

FAMILY PLANNING EDUCATION MODEL ON MEN'S ATTITUDES IN USE CONTRACEPTION

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Abstract

Background: One of challenges in increasing success family planning services in Indonesia, one of which is the public's perception that family planning services are only for women, this causes the number of male family planning acceptors to be low. That matter caused Not yet evenly giving information about male birth control contraception and still exists rumors negativity that exists in society. Effective techniques for men get information with Good is through educational model approach health with activate role as well as cadre men in society using booklet media

Objective: Analyze the influence of the family education model planned to attitude man in use contraception

Methods: Study This is study quantitative with design study Quasy experimental design with design one group pretest posttest design. Independent variable is Family Education Model Planned and variable dependent is attitude man in use contraception. Population in study this is EFA men aged 30-49 years with method purposive sample with notice criteria inclusion. Study done for 3 months that is April-June 2024 in the Village Pacarkembang Surabaya. Attitude data collection man in use contraception use questionnaire. Data analysis techniques used using the Wilcoxon signed-rank test

Results: Analysis results study This show that $\alpha < 0.05$, ρ Value = 0.000 which means there is influence of the Family Education Model Planned to Attitude Man in use contraception.

Conclusion: Family Education Model Planned can increase Attitude Man in use contraception, so can help Woman have the same role in health reproduction For create healthy and prosperous family.

Keywords : Family Planning, Attitude, Contraception Man

1. Introduction

One of problem population in Indonesia is amount very large population. Based on census data resident 2020 total Indonesia's population in September 2020 was 270.20 million soul. Since Indonesia held it census the first population in 1961, number resident Keep going experience enhancement. Census results resident 2020 compared with census 2010 population shows addition amount resident as much as 32.56 million soul or an average of 3.26 million every year (BPS, 2021). Amount This makes Indonesia in the ranking fourth with population most in the world (Kurniawati, 2014).

Looking at this data, it is worrying amount resident will the more lots and lots of things happen explosion population in 2030 will be amounting to 295 million soul. This matter Of course will become a big deal, considering explosion resident This enter the challenge demographics aside structure population age Work reached 64% so resident searcher work increase big, growth quality slow population, mobility unequal population and disparities poor (Rismawati, 2013).

Enhancement participation man in family programs planned is the right step in effort push gender equality

so can give contribution to control growth population and treatment reproductive health problems as well as can improve the health status of women and have an impact to decline number death mother and baby. implementation arrangement birth through family programs planned tend more Lots focused to women (gender bias) so participation man tend low in a way national (Sagar, 2012).

Moment This the Indonesian government started carry out development oriented towards gender equality and justice, however thereby problem main problem faced moment This is low participation man in implementation of family planning and reproductive health programs. The low amount participation man in Family planning participation in Indonesia is one of them is because the target for achieving male family planning is still ongoing low. Percentage participation man in vasectomy experience stagnant achievements that is only 0.2% ((BKKBN), 2020). Basic Health Research Data 2018 stated that amount male family planning participants in Indonesia only is in the range of 1.3%, male contraceptive use like condom obtained 1.1% and sterilization men 0.2%. This matter prove that man as Family planning acceptors are still very low (RI, 2018).

Less important husband in the family planning program is caused by knowledge husband regarding family planning general relatively low, and there are rumors negative about vasectomy besides That Still low participation man in implementation of the family planning program is good in family planning practices, support wife in use tool contraception, as a motivator or internal promoter plan amount child, incident this in line with not yet evenly giving information about male birth control contraception and still exists rumors negativity that exists in society. That matter caused Because Lack of promotion health and socialization about male birth control become trigger low target of male family planning coverage the . Besides That factor support Good political, social culture, as well as still family low as consequence lack of knowledge man / husband (Yore, J., Dasgupta, A., Ghule, M., Battala, M., Nair, S., Silverman, J., Saggurti, N., Balaiah, D., & Raj, 2016).

