

Relationship between Spotting Incidence and Anxiety in Family Planning Acceptors 3 Monthly Injections in the Praktek Mandiri Bidan Endang Khoirunnisa

Endang Khoirunnisa

Sekolah Tinggi Ilmu Kesehatan Akbidyo, Indonesia

endang.khoirunnisa@yahoo.co.id

Abstract

Anxiety experienced by family planning injection acceptors tends to occur when there is a menstrual disorder, causing the acceptor's appetite to increase easily, weight gain, acne occurs. This causes women who use family planning injections to become easily depressed, not confident in their appearance. This anxiety is still often complained of by acceptors even though informed choice and informed consent have been made before giving contraception. The purpose of this study is to analyze relationship between spotting incidence and anxiety in family planning acceptors 3 monthly injections in the Praktek Mandiri Bidan Endang Khoirunnisa in Sewon District, Bantul Regency, Daerah Istimewa Yogyakarta, Indonesia. This study used descriptive analytic method with a cross sectional approach. The population in this study are all mothers who became family planning acceptors 3 monthly injections in the Praktek Mandiri Bidan Endang Khoirunnisa in Sewon District, Bantul Regency, Daerah Istimewa Yogyakarta, Indonesia in April 2018 as many as 126 acceptors. The sampling method is purposive sampling. The number of samples or family planning acceptors is 53 acceptors who met the criteria. The data collected comes from the questionnaire. The method of analysis used the chi-square test. The result show that there is a significant relationship between spotting incidence and anxiety in family planning acceptors 3 monthly injections in the Praktek Mandiri Bidan Endang Khoirunnisa.

Keywords

spotting incidence; anxiety; family planning



I. Introduction

The family planning program has a very important meaning in the effort to realize a happy and prosperous small family, in addition to education and health programs. Law Number 10 of 1992 concerning population development and development of prosperous families states that family planning is an effort to increase awareness and participation of the community through maturing the age of marriage, birth control, fostering family resilience, and increasing family welfare to create happy and prosperous small families.

The most popular contraceptive in Indonesia is the 3 month injectable contraceptive, partly because of its practicality and belief in the effectiveness of injections. This method is recognized as a safe, effective, highly sustainable method even without estrogen. It can therefore be used in women with a history of thromboembolism and hypertension. In addition, it is very helpful for those who do not want to have more children while being sterile cannot be done (Wonodirekso et al., 1990). Infertility is a common fear that women exhibit when considering life without a child is that they will regret this decision when they are older, and they may feel lonely and frustrated. However, there is a difference between deciding not to have children or always feeling depressed about not having

children. Infertility or infertility which in layman's language is also called infertility occurs in 10% of married couples. Infertility in medical terms called infertility is a condition where a husband and wife are not able to have children even though they have had sexual intercourse 2-3 times a week within a year without using any type of contraception and or medically proven inability to do so. Infertility does not only occur in women but also men. This is related to reproductive health where reproductive health is a complete physical, mental and social health condition, not merely free from disease or disability related to the reproductive system, function and process in men and women. After several years of fertility screening and treatment, it is difficult to accept the reality of not having children and focus on the positive aspects of childless life. In addition, some couples may need the help and support of a consultant to make it easier for them to "let go" of their desire to have a baby and accept their infertility condition.

Using contraceptives such as injectable family planning has the main side effect of using it, namely menstrual disturbances, while other side effects are very small, such as weight gain (1-5 kilogram), most women have not returned to their fertility for 4-5 months after stopping the injection. Continuity of injectable contraceptives is quite high, 50-75% after 1 year. Menstrual abnormalities are the main cause of discontinuation of injectable contraceptives (Hanafi, 2004). Contraception is the prevention of the fertilization of the egg by the sperm cell (conception) or the prevention of the attachment of the fertilized egg to the uterine wall. Family planning is an effort to regulate the birth of children, the ideal distance and age to give birth, to regulate pregnancy, through promotion, protection, and assistance in accordance with reproductive rights to create a quality family. Couples of childbearing age range between the ages of 20-45 years where the partner (male and female) is mature enough in all respects, especially the reproductive organs are functioning properly. This is distinguished from women of childbearing age who are widowed or divorced. At this time, couples of childbearing age must be able to maintain and take advantage of their reproduction, namely reducing the birth rate with the family planning method so that the number and interval of pregnancies can be calculated to improve the quality of reproduction and the quality of future generations. Types of simple contraception are:

