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**Faradita**

## WORD COUNT

**2959 Words**

## CHARACTER COUNT

**16137 Characters**

## PAGE COUNT

**6 Pages**

## FILE SIZE

**182.7KB**

## SUBMISSION DATE

**Apr 14, 2023 5:58 AM GMT+7**

## REPORT DATE

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# KB Acceptors Inject 3 Months With Compliance Repeat Visits at Mogang Health Center, Samosir Regency

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## Article Info

### Article history:

Received : 28 March 2022

Revised : 27 April 2022

Accepted : 30 June 2022

### Keywords:

Motivation, Injectable Family Planning Acceptors, Repeat Visits

## ABSTRACT

**Objectives:** Injectable contraception for 3 months is Depo Medroxyprogesterone Acetate (Depoprovera), containing 150 mg of DMPA. Given every 3 months by injection intramuscularly (IM) in the buttocks area. **Motivation** has a very important role because with motivation it can be expected that every employee has the desire to work hard to achieve the results achieved with high overall resources used. This study aims to determine the relationship between knowledge and motivation with follow-up visits at Mogang Health Center, Samosir Regency. **Method:** This study used a cross-sectional design. The population in this study were all family planning acceptors who visited the Mogang Health Center, Samosir Regency from January to March 2022 as many as 80 people. And a sample of 45 people. Data analysis using chi square test. **Result:** The results showed that there was a correlation between the motivation of 3 months injection family planning acceptors and the adherence to repeat visits ( $p = 0.000$ ). The results showed that of the 25 injection family planning acceptors who had positive motivation, there were 18 people (40%) who were obedient to the repeat visits and 7 people (15.46%) who were not obedient to the repeat visits. Of the 20 injection family planning acceptors who had negative motivation, there were 20 people (44.44%) who did not comply with the repeat visit. **Conclusion:** From the results of the study, it can be concluded that there is a relationship between the motivation of 3 months injection family planning acceptors and the compliance of repeat visits at the Mogang Health Center, Samosir Regency.

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## 1. INTRODUCTION

According to the World Health Organization (WHO) (2019) contraceptive use has increased in many parts of the world, especially in Asia and Latin America and lowest in Sub-Saharan Africa.

Globally, users of modern contraceptives have increased insignificantly from 54% in 1990 to 57.4% in 2018. Regionally, the proportion of couples of childbearing age 15-49 years reporting the use of modern contraceptive methods has increased at least in the last 6 years. In Africa from 23.6% to 27.6%, in Asia it has increased from 60.9% to 61.6%, while Latin America and the Caribbean rose slightly from 66.7% to 67.0%. An estimated 225 million women in developing countries wish to delay or discontinue fertility but do not use any contraceptive method for the following reasons: limited choice of contraceptive method and experience side effects. The unmet need for contraception is still too high. Injustice is driven by population growth (WHO, 2019).

Coverage of active family planning participants in Indonesia in 2018 with 35,202,908 active family planning participants covering 3,896,081 (11.07%), MOW 1,238,749 (3.52%), MOP 241,642 (0.69%), 3,680,816 implants (10.46%), 1,110,341 (3.15%) condoms, 16,734,917 (47.54%) injections, and 8,300,362 (29.58%) birth control pills. ) (Depkes RI, 2019).

Side effects that often occur with the use of 3-month injectable contraceptives such as weight gain and changes in menstrual patterns cause the acceptor to have no desire or urge to get another injection from the midwife, therefore motivation is needed that can stimulate the acceptor to keep coming back for re-injection. This is in accordance with the function of motivation, namely as a driver, director, and at the same time driving one's behavior to achieve a goal (Hamalik, O. 2019). Acceptors who have the motivation to make repeat visits will try to get a 3-month injection, because the motive is closely related to the goals to be achieved. In determining the goal, it can be realized or not, but to achieve that goal it is necessary to take action, while the cause of action is the motive itself as the driving force or impetus (Slameto, 2018).

Motivation is a set of attitudes and values that can influence each individual who can achieve more real things with individual goals. Morals and values are invisible or visible things that encourage someone to behave in achieving goals. The drive consists of two components, namely: the direction of behavior (work to achieve goals), and behavioral strength (how strong an individual's effort is at work). external relations of the company. In addition, motivation is defined as the encouragement that an individual has to behave or act because they want to do actions that can achieve goals or success. If individuals have a strong motivation they will take a positive action to do something, because it can achieve their goals (According to Rivai, 2018).