According to study Nugrahini et al (2018) explain that information in form education health specifically for men who are minimal about birth control become solution best For increase participation men on reproductive health services including become family planning acceptors (Nugrahini, E.Y dan Maharrani, 2019). Choose method contraception No is easy thing for partner. Needed effective communication and broad understanding specifically for men to want to participate active as acceptor. Effective techniques for men informed with Good is through educational model approach health with activate role as well as cadre men in society using booklet media (Hartati, S., Sryani, A., Werna, N., Wardihan, S., Mardiana A., and Nilawati, 2020).

Booklet media used for makes it easier public accept the information you want be delivered. Booklet media is very effective used moment This in promote Health because containing messages short health congested served in form book, with displays pictures and writing. Apart from booklet media can saved in relatively long time, booklets can also be used studied in a way independent. Another advantage of booklet media, namely easy brought and got give fill more detailed information is possible Not yet obtained moment be delivered in a way oral (Santia, M., & Umar, 2021).

Through an educational model male family planning health carried out by male family planning cadres with using booklet media is expected can become solution for problem the, with hope man partner age fertile have positive, supportive attitude in use contraception so that contribute in lower number incident baby boom. The aim of this research is to increase positive perceptions so that there is a change in the attitudes of men regarding the use of male family planning so that it can influence men to participate directly and become family planning acceptors.

2. Materials and methods

2.1 Materials

On Research This involving 98 PUS men aged 30-49 years as sample. Variable independent in study This is educational model family planned and variable dependent is attitude man in use contraception. Question study This that is How influence of the Family Education model Planned To Attitude Man In Use Contraception

2.2 Data collection procedures

Study This is study quantitative with design study Quasy experimental design with design one group pretest

posttest design. Taking sample done with use technique simple random sampling. As for the criteria in study This is as following: criteria inclusion that is PUS men aged 30-49 years, can read and write, stay Together with wife, fulfill criteria for do birth control, have more from of 2 children birth whereas criteria exclusion is resident seasonal or No resident still. Study carried out in RW 02 Kelurahan Pacarkembang Surabaya.

As for the stages procedure study This that is stages Beginning : determine five willing men become KB cadres from each research RW Then practice they For become male family planning cadres. Training held during two day, Activity that will too attended by device village, chief health centers, and officers KB field (PLKB). Core activities in training This consists from: delivery material about method contraception male, engineering Education health about male family planning services for cadres and simulation/role playing educational engineering health about male family planning services for cadres.

After training implemented, cadres shared male birth control booklet used as deep media convey education health about male birth control to man partner age fertile. Booklets were also distributed to purposeful respondents for repeat information education health it's at home. Activity the done every Sunday for 8 weeks with measurement attitude before and after activity with instrument study use questionnaire structured. For guard skills and abilities cadre in convey information, exercise is carried out every two weeks.

2.3 Data analysis

The research data were tested statistically using the wilcoxon test to see whether there were differences before and after the intervention in men's attitudes towards use contraceptive.

2.4 Research Ethics

This research has gone through ethical testing from ethics from the research ethics commission of the Brahmanda Chakra Lentera Institute with a decision letter Number: 028/07/V/EC/KEP/LCBL/2024.

3. Results and discussion

Table 1. Characteristics Respondent According to education, employment, length of marriage and number of children.

Characteristics Respondent	Amount	Percentage (%)
Education		
Elementary (Elementary-Middle School)	10	10.2
Intermediate (High School)	73	74.5
High (D3-S1)	15	15.3
Work		
Laborer	25	25.5
Self-employed	43	43.9
Etc	30	30.6
Length of Marriage (Years)		
< 5	3	3.1
5-9	30	30.6
≥ 10	65	66.3
Number of children		
0	0	0
1-2	68	69.4
≥ 3	30	30.6
Amount Respondent	98	100

Source: Primary Data, 2023

Based on table 1 results research above show that part big education respondents is middle school (SMA)

as many as 73 (74.5%) things This show that respondents capable reading and writing so that giving information that will given can easy to accept and easy remembering and work respondents part big is self-employed as many as 43 (43.9%) so in give intervention must consider time and circumstances respondents.

