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## The Relationship of Knowledge and The Selection of Long-Acting Contraceptive Methods



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### Abstract

The participation or involvement of Birth control program acceptors in selecting and using long-acting contraceptive methods (LACMs) in Indonesia still needs to be higher. The factors contributing to the minimal participation of KB acceptors in the selection or use of LACMs include the low level of knowledge among acceptors regarding the use of LACMs. The objective of the study was to explain the relationship between KB acceptors' knowledge and the selection of LACMs. This literature review used a systematic literature review of 10 articles related to the topic, which have been screened. Ten journals that had been selected say that all agree that there is a relationship between knowledge and LACMs. According to the researcher and the data obtained, it could be concluded that there was a match between the researcher's literature review results and current theory, as well as previous research results.

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## INTRODUCTION

Population, as the basic capital and the dominant development factor, must be the central point in sustainable development. A large population with low quality and rapid growth will slow the achievement of ideal conditions between the quantity and quality of the population and the carrying capacity and capacity of the environment. The main problem faced by Indonesia in the population sector is population growth which is still high. One of the government's efforts to control the population is reproductive health for all, as stated in the Sustainable Development Goals (SDGs) goal 3, which is to foster a healthy life and improve the welfare of the population at all ages with indicators of increasing the Contraceptive Prevalence Rate (CPR). One way to enhance CPR is by implementing a Birth control program program. Birth control program, or what is more familiarly known as Birth control program, is a national scale program to reduce birth rates and control population growth in a country.

The population problem in Indonesia is very complex and requires comprehensive handling. A large population with high population growth, low quality, and uneven distribution (Ministry of Home Affairs, 2010: 12). For this reason, efforts to control population numbers are needed, one of which is through the Birth control program (KB) program, which began in 1968. One of the government's efforts to control the population is implementing the Birth control program (KB) program for Couples of Reproductive Age (PUS). In this regard, the National Population and Birth control program Agency (BKKBN) has prioritized increasing long-term Birth control program participation in recent years.

Birth control program in Indonesia is a movement to form healthy and prosperous families by limiting births which was proclaimed in 1970 to improve the welfare of mothers and children to realize the Norms of Happy and Prosperous Small Families (NKKBS), which are the basis for learning

a prosperous society by controlling births while guaranteeing controlled population growth. Through the Birth control program Program, Indonesia won an award from the United Nations as a country that ruled the population growth rate from 4.6% in 1970 to 2.6% in 1990. However, the Birth control program program was once forgotten and is no longer a priority in national development. As a result, the population increased rapidly, even more so before the reform era.

To create quality families, the main goal is to control population growth and increase the quality of small families, as indicated by the increasing use of rational, effective, and efficient contraceptive methods, namely the (LACMs) Long-Term Contraceptive Method. Based on this background, the researcher reviewed the relationship between knowledge and the selection of LACMs

## METHODS

This literature review method used a literature review study. The aim was to analyze several related research conducted by researchers by collecting books or magazines that discuss the issue as well as the purpose of the literature review "relationships, knowledge, Birth control program programs, MKJP. Research on writing scientific papers used the Literature review method by collecting and analyzing ten journals from various sources in databases such as Pubmed, Science Direct, and Google Scholar (and others) using the keywords Knowledge, Selection of KB, and MKJP. The journals was taken from 2015-2022

## RESULTS

The total number of studies which met this literature review's inclusion criteria was ten, as described in Table 1. The longest publication time of the journals reviewed was 2015, and the latest in 2022, Of the ten journals that have been selected say that all agree that there is a relationship between knowledge and long-term contraceptive methods.

