

# Counseling on Compliance with the Use of Birth Control Pills to Couples of Childbearing Age in Neighborhood V, Baru Ladang Bambu Village in 2021

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## ABSTRACT

The purpose of this study was to determine the relationship between knowledge of women of childbearing age about birth control pills with adherence to the use of birth control pills. And the activities carried out are to increase the compliance of couples of childbearing age in the use of birth control pills and increase the role of couples of childbearing age in choosing contraceptives to be used. And the results of the research are To achieve the objectives of the above activities, activities are carried out, including the delivery of material about contraceptives which is an effort to help couples of childbearing age to comply with the use of birth control pills.

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## 1. Introduction

Currently, Indonesia's population is approximately 228 million people with a population growth of 1.64% and a total fertility rate (TFR) of 2.6. This is a concern because out of 114 countries, Indonesia is in position 108. The high rate of growth that is not accompanied by an increase in the quality of the population continues to be handled, namely by family planning (Handayani, 2010).

Factors that influence the use of contraceptive pills are how the pill works, time of use and side effects, using contraception regularly and correctly. Considerations for contraceptive use depend on economy, religion, and culture (Mulyani, 2013). According to WHO (2009), nearly 380 million couples of childbearing age use contraception and 65-75 million in developing countries use oral contraceptives. However, 5% do not regularly take birth control pills so that pregnancy occurs (Firzanah, 2015).

Contraceptive pills contain synthetic estrogen and progestin preparations so that they can suppress ovulation, thicken cervical mucus, and prevent thickening of the endometrium. Irregularity in taking birth control pills still allows the acceptor to experience pregnancy. This condition can make Pill KB acceptors panic so that they carry out high-risk abortions, such as as abortion (Firzanah, 2015).

Medan City is one of the regencies in North Sumatra Province with an area of 2,127.25 km<sup>2</sup> with a population growth rate of Medan in 2000-2008 (mid-year state) of 3.05% per year which makes this area one of the areas that have North Sumatra has a high population growth rate (BPS, 2009), while for the use of contraceptives, Medan City is one of the districts with the lowest rates in North Sumatra Province for the number of users of family planning and contraceptive devices. Based on data from the 2020 BKKBN, Medan City has 641 people who use contraceptives, which makes it one of the districts that have coverage for family planning users in North Sumatra Province along with North Tapanuli Regency and South Nias Regency.

## 2. Method

The direction or purpose of this activity can be carried out by conducting counseling on the compliance of couples of childbearing age in the use of birth control pills, carried out at the

Community Center. V Ex. New Bamboo Field District. Medan Tuntungan Darmo Midwifery Academy Lecturers, totaling 2 people Targeted Couples of childbearing age.

## **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) Request permission from the Head of the District for the implementation of Counseling activities regarding compliance with the use of birth control pills for couples of childbearing age
- 2) Determination of participants who will take part in the counseling.
- 3) Determination of community staff who participate in the smooth running of outreach activities on compliance with the use of birth control pills for couples of childbearing age
- 4) Determination of the facilities and infrastructure needed to support the implementation of these outreach 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, data collection on participants who will take part in counseling activities on compliance with the use of birth control pills for couples of childbearing age will be held.

- a. Lecture
- b. FAQ
- 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**

The target of this activity is couples of childbearing age in Neighborhood V of Kelurahan Baru Ladang Bambu, Medan Tuntungan Subdistrict, in order to determine the compliance of couples of childbearing age in the use of birth control pills.

### **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 evaluating the status of knowledge on behavioral changes (knowledge, attitudes, and actions) as well as increasing couples of childbearing age to use family planning, knowledge of couples of childbearing age to recognize types of contraceptives, and creating curiosity and desire for partners. childbearing age in compliance with the use of birth control pills, which is an effort to assist the government in dealing with population problems.

### **d. Supporting and Inhibiting Factors**

- 1) Supporting factors

The enthusiasm of couples of childbearing age is quite large and the Village and District Parties in this case Kelapa Subdistrict, Kepling who provide time and place so that counseling can run well

- 2) Obstacle factor

Awareness of couples of childbearing age to comply with the use of birth control pills so that the activity process requires a large amount of effort to attract couples of childbearing age to comply with the use of birth control pills

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## 4. Conclusion

Reports on community service implementation activities in the form of counseling about compliance with the use of birth control pills for couples of childbearing age carried out in the Baru Ladang Bambu Village which can be stated as Activities carried out in accordance with the objectives and plans. This activity provides a new discourse for couples of childbearing age to comply with the use of birth control pills so that they can disseminate information about contraceptives and their respective functions.

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