1. Condoms are thin rubber sheaths that are attached to the penis as a reservoir for sperm released by men during intercourse so that they do not pour out into the vagina. The way condoms work is to prevent the meeting of the ovum and sperm or prevent spermatozoa from reaching the female genital tract. Now there are types of condoms for women, the failure rate from using this condom is 5-21%.
2. Interrupt coitus or interrupted intercourse is to stop intercourse by pulling the penis from the vagina at the time the husband is approaching ejaculation. The advantage of this method is that it does not require tools/drugs so it is relatively healthy for women to use compared to other contraceptive methods, the risk of failure of this method is quite high.
3. Natural family planning is based on the cycle of fertile and non-fertile periods, the main basis is when ovulation occurs. There are 3 ways to determine the time of ovulation, namely: calendar method, basal temperature, and cervical mucus method.
4. Diaphragm is a tool that serves to prevent sperm from reaching the cervix so that sperm do not gain access to the upper reproductive tract (uterus and fallopian tubes). Diaphragmatic failure rate 4-8% pregnancy.
5. Spermicide is a substance or chemical that can kill and stop the movement or paralyze spermatozoa in the vagina, so that it cannot fertilize an egg. Spermicides can come in

the form of vaginal tablets, danjelly creams, aerosols (foams), or family planning wipes. Quite effective when used with other contraceptives such as condoms and diaphragms.

Research results show that women have a greater risk for anxiety disorders and depression or neurotic disorders in general. Some researchers believe that generalized anxiety, panic attacks and phobias are predisposing factors to the diagnosis of affective disorder (World Health Organization, 1997).

A person's anxiety is usually a psychological element that describes the feelings, emotional states that a person has when facing reality or events in his life (Rivai, 2001). Women feel that the use of contraception is sometimes problematic and may be forced to choose a method that is not compatible with harmful contraception or not to use a family planning method at all. Anxiety is a feeling of fear of something happening caused by the anticipation of danger and is a signal that helps individuals to prepare to take action in the face of a threat. The influence of demands, competition, and disasters that occur in life can have an impact on physical and psychological health. One of the psychological effects is anxiety or anxiety. Dental anxiety is a state of a person's concern that something terrible will happen which is often correlated with certain aspects of dental care or other aspects of dental care. Dental anxiety is a very extreme condition and many people have a high level of dental anxiety especially if they have never experienced or underwent dental treatment before. Types of anxiety include objective anxiety, which is a type of anxiety that is oriented to external dangers, such as seeing or hearing something that can be bad. Neurotic anxiety is a type of anxiety that occurs when the instincts of the five senses cannot be controlled and cause someone to do something that can be subject to sanctions law. Moral anxiety is a type of anxiety that arises from a deep feeling of guilt when someone does something wrong. Signs and symptoms of patients with anxiety are anxiety, worry, bad feelings, fear of their own thoughts and irritability, patients feel tense, uneasy, restless and easily startled, patients say they are afraid of being alone or in crowds and many people, have disturbed sleep patterns and are accompanied by vivid dreams nerve-wracking. Mild anxiety levels are associated with tension in everyday life which causes a person to be more alert and increases his perceptual space. Moderate anxiety levels make a person focus on things that are felt to be important to the exclusion of other aspects, so that a person enters a state of selective attention but can still do certain things with more direction. Severe levels of anxiety can cause a person to tend to focus on something more detailed, specific and unable to think about other things and will require a lot of direction in order to focus on another object.

Anxiety experienced by family planning injection acceptors tends to occur when there is a menstrual disorder, causing the acceptor's appetite to increase easily, weight gain, acne occurs. This causes women who use family planning injections to become easily depressed, not confident in their appearance. This anxiety is still often complained of by acceptors even though informed choice and informed consent have been made before giving contraception. The impact of the anxiety caused will be seen in the failure of family planning. Because family planning acceptors are not comfortable using family planning so it will affect acceptors to stop using family planning (dropout).

The purpose of this study is to analyze relationship between spotting incidence and anxiety in family planning acceptors 3 monthly injections in the Praktek Mandiri Bidan Endang Khoirunnisa in Sewon District, Bantul Regency, Daerah Istimewa Yogyakarta, Indonesia.

