

## Benefits of IUD Family Planning for Mothers' Participation at Hana Kasih Clinic in 2019

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### ARTICLEINFO

**Keywords:**

benefits of KB,  
Hana Kasih Clinic,  
participation.

### ABSTRACT

The purpose of this study was to increase the knowledge and insight of mothers of IUD family planning acceptors about reproductive health and family planning, that the IUD is the most effective long-term contraceptive for spacing pregnancies or terminating pregnancies. And the activities carried out to increase the knowledge of IUD acceptor mothers that this contraceptive is a long-term contraceptive method that can space the number of children, or stop pregnancy. Increasing the knowledge of IUD family planning acceptors also has advantages and disadvantages for its users. The types and forms of activities of this activity are the provision of material to mothers of IUD family planning acceptors about the meaning, types of IUDs, benefits, advantages, disadvantages of using contraceptives, and side effects of using IUDs. Health checks, such as measuring maternal blood pressure and others. Results To achieve the objectives of the above activities, activities were carried out, including providing material to mothers of IUD family planning acceptors about the meaning, types of IUDs, benefits, advantages, disadvantages of using contraceptives, and side effects of using IUDs. And explain to the mother that the IUD is the most effective contraceptive method for spacing pregnancies and terminating pregnancy

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### 1. Introduction

Contraceptive IUD is: A tool or object that is inserted into the uterus which is very effective, reversible and long-term, can be used by all women of reproductive age.(Widodo & Hasanah, 2018). The IUD is a device that is inserted into a woman's uterus for contraceptive purposes (Handayani, 2010).

The IUD is an Intrauterine Contraceptive Device (IUD) that is increasingly popular and has been used for more than 30 years. Women in almost all parts of the world consider the device to be effective, and easy to use.(Susilowati, 2016). Currently, the IUD is the most widely used non-permanent contraceptive. Currently the copper IUD T380 A is one of the most effective long-term and non-permanent methods of contraception. Based on the results of research conducted by various research centers, 70 percent to 90 percent of women continue to use the IUD one year after insertion(Heni Setyowati & Kp, 2018)The effectiveness rate of using copper T 380 A, calculated as the overall survival rate over a period of eight years, was 28 percent. These data were obtained from two different studies on the use of copper T 380 A, the first study was conducted in the United States and included 3,536 acceptors. , while the second study, sponsored by the World Health Organization (WHO), included 1,396 acceptors and was conducted in nine countries using 13 research centers (Irianto, 2012).

From time to time, contraceptives continue to develop. In addition to its main function as a preventative for pregnancy, today's contraceptives are increasingly being refined by adding non-contraceptive benefits aimed at the convenience of their use. One of the intrauterine devices (IUD) that has experienced significant development is the IUD or known as the spiral. The IUD is implanted in the uterus and works to inhibit fertilization through the mechanical system (Anggraeni, et al,

2014).

The advantages of the IUD are as a contraceptive, high effectiveness (1 failure in 125-170 pregnancies), can be effective immediately after insertion, the IUD is a long-term contraceptive method, does not depend on memory, does not affect sexual intercourse, does not interact with drugs. medicine, helps prevent pregnancy outside the womb (ectopic pregnancy). (Mulyani, et al, 2013)

And the disadvantages of the IUD are changes in the menstrual cycle (generally in the first 3 months and will decrease after 3 months), longer and heavier menstruation, bleeding (spotting between menstruation), less menstruation (Arum, et al, 2011).

## 2. Method

The direction or purpose of this activity can be carried out by outreach to mothers of IUD KB acceptors, namely by providing explanations about reproductive health and family planning (KB) so that mothers can find out the advantages, disadvantages, and side effects of using the IUD contraception in place Hana Kasih Clinic, Darmo Midwifery Academy lecturers totaling 2 people, and 1 senior high school student goal: mothers are active family planning acceptors (SAPUTRA, 2017).

### 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) Ask for permission from the Head of the Clinic in carrying out outreach activities for mothers who carry out examinations at the Hana Kasih Clinic, especially IUD family planning acceptors regarding reproductive health and family planning, so that mothers can know the advantages, disadvantages, and side effects of using contraceptives IUDs.
- 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 IUD acceptor mothers on reproductive health and family planning (KB) so that mothers can know the advantages, disadvantages, and side effects of using IUD contraceptives
- 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 January 19, 2019, data collection was carried out for participants who will take part in counseling activities for IUD acceptor mothers on reproductive health and family planning (KB) so that mothers can find out the advantages, disadvantages, and side effects of using the IUD contraceptive. The opening event, counseling for mothers of IUD family planning acceptors about reproductive health and family planning (KB) so that mothers can know the advantages, disadvantages, and side effects of using IUD contraceptives, among others by doing (EXECUTIVE, 2018):

- a. Lecture
- b. FAQ
- c. Discussion

After giving the counseling material on IUD family planning, the mothers were also given an explanation that long-term contraceptive methods other than the IUD were such as Impan/IUD (Internal Contraceptive Device), MOW/Tubectomy for women and MOP/Vasectomy for men, which are part of a long-term contraceptive that can prevent pregnancy, regulate pregnancy spacing/number of children, and terminate pregnancy.

**3. Results and Discussion****a. Target Audience**

The target of this activity is mothers who are family planning patients from the Hana Kasih Clinic who are actively using contraceptives. IUD acceptors were given an explanation about reproductive health and family planning (KB) so that they could know the advantages, disadvantages, and side effects of using the IUD contraceptive.

**b. Linkages**

In carrying out this service activity, the fields of science that are considered related include reproductive health, family planning (KB) and health promotion and public health.

**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 the degree of reproductive health and family planning by increasing information about IUD KB acceptors, such as providing explanations about reproductive health and family planning (KB) so that mothers can find out the advantages, disadvantages, and side effects of using the IUD contraception.

**d. Supporting and Inhibiting Factors**

## 1) Supporting factors

The enthusiasm of the mothers is quite large, the Hana Kasih Clinic who provides the time and place so that the counseling can run well.

## 2) Obstacle factor

Lack of awareness in the community that the use of contraceptives is not only for women but men can also become family planning acceptors. In addition to the IUD / IUD (Intrauterine Contraceptive Device), that there are other long-term contraceptive methods such as Impan / IUD (Internal Contraceptive Device), MOW / Female Tubectomy steady contraception and MOP/Vasectomy for males, which are part of the contraceptive device. long-term contraception that can prevent pregnancy, regulate the spacing of pregnancies/number of children, and terminate pregnancy.

**4. Conclusion**

Reports on the implementation of community service activities in the form of counseling for mothers of IUD KB acceptors, namely by providing an explanation of reproductive health and family planning (KB) so that mothers can find out the advantages, disadvantages, and side effects of using IUD contraceptives carried out at the Clinic. Hana Kasih, which can be stated as follows, the activity was carried out according to the objectives and plans, this activity received a good response from the Head of the Clinic, Clinical Midwife/Nurse, and along with the Service Staff, this activity provided a new discourse for family planning acceptors to be able to disseminate the health information they get and for themselves.

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