Table results study above also shows that part big respondents old age of marriage more than 10 years as many as 65 (66.3%) and some respondents own amount children 1-2 were 68 (69.4%). Factors that become supporter other in increase success study This is the length of marriage over 10 years and the number child 1-2, This can become factor supporter For motivation attitude husband in family programs planned.

Table 2. Comparison score attitude man before and after given Family Education model intervention Planned about Use Contraception

Attitude	Before Intervention		After Intervention	
	Amount	%	Amount	%
Positive	18	18.4	84	85.7
Negative	80	81.6	14	14.3
Amount	98	100	98	100

Wilcoxon test $\alpha < 0.05$, ρ Value = 0.000

Source: Primary Data, 2023

Table 2 above show that almost part big respondents as many as 84 people (85.7%) had it attitude positive after given educational model intervention family planned to attitude man in use contraception. Analysis results using the Wilcoxon test shows results ρ Value = 0.000 < 0.05 means that H0 is rejected and H1 is accepted so that there is the influence of the educational model family planned to attitude man in use contraception.

This is also supported by research conducted by Sharma et al (2018), saying that health promotion programs implemented in the community are effective in providing reproductive health services, one of which is family planning services, especially for men, so that Men can be motivated to take part in reproductive health as well (Sharma, S., KC, B., & Khatri, 2018). This is also supported by research Barus et al (2018) which states that attitudes have a close relationship in implementing an individual's behavior (Barus, E., Lumbantoruan, M., Erna, A., & Purba, 2018). Attitude influences one aspect of knowledge which contains positive and negative aspects of an object. Someone assesses whether the family planning program has more positive aspects, then the positive aspects are considered more important than the negative aspects, so that the person will develop a positive attitude.

Most of the respondents Work as self-employment, and results study that can also be done seen part big education respondents is intermediate, even some still do low, so possible level knowledge or access information absorbed by respondents less, so give rise to growing attitude negative from respondents for follow participate in this program. Respondent expected can increase knowledge Good in a way direct or no, so can increase scope in use tool contraception, so can help family in matter This his wife in arrange distance pregnancy and childbirth, even in a way No direct help government in push number explosion resident (Maesaroh, 2020).

Attitudes are formed from external stimuli, which are influenced by three structures, namely cognitive, affective and conative structures, all three of which are interrelated. Cognitive structure is an aspect that is believed by the individual. Affective structure is an aspect of feelings that an individual has that describes emotionality and conative structure is an individual who tends to carry out this behavior because it is in accordance with the attitude that the individual has (Susanti, 2018).

Attitude is a feeling reaction that arises towards something. Attitude can be described as a person's closed reaction to a stimulus. Attitudes have not been assessed as predispositions of behavior. Attitudes cannot be seen directly, but can only be interpreted from closed behavior first (Notoatmodjo, 2014). Attitude is an evaluative response, because attitudes will emerge if they receive a stimulus that causes an individual reaction. This evaluative response illustrates that the reaction that appears is expressed as an attitude due to a response to the evaluation process within a person by providing conclusions about the stimulus in the form of a positive or negative, good or bad assessment which is then expressed as an attitude. Husbands' attitudes are less supportive of family planning programs, due to the possibility of husbands' low knowledge of family planning programs,

especially male family planning, about the advantages and disadvantages (Laura Lauria SD, Angela Spinelli, 2014).

Research conducted by Dayanti (2018) say that attitude agree or support use contraception, one of them caused by conditions emotional and trust positive individual about what is considered correct to use contraception (Dayanti, J.K., Soeharto, B.P dan Adespin, 2018). This is also supported by research Puspita (2018) say that attitude positive capable understand Good or not use contraception so that will influence use tool contraception (Puspita, S.D., Herawati, S & Ningtyas, 2018).

4. Conclusion

Educational model family planned influential to attitude man in use contraception. Increasing attitude man in use contraception can help Woman have the same role in health reproduction For create healthy and prosperous family as well as increase the success of family planning programs in particular participation active man as birth control acceptor .

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Conflict of interest

The author declares that there is no conflict of interest in this manuscript

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