providing information the installation of contraceptives for free especially IUD, implant, contraceptive steady through safari family planning .

### CONCLUSION

Most mother in choosing contraceptives that have matches the health. And any impact sociodemography factors (education and culture) in an election contraceptives postpartum. Most mother had secondary education, and most culture support mother in choosing contraceptives post partum.

Needs to provide information for each can acceptors with using tools the decision makers that all acceptor can choose a contraceptive device with understand and according to the condition of their health.

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