



## Effectiveness of Counseling on Long-Term Contraceptive Methods through Leaflets during the Covid-19 Pandemic

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### Abstract

The Covid-19 pandemic in Indonesia is currently entering a new normal period or the implementation of the New Habit Adaptation protocol. This condition has reduced the number of family planning participation so that it is feared that it could cause a baby boom or an increase in the number of pregnancies and births. For this reason, serious efforts need to be made in order to increase the number of family planning participation again. During this Covid-19 pandemic, as much as possible should avoid crowds so that cases of Covid-19 transmission do not occur. One of the efforts that can be done is through counseling with leaflet media. This study aims to determine the effectiveness of health education using media leaflets about long-term contraceptive methods during the new normal for women of childbearing age. The study was conducted in Leran Village with a total population of 1, 506 then obtained the number of samples as many as 316 respondents. Sampling technique using probability sampling with proportional random sampling technique. This type of research is a quasi-experimental with pretest-posttest one group design. Data analysis used the Wilcoxon test to see the effectiveness and determine the difference before and after giving counseling. The result of this research is that there is an effect after it is done counseling with leaflet media on women of childbearing age knowledge in Leran Village. It is hoped that the role of health workers and health cadres will always carry out promotions and education about the benefits of family planning, especially during the Covid-19 pandemic.

### Keywords

counseling; leaflets; women of childbearing age; contraception; Covid-19

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## Introduction

The occurrence of the pandemic due to the corona virus in Indonesia and throughout the world has had a huge impact on human life, starting from the health, economic, social, educational, and even related to worship/religious aspects.(Anhusadar, 2021).On February 11 2020, the World Health Organization (WHO) named the new virus Severe acute respiratory syndrome coronavirus-2 (SARS-CoV-2) and the name of the disease as Coronavirus disease 2019 (COVID-19). It has been confirmed that this pneumonia transmission can be transmitted from human to human. On March 11 2020, WHO announced that COVID-19 had become a pandemic in the world(Jaji, 2020).

The number of global cases as of January 18 2021 reached more than 95 million, while domestic cases in Indonesia were confirmed cases of more than 897 thousand, recovered cases were more than 727 thousand, and deaths were more than 25 thousand. Data in East Java alone has a total of almost 100 thousand cases.

Covid-19 is a serious problem because the number of cases is high throughout the world. The Covid-19 virus can attack anyone regardless of age or gender. So preventive measures are very important to implement. Preventive steps that can be taken are to implement the 5Ms, namely wearing a mask, washing hands with soap and running water, maintaining distance, staying away from crowds, and limiting mobilization and interaction (Aldilawati & Hidayat, 2021).

The high number of Covid-19 cases has caused the government to impose a lockdown, Large-Scale Social Restrictions (PSBB), and the Implementation of Community Activity Restrictions (PPKM) (Aria Nata Kusuma et al., 2022). As a result of this policy, the participation rate of family planning acceptors actually decreased. If this is not treated immediately it can cause a baby boom because it increases the pregnancy rate. So health education regarding long-term contracep-

tion used during the new normal is very important to provide (Zahra et al., 2021).

The outreach media that can be used in health education is through the distribution of leaflets containing information about long-term contraception during the new normal (Aprilina et al., 2020). This media prioritizes visual messages which usually consist of a number of words, pictures or photos in color. The effectiveness of using outreach media is largely determined by the number of senses of reception involved. The more senses are used, the easier it is to understand the delivery of the extension message(Prabandari, 2018).

Based on the above background, researchers are interested in conducting research on the effectiveness of health education using leaflets regarding long-term contraceptive methods during the new normal in women of childbearing age in Leran Village, Gresik Regency. Researchers are interested in examining whether there is an influence of education using leaflet media on the knowledge of women of childbearing age in the new normal period. The reason for choosing leaflet media is because it is simple but interesting and easy to share so it doesn't cause crowds. This research can also provide benefits for health promotion regarding long-term contraception for women of childbearing age during the Covid-19 pandemic.

## Method

This research is a quasi-experimental research using a pre test post test one group design. The population in this study was 1,506 women of childbearing age in Leran Village, Manyar District, Gresik Regency. The sample size was determined using the Slovin formula to obtain a sample size of 316 female respondents of childbearing age. The sampling method used is purposive sampling.

The instrument used in this research is a questionnaire sheet, the measuring tool used for the independent variable in this

case is health education through leaflets.

The statistical test used is a different test to evaluate treatment on the same sample in two different observation periods. In this study, the Wilcoxon test (signed rank test) was used to determine whether there were differences before and after giving counseling using leaflets to WUS in Leran Village.

## Results and Discussion

The characteristics of WUS in this study include age, number of living children, education, and employment. The following

is a frequency distribution table of the characteristics of respondents to this study.

Based on table 1, it can be seen that the majority of WUS in Leran Village are aged between 30-40 years, namely 57.59% of WUS. Based on the number of living children, 55.38% of WUS have children  $\leq 2$ . Based on education level, 49.05% are high school graduates and the majority of WUS in Leran Village or 84.81% are housewives.

