

Counseling on the Role of Couples of Childbearing Age as Aseptopes for Family Planning in Neighborhood V, Kelurahan Baru Ladang Bambu, Kec. Lucky Field in 2021

Helena Fransysca¹, Emelia A. Tampubolon²

^{1,2}Darmo Medan Midwifery Academy

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ABSTRACT

The purpose of this study was to find out whether there were benefits from the effect of doing pregnancy exercise on low back pain in pregnant women. And the activities carried out are increasing the knowledge of pregnant women about pregnancy exercise to reduce low back pain during pregnancy, increasing the knowledge of husband or family to assist mothers in routine pregnancy check-ups, helping to give the role of husbands to the implementation of pregnancy exercises to reduce maternal low back pain during pregnancy. pregnancy. The types and forms of activities of this activity are to provide material to pregnant women, husbands or accompanying families about the importance of pregnancy exercise during pregnancy to reduce maternal low back pain during pregnancy, and to help mothers to facilitate the delivery process. carry out free pregnancy check-ups, provide nutritious food for pregnancy. The results of the study are To achieve the objectives of the above activities, activities were carried out including the delivery of material about the benefits of pregnancy exercise to reduce low back pain in pregnant women during pregnancy.

E-mail:

helena_pardosy@yahoo.com
emeliatampubolon@gmail.com

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1. Introduction

Indonesia's condition in the field of population, the quality is still very concerning, namely the large population of around 215 million people. The situation and condition of the population in Indonesia is a phenomenon that really requires careful attention and handling. Efforts that need to be made by the government in dealing with population problems are to promote (and rebuild) the National Family Planning program in Indonesia (BKKBN, 2005; 1).

According to the World Health Organization (WHO) family planning is an action that helps married couples to prevent unwanted pregnancies, get the desired birth, regulate the interval between pregnancies, determine the number of children in the family (Hartanto, 2004; 26). The family planning program has the vision of NKKBS and has been transformed into a quality family in 2015. So that the family planning program can be assessed for quality family planning services by following the focus on strategies so that services are easy to obtain and participants are accepted by couples of childbearing age so that couples of childbearing age are interested in becoming acceptors KB (Sarwono, 2003; 44).

Although the family planning program has been declared quite successful in Indonesia, in its implementation there are still perceived obstacles, including many couples of childbearing age who have not become family planning participants. There are several factors that cause the reasons why women of childbearing age do not use contraception. These factors can be seen in terms of family planning services, availability of contraceptives, and delivery of counseling. It is known that many women do not use contraception, partly because they want children. The reasons that are quite prominent from couples who refuse to use contraception are the side effects and health problems 10%, the reasons for religious problems are 0.5 percent and related reasons are due to socio-economic conditions, namely the high cost of 0.8 percent (BKKBN, 2010; 3).

Based on the results of BKKBN data in 2019 in North Sumatra, the number of couples of childbearing age was 2,120,692 participants, couples who became active family planning participants in August 2019 were 1,424,630, namely 1,529 participants for IUD family planning, 171 participants for the male operation method. There were 4,360 participants for condoms and 10,273 pills for pills. Couples of childbearing age who did not become KB participants were 716,739 participants, namely 73,863 couples of childbearing age who were pregnant, there were 10,299 couples of childbearing age who wanted to have children immediately (IAS), there were 52,606 couples of childbearing age who did not want to have more children (TIAL), there are 13,688 couples of childbearing age who want to delay having children 15,712 (BKKBN, 2019).

2. Method

The direction or purpose of this activity can be carried out by conducting counseling on the role of couples of childbearing age as family planning acceptors as an effort to assist the government in dealing with population problems, carried out in the local community. V Ex. New Bamboo Field District. Medan Tuntungan Darmo Midwifery Academy lecturers totaling 2 people, 1 student targeting fertile couples.

2.1. Activity steps

As a community service activity, the following preparations are carried out:

a. Hold a meeting with the Head of the District in terms of supporting this activity and obtain permission to carry out the extension.

- 1) Asking for permission from the Head of Sub-district to carry out counseling activities for couples of childbearing age about the role of couples of childbearing age as family planning acceptors
- 2) Determination of participants who will take part in the counseling.
- 3) Determination of community staff who participate in the smooth running of counseling activities for couples of childbearing age about the role of couples of childbearing age as family planning acceptors
- 4) Determination of the facilities and infrastructure needed to support the implementation of the extension activities.
- 5) Other things that are considered important in carrying out activities

b. Coordination meeting with the activity implementation team in this case:

- 1) Set the day, date of activity
- 2) Place of activity
- 3) Prepared equipment
- 4) The committee that helped
- 5) Amount of fee required
- 6) Facilitators who participate in providing materials
- 7) Things that are deemed necessary

2.2. Activity Process

On October 23, 2021, a data collection of participants who will take part in outreach activities on the role of couples of childbearing age will be held to become family planning acceptors for the opening ceremony. Counseling on the role of couples of childbearing age as family planning acceptors, among others by doing:

- a. Lecture
- b. Frequently Asked Questions
- c. Discussion

After giving the material, the types of contraceptives will be given and explain the use of each of them.

3. Results and Discussion

a. Target Audience

This activity targets pregnant women in Neighborhood IV of Baru Ladang Bambu Village, Medan Tuntungan Sub-district in order to find out the role of couples of childbearing age as family planning acceptors.

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b. Linkages

In carrying out this service activity, the fields of science that are considered related include reproductive health, family planning, couples of childbearing age.

c. Evaluation Plan

In this case, the evaluation carried out is an evaluation of the status of knowledge on changes in behavior (knowledge, attitudes, and actions) as well as increasing fertile age couples to become family planning acceptors, knowledge of couples of childbearing age to recognize types of contraceptives, and create curiosity and desire. couples of childbearing age to play the role of family planning acceptors, which is an effort to assist the government in dealing with population problems.

d. Supporting and Inhibiting Factors

1) Supporting factors

Enthusiasm for couples of childbearing age is quite large. The Village and Sub-district Parties, in this case Kelapa Sub-district, Kepling, provide the time and place so that the counseling can run well.

2) Obstacle factor

The awareness of couples of childbearing age to play a role as family planning acceptors is lacking so that in the process of activities it requires considerable effort to attract couples of childbearing age to become family planning acceptors so that couples of childbearing age are curious and willing to become family planning acceptors.

4. Conclusion

The report on the implementation of community service activities in the form of counseling for couples of childbearing age to become family planning acceptors held at the Posyandu Environment V, Baru Ladang Bambu Village, can be stated as follows: the activities were carried out in accordance with the goals and plans. This activity received a good response from the village and sub-district. This activity provides a new discourse for couples of childbearing age to become family planning acceptors so that they can disseminate information about contraceptives and their respective functions.

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