II. Research Method

This study used descriptive analytic method with a cross sectional approach. Descriptive analytic method, namely research that is intended to collect information about an existing symptom, namely the state of the symptoms according to what they were at the time the research was conducted (Octiva et al., 2018; Pandiangan et al., 2021; Pandiangan, 2022). The time approach in this research is cross sectional, namely the method of collecting data at one time, meaning that each research subject is observed only once and measurements are made on the status of the character or subject variable at the time of the study (Asyraini et al., 2022; Pandia et al., 2018; Pandiangan et al., 2022).

Population is a collection of data that have the same characteristics and become objects (Octiva et al., 2021; Pandiangan, 2018). The population in this study are all mothers who became family planning acceptors 3 monthly injections in the Praktek Mandiri Bidan Endang Khoirunnisa in Sewon District, Bantul Regency, Daerah Istimewa Yogyakarta, Indonesia in April 2018 as many as 126 acceptors. The sampling method is purposive sampling. Purposive sampling is a sampling technique with certain considerations. The reason for using this purposive sampling technique is because it is suitable for use for quantitative research, or research that does not generalize (Octiva, 2018; Pandiangan, 2015; Pandiangan et al., 2018). The number of samples or family planning acceptors is 53 acceptors who met the criteria.

The data collected comes from the questionnaire. The questionnaire contains a number of questions about which are used to measure variable, namely spotting incidence and anxiety in family planning acceptors 3 monthly injections.

The method of analysis used the chi-square test. The chi-square test is useful for testing the relationship or effect of two nominal variables and measuring the strength of the relationship between one variable and another nominal variable. The chi-square test is a non-parametric statistical test that is most widely used in public health research, because this test has the ability to compare two or more groups on data that has been categorized (Tobing et al., 2018).

III. Results and Discussion

3.1 Characteristics of Respondents

Characteristics of respondents in the study, among others, based on age, education, number of birth, and duration of use. The following is an analysis of the characteristics of the respondents as follows:

a. Age

Table 1. Frequency Distribution of Respondents Age

No.	Age	Frequency	Percentage
1.	20-25	15	28.30
2.	26-30	26	49.10
3.	31-35	12	22.60
Amount		53	100.00

The age of the mother of most acceptors is that the respondents are aged 26-30 as many as 49.10% (26 people).

b. Education

Table 2. Frequency Distribution of Respondents Education

No.	Education	Frequency	Percentage
1.	No School	0	0.00
2.	Primary School	8	15.10
3.	Junior High School	19	35.80
4.	Senior High School	25	47.20
5.	College	1	1.90
Amount		53	100.00

The education level of the most acceptors is school high education 47.20% (25 people).

c. Number of Birth

Table 3. Frequency Distribution of Respondents Number of Birth

No.	Number of Birth	Frequency	Percentage
1.	1 Child	12	22.60
2.	2 Child	19	35.80
3.	3 Child	15	28.30
4.	4 Child	7	13.20
Amount		53	100.00

The number of mothers who have the most children is mothers with 2 people, namely 35.80% (19 people).

d. Duration of Use

Table 4. Frequency Distribution of Respondents Duration of Use

No.	Duration of Use	Frequency	Percentage
1.	< 6 Month	2	3.80
2.	6 Month – 1 Year	8	15.10
3.	>1 Year	43	81.10
Amount		53	100.00

The highest number of mothers who used 3 month injections contraception for more than 1 year was as many as 81.10% (43 people).

e. Chi-Square Test

Table 5. Chi-Square Test

Chi-Square Test	p-value=0.035
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The result show that there is a significant relationship between spotting incidence and anxiety in family planning acceptors 3 monthly injections in the Praktek Mandiri Bidan Endang Khoirunnisa.

IV. Conclusion

The result show that there is a significant relationship between spotting incidence and anxiety in family planning acceptors 3 monthly injections in the Praktek Mandiri Bidan Endang Khoirunnisa.

The suggestions for this research are:

1. 1.For Further Researchers

It is hoped that if you are interested in researching spotting, you can raise variables other than the spotting incident variable. Because of anxiety, there are many factors that cause anxiety in family planning acceptors.

2. For Midwives

Adding information about dealing with spotting and knowledge about 3 monthly injections of family planning and providing counseling to 3 monthly injections of family planning acceptors. It is expected to add information about the 3 monthly injection family planning to new, old, and changing family planning injection acceptors.

3. For Agencies

Can make input in giving lessons to students, especially regarding the importance of proper counseling so that patients do not arise anxiety.

4. For Family Planning Acceptors

It is hoped that family planning acceptors will be active in finding out and increasing knowledge about family planning and dealing with menstrual disorders accordingly.

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