

Counseling about family planning counseling in Paya Bujok Tunong Village, Langsa Baroe District, Langsa City

Reva Afdila¹, Lili Kartika sari Hrp², Nabila Putri³

^{1,2,3}*Diploma III Midwifery Study Program, STIKes Bustanul Ulum Langsa. reva.afdila08@gmail.com*

Submitted: 08/12/2022

Accepted: 10/12/2022

Published: 27/12/2022

ABSTRACT

Counseling is a process of interaction between two or more people who build aspects of trust in a certain thing or condition. Therefore the counseling process is very dependent on the strength of communication, understanding of the material (message) and minimizing predisposing factors that can reduce the quality of the counseling. The purpose of the counseling and mentoring is to improve the welfare of mothers and children in order to realize NKKBS (Norms for Happy Small Families). Prosperous) which is the basis for realizing a prosperous society by controlling births while ensuring controlled population growth. The method used in accompanying the use of contraceptives is by means of lectures and demonstrations, which means after the community is provided with knowledge about the types, uses, side effects, advantages and disadvantages of using these contraceptives. The evaluation used is a post test which is direct and accompanied by proof of understanding in the form of direct demonstrations. Mentoring and counseling went according to plan and got results, the majority of people who played an active role in the class could mention and demonstrate the material that had been provided by the resource person. For further activities, the resource person gave suggestions that activities like this should not stop or be seasonal and should involve other family members such as parents, in-laws, husbands and people who have an influence on a mother's life.

Keywords: *Family Planning Counseling*

Introductions

Counseling is a process in which a person helps another in making a decision or finding a way to solve a problem, through understanding the facts and feelings involved in it. Counseling also means a relationship or reciprocal relationship between two individuals (counselor and client) in which the counselor tries to help the client to gain an understanding of himself in relation to the problems he is facing now and in the future. Family planning counseling is a face-to-face conversation or interview between the client and the counselor, which is held on purpose, with the aim of helping the client make a decision that is in accordance with his condition and wishes, and his choice is based on complete information about contraceptives¹.

Family planning counseling has the benefit of knowing the stability of potential participants or family planning participants in choosing and using family planning tools. With the family planning counseling process, it can be known whether the family planning methods chosen and used by the family planning participants were really of their own volition or because they followed the wishes of others (persuaded, forced). If family planning counseling is carried out, then the choice and use of family planning methods can be more stable and guarantee the sustainability of family planning participants. Why so? Because the birth control tool was chosen consciously. So, when choosing a family planning tool, participants already have sufficient knowledge about the benefits of the family planning tool. He also knew the various possibilities that could be experienced. He also knows how to handle it if you experience difficulties, for example side effect complaints.

Selection and use of family planning tools that are preceded by family planning counseling will make family planning participants feel safe and comfortable. A sense of security and comfort in using family planning tools can be achieved because family planning counseling helps prospective family planning participants to be able to choose and use a family planning method that suits their own circumstances and needs. Family planning participants choose the contraceptive method they use after receiving an explanation about the various methods or contraceptive methods and the possibilities that they can experience if they use the contraceptive method or method. So, with family planning counseling, family planning participants know exactly why they chose the birth control device they use. That way he will not be easily influenced by other people's words or other people's bad

experiences. He knows that this unpleasant experience doesn't happen to everyone. He knows that the birth control device he is using is his effort to be able to have KKBS2.

Implementation of Counseling also aims to avoid making irrational decisions, avoid regrets and so as not to hinder the KKB program. In carrying out family planning counseling it is advisable to use counseling tools or media to facilitate client understanding so that clients can decide to use the right family planning tool. Family planning services, which are part of the Essential Reproductive Health Service package, need serious attention, because quality family planning services are expected to increase the level of health and well-being³.

Counseling conducted in the community so far has been less successful. One of the factors that has an impact on increasing the maternal mortality rate is the risk of 4 Too (too young to give birth under the age of 21 years, too old to give birth to over 35 years, too close birth spacing of less than 3 years and too many children more than 2). The percentage of mothers who died who gave birth under the age of 20 years and over 35 years is 33% of all maternal deaths, so if the family planning program can be implemented properly again, it is possible that 33% of maternal deaths can be prevented through the use of contraception³.

Research purposes

The purpose of this research is to improve the welfare of mothers and children in order to realize NKKBS (Happy Prosperous Small Family Norms) which is the basis for realizing a prosperous society by controlling births while ensuring controlled population growth

METHOD

In the implementation of the Science and Technology Program for the Community (IbM) Counseling and Assistance in counseling on family planning issues in Paya Beurandang Village, Tanah Wide District, North Aceh Regency, based on the problems found in partners, then the approach methods and working procedures were proposed for the realization of the methods offered.