No	Author / Year	Title	Population and Sample	Type of Reserch	Result
1	(Maria T. E. et al.,2019)	The relationship between the level of knowledge of Birth control program acceptors and therole of health workers with an interest in using long-term contraceptive methods (MKJP)	All PUS using active Birth control program in 2017 in the village. Naunu, Fatuleu District, Kupang Regency, with 327 participants.A sample of 77 people was taken using a simple random sampling technique.	This study uses an analytic survey designwith a cross-sectional approach.	Respondents were highly interested in contraception (76.6%) and generally used the MKJP type of contraception (72.73%). Most respondentshave good knowledge about contraception (55.8%) and a negativeattitude (55.8%).
2	(La HamiruAne, 2020)	Factors Affectingthe Low Use of Long-Term Contraceptive Methods (MKJP)in Batauga District, South Buton Regency	Couples of ReproductiveAge (PUS) who used KBin the Watauga sub-district 140 people. Sampling wasdone using a simple random sampling technique: as many as 58 people.	This type of researchis explanatory research, which explains the relationship between the independent and dependent variables through hypothesis testing and uses a cross-sectional approach.	Based on the results of this study, the Long Term Contraceptionmethod (MKJP) is a very effectivecontraceptive,covers a long duration, and works for up to 10 years.
3	(Laras Tsany Nur Mahmudah, Et al.,2015)	Analysis offactors related to the method of choosing long-term contraceptio n (MKJP) for female Birth control program acceptors inBanyubiru District, Semarang Regency	All- female Birth control program acceptorsin Banyubiru District, Semarang Regency, namely 840 people. Samplingwas doneusing a simple random samplingtechnique , namely,as many as 104 people	This type of research is explanatoryresearch, which explains therelationshipbetween theindependent and dependent variables through hypothesis testing and uses a cross- sectional approach.	Bivariate analysis shows a relationship between knowledge and MKJP selection (sig = 0.001). Based on therisk estimatetest, the Prevalence Ratio (PR) value was 1.912.
4	(Milda Hastuty,Afiah, 2018)	Factors influencing the behavior of Birth control programacceptors towards MKJP selection in the working area of the mining health center	All Birth control program acceptors who came to visit health facilities in the workingarea of the Mining Health Center in 2017, namely 269 people, with a total sample of 161 Birth control program acceptors	This researchmethod uses a cross-sectionalstudy approach.	Based on the results of this study, the Long Term Contraception method (MKJP) is a very effective contraceptive, covers a long duration, and works for up to 10 years.
5	(Rismawati et al.,2018)	Factors Influencing PUS Women on the Selection ofContraceptive MethodsLong Term (MKJP) atthe Major Umar Damanik Health Center, South Tanjungbalai District, Tanjungbalai City	namely840 people. Samplingwas doneusing a simple random samplingtechnique , namely,as many as 104 people.	This type of analyticsurvey research with a cross- sectional study approach	Bivariate analysis showsa relationship between knowledge andMKJP selection (sig =0.001). Based on the risk estimate test, the Prevalence Ratio (PR) value was 1.912.

No	Author / Year	Title	Population and Sample	Type of Reserch	Result
6	(Safitri,2020)	Mother's Knowledge and Husband's Support Related to the Use of Long-Term Contraceptive Methods (MKJP)	All family planning acceptors who came to visit health facilities in the working area of the Mining Health Center in 2017, namely 269 people, with a total sample of 161 family planning acceptors	This research is quantitative research with a cross-sectional design.	The results of the chi-square statistical test obtained a p-value <0.05, namely 0.027, which means that there is a significant relationship between the knowledge and behavior of Birth control program acceptors on the selection of MKJP. With a POR value = 2.135
7	(Iryani Yuni Yastutik, 2022)	Mother's Knowledge and Husband's Support Related to the Use of Long-Term Contraceptive Methods (MKJP)	All PUS female mothers were 1,984 people, and samples taken by accidental sampling were 95 people.	The research method used in this study is observational analytics with a case-control design approach.	The chi-square test results show that the significant value of the probability of knowledge is sig-p = 0.000 or <math>\alpha</math>-value = 0.05. This proves that knowledge influences the selection of MKJP
8.	(Idaria Sidabukke, et al., 2020)	Factors that influence the selection of MKJP and non-MKJP at the Pusdiklat Al-Islam Hospital H. Mawardi Krian Sidoarjo	Fifty-five people, all PUS acceptors of Birth control program at Al-Islam Hospital H.M Mawardi Sidoarjo.	The type of research used is an analytic survey with a cross-sectional approach.	The study showed a relationship between the mother's knowledge and the husband's support using MKJP, with a p-value of the mother's knowledge = 0.036 and the husband's support p-value = 0.000.
9.	(Yocki Yuanti, 2018)	The relationship between knowledge and quality of Birth control program services with the selection of long-term contraceptive methods (MKJP) at the Kesuma Bangsa Clinic, Perbaungan District	All acceptors using Birth control program at the Kesuma Bangsa Clinic, Perbaungan District, from January to December 2019, totaled 132 people and a sample of 57 people.	The research design used is quantitative analytical with a cross-sectional approach method.	The results showed that a p-value = 0.013 was obtained.
10	(Sri Setiasih, et al., 2016)	long-term contraceptive methods (MKJP) in the Harjamukti sub-district, Cimanggis, Depok	Fertile age couples (wives) in Kel. Harjamukti Cimanggis Depok, while the sample used amounted to 171 respondents. The sampling technique uses random cluster sampling	This study uses quantitative and qualitative methods with a cross-sectional approach.	Respondents with good knowledge chose the Long Term Contraception Method (MKJP), with a proportion of 51.9%. The chi-square statistical test shows that the knowledge variable has a value of $p < 0.05$