A success in controlling and utilizing the organization is largely determined by activities that can bring results and benefits to human resources. This is very important to realize, there is a need to be able to create employee performance and job satisfaction. One of them is being able to "provide encouragement (motivation) to subordinates", so that the employee is motivated or has a strong spirit in doing the appropriate tasks in his work. So motivation can be concluded as one of the benchmarks of strength that can encourage someone to behave that can take action internally and externally positively or negatively to provide direction that depends on the strength of the manager (According to I Komang, Ni Wayan, and I Wayan, 2018).

Motivation has a very important role because with motivation it can be expected that every employee has the desire to work hard which can achieve the results achieved with high overall resources used according to Hasibuan (2018).

Saifuddin (2018), stated that in general, acceptors prefer the injectable contraceptive method for practical reasons, namely it is simple and does not need to be afraid of forgetting. Injectable contraception has a high effectiveness if the injection is done regularly and according to a predetermined schedule. The punctuality for re-injection is the acceptor's compliance because if it is not appropriate, it can reduce the effectiveness of the contraception. Due to the delay in getting the injection, if the birth control injection is carried out incorrectly on the scheduled date, it can result in pregnancy and can reduce the effectiveness of the 3-month injection of

contraception. According to Saefudin (2018), the accuracy of family planning injections is the accuracy of the date, the mother's routine of coming to health facilities to get a predetermined and timed birth control injection. The failure of the injectable contraceptive method was caused by the acceptor's delay in re-injecting.

According to Febrianti's research (2018) with the title of the relationship between the mother's level of knowledge about injectable contraception and adherence to the re-injection schedule at the independent practice midwife Murtinawita Pekanbaru in 2018. From the results of research that has been carried out with 100 injectable family planning acceptors, it was found that most of the acceptors have high knowledge of injectable contraception as many as 55 % (55 people). And the level of non-compliance with the schedule for re-injection was 57% (57 people). From the results of statistical tests with Chi-Square, it was found that there was no relationship between the level of knowledge about injectable contraception with adherence to the schedule for re-injection at BPM Murtinawita Pekanbaru in 2018. The conclusion from the results of the study was that there was no relationship between high knowledge and acceptor compliance with the schedule for re-injection.

The research of Nadya Resti, et al (2019) with the title of factors related to the selection of injectable contraceptive methods in active family planning participants in the Mekarwangi sub-district, Tanah Sareal sub-district, Bogor city in 2020 showed that the results of this study showed that 72.7% chose to use injectable contraception. Bivariate analysis Those related to the choice of injectable contraception were age with p value = 0.006, number of children with p value = 0.001, and service costs with p value = 0.007.

Based on the results of the initial survey conducted by researchers at the Mogang Health Center, it showed that of the 10 family planning acceptors who had been interviewed, there were 8 people who had used family planning for 3 months, but after 3 months of using injectable family planning the acceptors no longer used family planning. Injecting injections due to forgetting, they don't even know that injecting contraceptives must be visited again, so their motivation for repeat visits is still low. Based on the above background, the problem in this study is to find out "Motivation of 3 Months Injectable Family Planning Acceptors with Compliance with Repeat Visits at Mogang Health Center, Samosir Regency in 2021".

## 2. RESEARCH METHODE

The research method used is analytical research using a quasi-experimental method (Quasi Experiment) through a pretest and posttest without control group design, which is a research design using observations before and after the experiment. Before doing the breast massage, the mother squeezes the areola area towards the nipple or directly breastfeed the baby and then see how smoothly the milk comes out (pretest), after that massage for 10-15 minutes, then do the same treatment as before doing the lactation massage, namely pressing the areola area towards the nipple or directly breastfeed the baby and then see how smoothly the milk comes out (postets). This study aims to determine Lactation Massage on Breast Milk Smoothness in Post Partum Mothers in Lawa-Lawa Village Luo Idanotae, Ulu Idanotae District, Nisel Regency in 2021. The sample size in this study was 30 postpartum mothers for up to 6 weeks using purposive sampling technique. The research time lasted 4 weeks starting from April-May 2021. This research instrument used primary data obtained directly from the research subjects. This research was carried out during the Covid-19 pandemic so that the massage was carried out according to health protocols to prevent transmission of Covid-19. The source of data in this study is primary data

obtained directly from the sample at the time of the study. Data analysis in this study used bivariate analysis through the Wilcoxon Rank Rest statistical test.

