



Analysis of Husband Support and Behavior of Puerperal Mothers in Using Postpartum Birth Control in the West Range District of Asahan Regency

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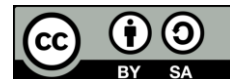
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ABSTRACT

Postpartum is an effort to prevent pregnancy by using contraception after delivery for up to 42 days. The use of post-delivery family planning in Kisaran Barat District in 2020 is very low, namely 27 participants (22.9%) of 118 postpartum mothers (77.1%), thus increasing the population by 62,121 people. This study aims to determine the husband's support and the postpartum mother's behaviour in postnatal family planning. The researcher uses a qualitative method with a case study approach. Data collection was carried out by in-depth interviews and tested by triangulation to check data: informants eight postpartum mothers and husbands, one religious leader, and one community leader. The research location is in Kisaran Barat District, Asahan Regency, from December 2020 - July 2021. The results show that the knowledge and attitudes of postpartum mothers regarding postnatal family planning have been declared good, but the attitude of husbands who do not support their wives is the biggest obstacle for postpartum mothers not to use Birth control after delivery. For PPBKD officers in Asahan Regency, it is hoped that they will be more intense in conveying counselling to husbands about the importance of postnatal family planning.

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1. INTRODUCTION

Postpartum family planning is an effort to prevent pregnancy by using contraceptives and drugs immediately after giving birth up to 42 days or six weeks. The purpose of postpartum family planning is to regulate the distance between pregnancies or births, to avoid unwanted pregnancies so that every family can plan a pregnancy safely and healthily, and to reduce maternal and infant mortality (Yuhandini, 2018). Postpartum contraception is one of the family planning methods with low coverage. Midwives play a significant role in expanding postpartum contraception coverage (Siregar, 2021).

Based on data from the Dinas Kesehatan (2018) in North Sumatra Province, the number of postnatal family planning participants in 2017 was 15.44% of PUS (Pupes of Childbearing Age), as many as 371,398 people. In 2018 based on data from the Health Office (2019) of North Sumatra Province, postnatal family planning participants 2018 decreased dramatically to 6.34% from PUS 320,899 people. Based on data from the Dinas Kesehatan (2020) of North Sumatra Province, active family planning participation after childbirth in 2019 rose again, increasing drastically to 70.53% from PUS as many as 2,389,897 people.

The use of post-delivery family planning in the Kisaran Barat District is very low. According to a report from the BKKBN (2020) that postpartum mothers who used KB postpartum were 27 postpartum mothers (22.9%), while postpartum mothers who did not use KB postpartum were 91 postpartum mothers (77.1%). The low level of postnatal family planning has worried DPPKB officers because the planning for the use of postnatal family planning does not work from year to year. The use of post-delivery family planning is not new in Indonesia because the birth planning and complication prevention program (P4K) has existed since 2007 and includes a delivery mandate that includes planning for the use of family planning after giving birth (Sitorus, 2018).

The achievement of national family planning uses indicators in 2018 with a target of 220,270 participants to 228,193 participants, an increase of 104%. In 2019 the target for family planning participants was 78.34%, but after it was implemented, the participants decreased to 102% or as many as 231,594 participants because some participants entered the menopause stage. Some participants still wanted to have more children or more than two children so that it exceeds the rules of family planning, namely, two children are better (DPPKB, 2020).

The application of postnatal family planning can reduce the population in the area. According to Dewi (2019), the population density will increase yearly if there is no Family Planning (KB) program. According to BPS (2019), the population in Kisaran Barat District, Asahan Regency, in 2014 was 57,994 people; in 2016, it rose to 59,071 people; in 2018, it rose again to 60,044 people, and according to BPS (2021) in 2020 the population in the District of West Kisaran rose again to 62,121 people.