Based on table 2, it can be seen that there are differences in the results of the WUS knowledge assessment between before and after being given counseling. A total of 150 WUS (47.47%) had good knowledge

Table 1. Respondent Characteristics

WUS characteristics		F	%
Age	< 30	119	37.66
	30-40	182	57.59
	> 40	15	4.75
Total		316	100.00
Number of living children	$\leq 2$	175	55.38
	> 2	141	44.62
	Total	316	100.00
Education	Elementary School	49	15.51
	Junior High School	66	20.89
	Senior High School	155	49.05
	PT	46	14.56
	Total	316	100.00
Work	Civil servants	7	2.22
	Self-employed	24	7.59
	Laborer	17	5.38
	IRT	268	84.81
	Total	316	100.00

Table 2. Frequency distribution of WUS knowledge about long-term contraceptive methods during the new normal before and after counseling

WUS Knowledge	Before counseling		After counseling	
	<i>f</i>	%	<i>f</i>	%
Good	150	47.47	179	56.65
Enough	129	40.82	120	37.97
Not enough	37	11.71	17	5.38
Amount	316	100.00	316	100.00

and 37 WUS (11.71%) had poor knowledge before being given counseling using leaflet media. After being given counseling through leaflet media, the number of WUS with good knowledge increased to 179 WUS (56.65%) and those with less knowledge became fewer, namely 17 WUS (5.38%).

Table 3. Differences in WUS knowledge before and after being given counseling about long-term contraceptive methods during the new normal

WUS Knowledge	elementary school	Mean	p-value
Before counseling	17.13	75.49	0,000
After counseling	15.09	79.19	

From table 3 it is known that there is a difference in the average knowledge of WUS before and after the intervention. The average knowledge of WUS before counseling was 75.49 with a standard deviation of 17.13 and after counseling the average knowledge was 79.19 with a standard deviation of 15.09.

Based on the results of the Wilcoxon Signed Ranks Test analysis, it was obtained that the value of  $p < \alpha$  or  $0.000 < 0.05$  means that  $H_0$  was rejected and  $H_1$  was accepted, which means that counseling about long-term contraceptive methods in the new normal period using leaflet media had an effect on WUS knowledge in Leran Village, Manyar District.

WUS' knowledge about long-term contraceptive methods before being given counseling can be seen in table 5.2 where the results are that almost half of the total WUS have good knowledge, but WUS with sufficient knowledge are still relatively large, with more than 10% having poor knowledge. After being given counseling, the results showed that the majority of WUS knowledge scores (56.65%) had good knowledge and those with less knowledge were only 5.38%.

The results of this research were

then analyzed with an error value ( $\alpha$ ) of 0.05, and significant results were obtained ( $p=0.000$ ), which means  $p$  value  $< 0.005$ , so it can be concluded that there is a difference in knowledge values before and after being given counseling about long-term contraceptive methods during the new normal. at WUS in Leran Village, Manyar District, Gresik Regency. The results of this research are in line with the results of other research where counseling provided through leaflets or other printed media can improve a person's knowledge and attitudes.(Haryani et al., 2016),(No Title), n.d.).

Knowledge about long-term contraceptive methods is very important for the public, especially women of childbearing age, to know, especially in the current situation and conditions of the Covid-19 pandemic (NURHAYATI et al., 2021). Knowledge about the types of long-term contraceptive methods, starting from the advantages and disadvantages of the method, method of administration, and the right time to start as well as the minimum control or re-visit time is something that needs to be highlighted because it is very suitable for the new normal conditions where direct contact with health workers can be minimized(Ferreira-Filho et al., 2020).

A person's knowledge of certain information can be influenced by various factors, including the education they have previously received, social environmental factors, and even local cultural factors that are trusted and trusted (Praditaningrum et al., 2012). However, organismal stimulus theory explains that a person can change his knowledge and behavior if given continuous stimulation(Kurniawati, 2014).

The Covid-19 pandemic has impacted all aspects of life, one of which is the implementation of the national family planning program (Widiastuti & Arini, 2021). BKKBN stated that the number of family planning programs decreased drastically during the Covid-19 pandemic, where in March 2020 there were 36 million active family planning participants, while in April 2020 it decreased

to 26 million family planning participants (Widaryanti et al., 2021). If this continues for a long time, it can be estimated that 25% of women of childbearing age have the potential to become pregnant. Apart from that, as a result of the decline in active family planning acceptors this will increase the number of unplanned pregnancies (unmet need) which of course has a negative impact on health, social and psychological, and has the potential to increase maternal and newborn mortality rates. (Kemenkes RI, 2019).

Pregnancy during the Covid-19 pandemic has several risks because access to health services is very limited. So public education needs to be improved (Ahadi Pradana, 2020). Due to limited health services, the option of long-term contraceptive methods is highly recommended (Widyarni & Dhewi, 2018). Long-term contraceptive methods such as IUDs and implants make it possible for family planning acceptors not to routinely access health services unless they experience complaints. So it is ensured that direct contact between health workers and family planning acceptors can be minimized as an effort to prevent Covid-19 (Ulandari, 2020).

## Conclusion

The results of this study show that there is an influence on the level of knowledge after health education was carried out using leaflets about long-term contraceptive methods during the new normal in WUS in Leran Village.

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