

# The Importance of Pregnancy Checkup for Pregnant Women (Anc K4) in Neighborhood III Baru Ladang Bambu Village, Medan Tuntungan District, 2020

**Nurdiana Manurung, Rizky A. Bakara**

<sup>12</sup>Darmo Medan Midwifery Academy

---

## ARTICLE INFO

### Keywords:

Pregnant Women (Anc K4),  
pregnancy,  
Inspection.

---

### E-mail:

[dwiris24@gmail.com](mailto:dwiris24@gmail.com)  
[kikybakara12@gmail.com](mailto:kikybakara12@gmail.com)

---

## ABSTRACT

The purpose of this study was to determine the effect of health education by providing counseling materials on condom contraception to couples of childbearing age in the V Village of Baru Ladang Bambu, Medan Tuntungan District. Increasing knowledge of EFA that the use of contraceptives is not for women but men can also be acceptors of family planning, such as the use of condoms, increasing the influence of knowledge of health education by teaching women about the types of contraceptives other than condoms to men. The types and forms of activity of this activity are providing material to EFA about contraceptives and giving explanations to EFA, about a more detailed explanation of condoms. To achieve the objectives of the above activities, activities were carried out, including providing counseling materials on condom contraception to female sex workers, to assist women as users of family planning acceptors..

Copyright © 2021 Science Midwifery.

---

## 1. Introduction

Family planning is an attempt to measure the number and distance of children desired. Contraceptive methods work on the basis of preventing male sperm from reaching and fertilizing a woman's egg or preventing a fertilized egg from implanting and developing in the uterus, contraceptive methods can also be classified based on how they work, namely barrier methods, for example condoms that block sperm. Sulistyawati, 2012).

Family planning aims to form a small family in accordance with the socio-economic strength of a family, by regulating births, maturing the age of marriage in order to obtain a happy and prosperous family that can meet their life needs (Sulistyawati, 2012).

Factors that affect contraception are effectiveness, safety, frequency of use, side effects, as well as the willingness and ability to use contraception regularly and correctly, besides that, contraception considerations are also based on costs and the role of religion and culture regarding contraception (Sulistyawati, 2012).

Contraception can be reversible (back) or permanent (permanent), reversible is a contraceptive method that can be stopped at any time without long-lasting effects in restoring fertility or the ability to have children again, permanent is a contraceptive method that cannot restore fertility because it involves surgery (Sulistyawati, 2012).

Couples of childbearing age are married couples where the wife is between 15-49 years old (BKKBN, 2012).

Worldwide condom use is more common among men 73% women 63% condom use can prevent the risk of contracting HIV / STI condom use above the national average in Ontario (73%), Alberta (73%), Northwest Territories (78%) and Nuvavut (79%), and below average in Quebec (60%) and Manitoba (65%) and condom use has not decreased by province or region (<http://www.statcan.gc.ca/pub/82-003-x/2012001> accessed on 26 May 2015 at 15:20 WIB).

In Indonesia, the use of condoms as a family planning method is currently still low, this is caused by various factors, one of which is the negative image attached to condoms, condoms are often associated with someone's uncleanness, illicit sex, unfaithfulness, on the contrary, husbands

who use condoms are someone who happy to maintain personal hygiene from their partners and increase enjoyment in sexual relations, while the problem of infidelity has nothing to do with condoms (Anggraini, et al, 2014).

The way condoms work is to prevent the meeting of sperm and egg cells by packing the sperm so that the sperm does not pour into the female reproductive tract. prevent the transmission of microorganisms (STIs including HBV and HIV / AIDS) from one partner to another (especially condoms made of latex and vinyl (Handayani, 2010).

Condoms are quite effective when used correctly every time they have sexual intercourse in several partners, condom use is not effective because it is not used consistently, scientifically there is only a small number of condom failures, namely 2-12 pregnancies per 100 women per year (Handayani, 2010).

The benefits of condoms are temporary contraceptive methods, effective when used correctly, do not interfere with breast milk production in nursing mothers, do not interfere with patient health, have no systemic effect, are inexpensive and available in various places, do not require a prescription and special examination.

The disadvantages of condom contraception are the relatively high failure rate, the need to temporarily stop the activity and the spontaneity of sex, it needs to be used consistently, it must always be available every time you have sex (Handayani, 2010).

## **2. Method**

The direction or purpose of this activity can be carried out by providing counseling to PUS about condom contraception, to help women as users of family planning acceptors carried out at the Posyandu, Medan Tuntungan District, Darmo Midwifery Academy lecturers totaling 2 people, and 1 student. Advice for 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) Asking for permission from the Head of the Medan Tuntungan Sub-district Head in carrying out outreach activities to EFA on condom contraception, to help women as family planning acceptor users
- 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 to EFA about condom contraception, to help women as users of 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 deemed necessary

### **2.2. Activity Process**

On September 21, 2019, data collection was carried out for participants who will take part in outreach activities to EFA on condom contraception, to help women as users of family planning acceptors. The opening ceremony, counseling PUS about condom contraception, to help women as users of family planning acceptors, among others by doing:

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

After giving the material about condoms, EFA was also given an explanation about several types of contraceptives. Not only that, free health checks such as blood pressure checks, weight checks, etc.

are also carried out.

### **3. Results and Discussion**

#### **a. Target Audience**

The target of this activity is PUS (Pupes of Childbearing Age) regarding condom contraception, to help women as users of family planning acceptors to prevent pregnancy. This is carried out in accordance with the support from the parties concerned and good reception from parents and midwives in Neighborhood V, Ladang Bambu Village, Medan Tuntungan District.

#### **b. Linkages**

In carrying out this service activity the fields of knowledge that are considered related include reproductive health and family planning (KB) for couples of childbearing age and health promotion and public health.

#### **c. Evaluation Plan**

In this case, the evaluation carried out is the evaluation of the status of knowledge on behavioral changes (knowledge, attitudes, and actions) as well as increasing the degree of reproductive health and family planning (KB) by increasing information about health, the impact and prevention of pregnancy and the benefits of reproductive health and family planning. KB) about the importance of being a family planning acceptor for PUS.

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

##### **1) Supporting factors**

Enthusiasm of EFA is quite large, the environment, in this case the Environmental Unit V, who provides time and place so that the counseling can run well.

##### **2) Obstacle factor**

Lack of awareness of men to participate in becoming family planning users / family planning acceptors, helping women to prevent, space, and terminate pregnancy.

### **4. Conclusion**

Reports on the implementation of community service activities in the form of counseling to PUS (Pupes of Childbearing Age) about condom contraception, to help women as users of family planning acceptors to prevent pregnancy, which was carried out in Environment V, Ladang Bambu Village, Medan Tuntungan District, which could be put forward as an activity carried out in accordance with the objectives and this activity plan received a good response from the Head of the District, Environmental Kepling V, Midwives in the Environment, and along with the staff, this activity provided a new discourse for EFAs to be able to disseminate the health information they got and for themselves.

### **References**

- Anggraeini, dkk. 2013. Pelayanan Keluarga Berencan. Yogyakarta : Rohima Press.  
BKKBN Sumut. 2012  
Handayani. 2010. Pelayanan Keluarga Berencana. Yogyakarta : Pustaka Rihama.  
Sulistyawati. 2012. Pelayanan Keluarga Berencana. Jakarta : Salemba Medika.  
<http://www.statcan.gc.ca/pub/82-003-x/2012001> diakses tanggal 26 Mei 2015 pukul 15.20 Wib..