### 3. RESULT AND ANALYSIS

#### RESULT

**Table 1. Frequency Distribution of Motivation of Family Planning Acceptors injecting 3 Months With Compliance Repeat Visits at Mogang Health Center, Samosir Regency**

Motivasi	Jumlah Akseptor	Presentase (%)
Positif	25	55,6
Negatif	20	44,4
<b>Total</b>	<b>45</b>	<b>100</b>

Based on table 1. shows that from 45 respondents the majority have positive motivation as many as 25 people (55.6%) and there are as many as 20 people (44.4%) who have negative motivation.

**Table 2. Distribution of the Frequency of Revisit Compliance at the Kuala Langkat Health Center**

Kepatuhan Kunjungan Ulang	Jumlah Akseptor	Presentase (%)
Patuh	18	40,0
Tidak Patuh	27	60,0
<b>Total</b>	<b>45</b>	<b>100</b>

Based on table 2. shows that of the 45 respondents the majority of the follow-up visits were not compliant as many as 27 people (60%) and 18 people were obedient (40.0%).

**Table 3. The Relationship between the Motivation of 3 Months Injecting Family Planning Acceptors and Compliance with Repeat Visits at the Kuala Langkat Health Center**

Motivasi	Kepatuhan Kunjungan Ulang				Total		<i>p value</i>
	Patuh		Tidak Patuh				
	n	%	n	%	N	%	
Positif	18	40	7	15,56	25	55,56	0,000
Negatif	0	0	20	44,44	20	44,44	
Total	18	40	27	60	45	100	

Based on table 3. above shows the analysis of the relationship between motivation and adherence to repeat visits, the results obtained are as many as 18 people (40%) in the positive motivation group with follow-up visits and 20 people (44.44%) in the negative motivation group who do not comply with repeat visits at Mogang Health Center, Samosir Regency.

## DISCUSSION

The results showed that there was a correlation between the motivation of 3 months injection family planning acceptors and the adherence to repeat visits ( $p = 0.000$ ). The results showed that of the 25 injection family planning acceptors who had positive motivation, there were 18 people (40%) who were obedient to the repeat visits and 7 people (15.46%) who were not obedient to the repeat visits. Of the 20 injection family planning acceptors who had negative motivation, there were 20 people (44.44%) who did not comply with the repeat visit.

Most of the respondents have low motivation to inject injections, acceptors think that delaying the injection will not affect the effectiveness of contraception as long as it is still within 7 days. As injectable contraceptives are hormonal in nature so that the return of reproductive organs is also slower so that the possibility of pregnancy is also relatively small. The results also show that there are some respondents who do not get a repeat injection for 1 month, acceptors often come incorrectly because there is a need that is seen as more urgent. compared to 1 month injection. There are quite a lot of requirements for some of the acceptors, which is an obstacle for them not to come on time. In addition, there are also those who say because the husband can't deliver especially if it's a rainy night (Endarwati, et al. 2020).

This is supported by research (Noriani, et al., 2017) on the Relationship between Knowledge and Motivation of 3-Month Injectable KB Acceptors with Compliance with Repeat Visits at BPM Koriawati in 2017 which shows that there is a relationship between motivation of 3-month Injectable KB acceptors with adherence to repeat visits ( $p < 0,05$ )

In choosing a 3-month injectable contraceptive method, women must consider various factors including their health status, potential side effects of a method, consequences for unwanted pregnancy, desired family size, partner cooperation and cultural norms, recognizing the ability to have children. This includes the use and determination of the 3-month injectable contraceptive method. Women should consider the effect these methods have on reproductive function, as well as general well-being. This can be done by reminding the acceptor to return on time and making home visits to the acceptor whose time for injections has returned but has not yet been re-injected. In addition, the acceptor can also obtain information about contraceptives from various media, such as newspapers, magazines and the internet. The information provided is not only for the wife but also for the husband, because sufficient information will increase the knowledge and insight of the husband and wife about the contraceptive method, especially the 3-month injection contraceptive method, thereby motivating the acceptor to come for a repeat visit according to a predetermined schedule (Noriani, et al., 2017).

## 4. CONCLUSION

This study shows that there is a relationship between the motivation of 3 months injection family planning acceptors and the compliance of repeat visits with the following conclusions;

1. The majority of 3 month injection family planning acceptors who have positive motivation are 25 people (55.6 %).
2. The majority of follow-up visits by acceptors of 3-month injections were non-adherent as many as 27 people (60%).
3. There is a correlation between the motivation of 3 months injection family planning acceptors and the compliance of repeat visits at the Mogang Health Center, Samosir Regency in 2022 ( $p = 0.000$ ).

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