In contraceptives, a wife must get support from her husband so that there are no problems in the family. Healthy mother behaviour can create a healthy and happy family. According to Kurniawati (2015), a mother's behaviour can play an important role in family life. If the mother's behaviour is healthy and prioritizes the safety of the

mother and her baby, then the mother will space the time so that unwanted things do not occur or are often referred to as headers. If this happens, it will negatively impact the baby still consuming breast milk. Therefore, if the mother's behaviour supports the family planning program, the baby will be healthy and create a happy family (Riyansari, 2017). The BKKBN of North Sumatra Province must provide training to FPP service providers on the side effects of the methods to improve their counseling skills, which must be used properly to serve the WRAs before they decide to use contraceptives (Siregar, 2022) .

Birth control is indicated in the Qur'an in QS. Luqman/31:14 regarding weaning a child who is breastfed so that it is sufficient for two years, namely, Allah says:

وَوَصَّيْنَا الْإِنْسَانَ بِوَالِدَيْهِ حَمَلَتْهُ أُمُّهُ وَهْنًا عَلَىٰ وَهْنٍ وَفِصَالَهُ فِي سَامِيْنٍ أَنِ اشْكُرْ لِي وَلِوَالِدَيْكَ إِلَيَّ الْمَصِيرُ

It means :

"And We command humans (to do good) to their parents. His mother conceived him in a state of increasing weakness and weaned him at the age of two years. Be grateful to your parents and Me. Only to Me will you return." (Surat Luqman: Verse 14)

From the verse, it can be seen that the distance between pregnancies should be two years, and it does not matter if the distance is extended to 3-4 years to regulate pregnancy so that the mother and child's health is economically stable so on (Iqbal, 2019).

According to the MUI (Indonesian Ulema Council) fatwa that using postnatal family planning is allowed, as long as it does not violate Islamic law to regulate pregnancy spacing and maintain health for the mother and baby; the MUI fatwa emphasizes that vasectomy and tubectomy contraception are unlawful because both types of contraception are prohibited. KB aims to prevent pregnancy permanently (Masitoh, 2016). Based on the data and background above, the authors are interested in researching the role of the husband's support and the mother's behaviour in postnatal family planning in the West Kisaran District.

2. RESEARCH METHOD

This research is qualitative descriptive research using a case study approach and extracting data or information through in-depth interviews and is tested by conducting triangulation efforts to check data from various sources at various times. The informants consisted of 8 puerperal mothers and husbands, one religious leader, and one community leader. The research location is Kisaran City, West Range District, Asahan Regency, from December 2020 - July 2021..

3. RESULT AND ANALYSIS

Matrix 1. Informant Knowledge Regarding the Definition, Purpose and Benefits of Using Postpartum Birth Control

No	Informant	Statement
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1	YR (Mother Of Puerperium 1)	Hehe no, don't know, I've never used it, brother
2	DS Ibu Nifas 5)	The birth control program is a plan for married couples that aims to prevent, delay, and arrange pregnancy. The benefits of yes can build a happy family..

Based on the interview results, one informant has insufficient knowledge about the meaning, purpose and benefits of the postpartum birth control program, and other informants have been declared good. The above statement shows that puerperal mothers who do not use postpartum birth control are not from the informant's knowledge.

Matrix 2. Postpartum Mother's Attitude About The Use Of Postpartum Birth Control

No	Informant	Statement
1	S (Mother Puerperal 3)	Yes, when giving birth directly to surgery in a public hospital, so uda sterile la this. Because he is 40 years old, it is recommended that the doctor also directly kb MOW. The husband also uda allowed.
2	WS (Mrs. Nifas 4)	Her husband did not give me to use birth control. Uda, I said that day I wanted to use birth control after giving birth because it was the second child, but the husband wanted to have more children than two sis; we also did not have a boy.

The above statement can be concluded that the husband who does not support the wife in using postpartum birth control on the grounds that because the husband wants more than 2 children, this factor can change the wife's decision not to use postpartum birth control.