- a. Problems The problems faced by partners are as follows:
 - 1) Habits of residents in personal hygiene
 - 2) Community development is less innovative
- b. The approach method / solution offered is
 - 1) Improvement of the model of assistance and guidance for the community
 - 2) Improve healthy and clean living behavior
 - 3) Work procedures for the realization of the method offered.

The working mechanism in the implementation of this PKM program is to make initial observations at the two Partners and then develop a work plan. Program socialization activities are carried out to provide an overview to Partners before the main activities begin. Selection assistance and guidance in family planning counseling in the community.

RESULTS

IbM Health Community Service activities are carried out for 4 (four) months in 1 Partner, namely Meunasah Paya Bujok Tunong Village, Langsa Baroe District, Langsa City. The Service Team according to their expertise contributes to the PKM Program activities. The following is a table of Community Service activities that have been implemented

Tabel 1 IbM Health Community Service is carried out for 4 (four) months in 1 Partner, namely Meunasah Paya Bujok Tunong Village Langsa Baroe District, Langsa City

Activity	PIC	Implementation Day/Date	The place	Results of Program Activities / Achievements
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Initial observation stage I to 2	Reva Afdila & Mitra	Monday, 02 September 2022	Paya Bujok Tunong village prayer room	<ul style="list-style-type: none"> - Preliminary observations have been made - The activity was attended by residents, the village midwife and the village head
Early stage observation II	Reva Afdila & Mitra	Monday, 05 September 2022	Posyandu Paya Bujok Tunong Village	<ul style="list-style-type: none"> - Preliminary observations have been carried out as well as technical discussions on socialization events and preparation for the implementation of the PKM program - The activity was attended by residents, the village midwife and the village head
Socialization of the PKM Assistance program and counseling in the village	Reva Afdila & Lili Kartika sari	Monday, 03 October 2022	Balai Desa Paya Bujok Tunong	<ul style="list-style-type: none"> - Sosialisasi program PKM telah dilaksanakan - Kegiatan dihadiri warga, The village midwife and the village head
Mentoring Activities Outreach to community knowledge about family planning counseling	Reva Afdila & Lili Kartika sari	Thursday, 10 October 2022 s/d Friday 12th October 2022	Paya Bujok Tunong Village Hall	<ul style="list-style-type: none"> - Assistance and Counseling Explain the meaning of family planning - The public can find out about explaining the meaning of family planning, about the advantages and disadvantages of family planning - The people of Paya Beurandang Village pay attention to how to use the method of contraception regarding nutrition - The community has started to understand. Asking participants about the material that has been given, and reinforcement to mothers who can answer questions

DISCUSSION

Based on the results of the community service carried out in stage I, most of the people who were invited were present at the opening of the activity. The resource persons and the team took a persuasive approach so that the community could attend and participate in the mentoring process from start to finish. Village officials strongly support these activities by demonstrating their presence and active participation in the success of mentoring activities and counseling on community knowledge about family planning (KB).

The mentoring activities went well, the community enthusiastically participated in the process after the process carried out by the resource persons and the team. The community as the object of this counseling is expected to be very active so that each material provided can be practiced later in practice sessions (demonstrations).

The use of contraceptives in the form of birth control pills is an alternative for active family planning participants who have been using the injection method. In the current situation, family planning injection services at health facilities are limited, in an effort to avoid direct contact between officers and the public. BKKBN continues to carry out counseling that is adjusted to socializing family planning programs online by utilizing social media conducted by family planning cadres in their respective work areas⁴.

This research is in line with Bella Novita's 2015 study which stated that husband's support influences the wife's decision-making to use contraception. Examples of husband's support for his wife include: emotional support such as discussing and communicating well; providing reward support such as giving consent to use one of the contraceptives available; Instrumental support includes providing needed assistance such as a husband willing to pay for it, willing to take his wife to a health care facility to get family planning services⁵.

According to Kundre & Rina in 2018, husbands and wives jointly discuss and choose the appropriate contraceptive method, finance the expenses for contraceptive services and jointly pay attention to the side effects of using the chosen contraceptive⁷.

CONCLUSION

Mentoring and counseling activities It is hoped that the participants will always perform Personal Hygiene and use contraceptives and know the advantages and disadvantages of each Contraceptive Device in their daily lives.

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