## DISCUSSION

According to Notoatmodjo's 2007 theory, knowledge results from knowing, which occurs after people sense a certain object. Sensing occurs through the human senses: sight, hearing, smell, taste, and touch. Most of human knowledge is obtained through the eyes and ears. Factors that influence the level of expertise are education, information or mass media, social, cultural, economic, and environmental experience, and age. A total of 5 literature out of 10 mentions little about the factors that influence knowledge, namely the research of Maria T. E. Koba et al. 2019, Rismawati et al. 2018, Safitri 2020, Idaria et al. 2020, and Sri Setiasih et al. 2016. In accordance with Maria T. E. Koba et al.'s research in 2019, that knowledge can be influenced by factors such as education, work, age, environment, and culture. Knowledge can also be formed based on personal experience, where personal experience is a way to acquire knowledge and a reference for acting in health. Knowledge of Birth control program birth control is a prerequisite for using the right contraceptive method effectively and efficiently. However, as explained in research by Rismawati et al. in 2020, the factors that influence knowledge are not only obtained due to a high level of education but can also be affected by a person's activeness in seeking information. One's ability can be obtained from activities, such as routine counseling about contraceptives. In line with Safitri's 2021 research, Idaria Sidabukke et al. 2020 and Sri Setiasih 2016 that the factors that influence a person's high level of knowledge, apart from being due to a high level of education, can also be affected by a person's desire and activity in seeking information. One's knowledge can be obtained from participating in an activity such as counseling about contraceptives.

According to Bertrand's theory in 1980, one of the factors that underlies a person's decision to use contraception is knowledge. Good knowledge of contraceptive methods will foster positive behavior toward these methods and result in a desire to use them. A total of 10 pieces of literature discussed the knowledge variable with the use of LACMs, which obtained the result that there was a relationship between knowledge and the use of MKJP, namely research by Maria T. E. Etc. 2020, Laras Tsany Nur Mahmudah et al. 2015, Milda Hastuty et al. 2018, Rismawati et al. 2018, Safitri 2020, Iryani Yuni Yastutik 2022, Idaria Sidabukke et al. 2020, Yocki Yuanti 2018, Sri Setiasih et al. 2016. In Maria T. E. Koba et al.'s research in 2019, researchers found that there was a relationship between knowledge and

interest in using long-term contraceptive methods. The study results explained that most of the respondents in Naunu village understood LACMs well. Respondents with a good level of knowledge have a high interest in using long-term contraception compared to respondents with a reasonable or low level of expertise. And it is also explained in the research of La Hamiru Ane 2020, Laras Tsany Nur Mahmudah et al. 2015, Milda Hastuty et al. 2018, Rismawati et al. 2018, Safitri 2020, Iryani Yuni Yastutik 2022, Idaria Sidabukke et al. 2020, Yocki Yuanti 2018, Sri Setiasih et al. 2016. It was revealed that the common use of LACMs shows that a lack of knowledge influences the low participation in the use of MKJP. In addition, the ability of non-MKJP user respondents is mostly less knowledgeable than the level of understanding of LACMs user respondents. So because of that, the level of expertise greatly influences a person in choosing the type of contraception to be used. The researcher found that based on some of the research literature that was conducted, a large number of studies explained that there was a correlation between knowledge and the use of LACMs. Based on the results of the analysis that has been carried out, from all the literature that was synthesized and discussed the knowledge variable, there were ten which concluded in the view of the researchers that there was a significant relationship between knowledge and the use of LACMs. This was caused due to the need for knowledge of Birth control program acceptors about LACMs, both deficiencies, and advantages; besides that, the respondents' low knowledge illustrates limited knowledge about the use of LACMs, making it difficult to determine which long-term contraceptive method to choose.

## CONCLUSION

Conclusion Based on the results of the analysis and discussion in the literature review that has been carried out by researchers regarding the relationship between the level of knowledge and the choice of long-term contraception (LACMs), the researchers draw the following conclusions: that mothers with low knowledge tend to use less LACMs, and mothers with more knowledge Higher levels tend to use LACMs more, because knowledge will help mothers in making wise choices for Birth control program.

## SUGGESTION

The author hopes to research then you can go deeper into the review of the relationship between knowledge and the choice of long-term contraceptive

methods with more complete and broader journal sources, as well as more literature studies that can be done.

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#### CONFLICTS OF INTEREST

The authors declare no conflict of interest. Other funders than the authors had no role in the design of the study, data collection, data analysis, in the writing of the manuscript, and also in the decision for publication.

#### AUTHOR CONTRIBUTIONS

Author 1 is responsible for coordinating the research progress, participating in the research implementation, compiling the research report, and publishing the journal article. Authors 2 and 3 participate in the research, contribute to the compilation of the research report, and participate in the journal

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