Matrix 3. Support for Puerperal Mother Husbands in the Use of Postpartum Birth Control

No	Informant	Statement
1	DW (Husband of Mother Puerperal 5)	No, I don't allow my wife to use birth control, especially since my wife is still breastfeeding, I am afraid that later my children and wife will be okay if they use birth control.
2	SP (Husband of Mother Nifas 8)	Support, we have a couple of children; I think it is more than enough, but if Allah allows again, Thank God.
3	MFA (Religious Figures)	So this is the biggest obstacle for wives who want to use birth control but are not allowed by the husband, so if the husband does not allow yes, the wife must follow what the husband said, it would be naïve if a wife is against the husband, because a wife cannot be against the husband, if the husband forbids to use birth control, then the wife must not refute, and the wife must respect the husband's decision.

The statement above shows that husband support plays an important role in using postpartum birth control without permission from the husband, the biggest obstacle for the wife to use postpartum birth control.

4. DISCUSSION

Informant's Knowledge Regarding the Definition, Purpose and Benefits of Using Postpartum Birth Control

According to (WHO, 2018), family planning (KB) is an action that helps individuals or couples to get certain objectives, avoid unwanted births, get the desired birth, regulate the interval between pregnancies and determine the number of children in the family. Knowledge is information or truth that is known and has been realized by someone. A person's good knowledge of postnatal family planning can move the mother's heart to use postnatal family planning (Ibrahim, 2019).

The results of this study indicate that the knowledge of postpartum mothers in Kisaran Barat District regarding postnatal family planning can be stated to be good because almost all informants know what is meant by family planning programs and the objectives of family planning programs, and the benefits of using family planning.

The same study's results were revealed by Rachmawati (2017), which showed the knowledge of postpartum mothers at the Tanggetada Health Center in Kolaka Regency in 2017 about Intra-Uterine devices (IUD) contraception was declared high. Sulistyorini (2016) research showed that the knowledge of postpartum mothers at Sukoasih Sukoharjo Hospital was good for postpartum contraception. The results of Historyati (2015) research show that pregnant women's knowledge of the postpartum family planning program is very good, so it can increase the motivation of pregnant women to participate in the postpartum family planning program. Putri (2019) research shows that postpartum mothers know IUD contraception well.

Informants know about postnatal family planning well because they get information from community leaders and health services, such as cadres, neighbourhood heads, village midwives, and obstetricians. The impact that will occur is that it will increase the interest of postpartum mothers in using KB after childbirth, but the good knowledge of informants cannot increase the interest of postpartum mothers in Kisaran Barat District in using postnatal family planning (Amru, 2019).

Attitudes of Postpartum Mothers towards the Use of Postpartum Birth Control

According to Harahap (2018), Attitude is a reaction or response still closed from a person to a stimulus or object. Attitude refers to a person's mental view of how he thinks or feels about someone or something. Attitude can generally be formulated as a tendency to respond (positively or negatively) to certain people, objects or situations. Attitude contains emotional/affective research (happy, hate, sad, etc.) (Eldawati, 2015).

The results showed that the Attitude of the husband who did not support his wife to use postnatal family planning because the husband wanted more than two children, this factor could change the wife's decision not to use postnatal family planning.

The results of the same study were revealed by Masruroh (2018) and M. A. Sitorus (2021), which showed that the couple's Attitude was good towards the choice of long-term contraceptive methods. The results of Mulastin (2015) research show that experience or knowledge of new things will become attitudes if they are accompanied by a readiness to act following knowledge of the object. Enderwati (2015) research results show that mothers have a positive attitude towards implanted contraception. The research results from Widyarni (2018) show that the mother's Attitude toward the MKJP KB (long-term contraceptive method) is good.

The informant's Attitude was good about postnatal family planning because they had good knowledge, but the husband did not allow his wife to use postnatal family planning because he wanted more children. The impact that will occur is a decrease in the interest of postpartum mothers to participate in using postnatal family planning, as well as a decrease in

the number of postnatal family planning participants in Kisaran Barat District, Asahan Regency.

Using postnatal family planning aims to space the birth of children, to meet the economic needs of the family, so that all children of the nation can go to school at a high level because knowledge is one of the obligations for everyone and with knowledge, a person can find and create various kinds of needs that are needed. Useful for everyday life. Science is also believed to be one of the important aspects of development in a country (Huda, 2016).

The virtues of knowledgeable people and students of knowledge, namely:

"O you who believe! If it is said to you, "Give spaciousness in the assemblies," then expand it; Allah will surely provide room for you. And when it is said, "Stand up," then stand up, Allah will raise (degrees) those who believe among you and those who are given knowledge by several degrees. And Allah knows of what you do." (Q.S. Al Mujdah: 11)

2) Knowledge can be a means to get closer and fear Allah.

3) The reward is the same as jihad fisabilillah

4) Facilitated for him the path to heaven

5) Nobler than worshipers.

People who worship based on true knowledge are more honoured by Allah than those who worship without knowledge. This is according to HR Muslim:

"If you hurry to go to study (study the verses of Allah), it is higher in value than the sunnah prayer of one hundred rakaat,"

6) Asked for forgiveness by the inhabitants of the heavens and the earth (Nuzuli, 2018).

Husband's Attitude and Support for Postpartum Mothers Against the Use of Postpartum Family Planning

According to Mita (2018), support can be interpreted as providing encouragement or encouragement and advice to others in decision-making situations. The husband's support has a very positive impact on the family, especially with their partner; because of the husband's support, especially in the selection of the IUD (Intrauterine Device) or IUD (intrauterine contraception), the wife will feel confident in choosing and during use the wife will not worry because she has received husband's support. According to Pandiangan (2018) husband's support is one of the main factors influencing the choice of contraception. For postpartum mothers, the husband's support for postpartum women is an attitude that must be developed because, in essence, the husband's support has a very positive impact on the wife (Setiasih, 2016).

The results showed that the husband's support played an important role in postnatal family planning; because of the eight informants, only four husbands supported their wives in postnatal family planning. Absent or support from the husband is the biggest obstacle for wives in postnatal family planning. The wife must obey all the husband's decisions because his decision is the best for his family to stay happy.

The same study's results were revealed by Wati (2020), which showed that the absence of the husband's support could not increase the wife's intention to participate in the use of post-placental family planning at the Sekar Health Center. The results of Nabila's study (2021) showed that husbands did not support their wives in postnatal family planning. The results of Litarini (2019) research show that most husbands do not support their wives in using IUD contraception. The negative support given by the husband resulted in the wife's low interest in using the IUD contraception. Different research results were revealed by Nurwita (2019), which showed that positive husband support could not increase the mother's interest in using postnatal family planning.

The absence of a husband's support is the biggest obstacle for postpartum mothers in using postnatal family planning. For a wife who wants to use family planning after childbirth, she must first get permission from her husband because the husband has the most important role in the family, where the husband is highly demanded not only as a breadwinner but also as a motivator in various policies that will be decided including planning family planning. The impact that will occur is a decrease in the interest of postpartum mothers to participate in using postnatal family planning; another impact that will occur is the low number of postnatal family planning participants in Kisaran Barat District, Asahan Regency.

5. CONCLUSION

Based on the results of research and discussions on the analysis of husband support and the behaviour of postpartum mothers in using postpartum birth control in Kisaran Barat District, Asahan Regency, it can be concluded as follows:

1. The knowledge of postpartum mothers and husbands of postpartum mothers in the West Range District of Asahan Regency in this study shows that knowledge about the definition of birth control, its purpose and the benefits of using birth control is good because postpartum mothers have followed the counselling that cadres have carried out, environmental heads and PPBKD officers of Asahan Regency regarding the importance of postpartum birth control.
2. The attitude of the husband who does not support the wife to use postpartum birth control because the husband wants more than two children, this factor can change the wife's decision not to use postpartum birth control.

Asahan Regency PPBKD officers are expected to be more attentive in providing counselling to the husband of the puerperal mother so that the husband can allow the wife to use postpartum birth control. Counselling is carried out when conducting visits or data collection to the home of the puerperal mother.

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