



Effectiveness of ABPK as a decision-making tool in choosing the right contraception for new acceptors at TPMB Nur Handayani in 2024

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ABSTRACT

Indonesia, with amount resident reached 281.603 million souls in 2024, ranked fourth world. As a developing country, Indonesia faces challenge big related growth residents who still high. For control birth, especially post childbirth, planning family through contraception becomes important. Use contraception post labor can lower number death mother (AKI) and increase amount new KB acceptor, which is objective main family program planning in Indonesia. For evaluating effectiveness of ABPK as tool taking decision in choose appropriate contraception in acceptors new at TPMB Nur Handayani Year 2024. This research use Quasi Experiment with Two Group Pre-test Post-test Design. The sample consists of 40 selected respondents with technique total sampling. Data analysis using the Wilcoxon Signed Rank Test statistical test. The results of the study show that Group A using ABPK has the average value (mean) is 10.50 with Z score -3.963b and P-Value < 0.001. Group B, which does not using ABPK has the same average value, but with Z score -4.234b and P-Value < 0.001. These results show that ABPK is more effective in help acceptor choose proper contraception compared to without ABPK ABPK proven effective as tool help taking decision in choose appropriate contraception in acceptors new at TPMB Nur Handayani 2024. It is expected public can utilize ABPK for make more decisions appropriate in choose contraception, which in turn support success of family program planning.

Keywords: Counseling aids ABPK, Decision Making in choosing the right contraception

ABSTRAK

Indonesia, with a population of 281,603 million in 2024, is ranked fourth in the world. As a developing country, Indonesia faces major challenges related to high population growth. To control births, especially after childbirth, family planning through contraception is important. The use of postpartum contraception can reduce maternal mortality rates (MMR) and increase the number of new KB acceptors, which is the main goal of the family planning program in Indonesia. To assess the effectiveness of ABPK as a decision-making tool in choosing the right contraception for new acceptors at TPMB Nur Handayani in 2024. This study used a Quasi Experiment with Two Group Pre-test Post-test Design. The sample consisted of 40 respondents selected using the total sampling technique. Data analysis used the Wilcoxon Signed Rank Test. of 10.50 with a Z score of -3.963b and P-Value <0.001. Group B not using ABPK had the same average value (Mean), but with a Z score of -4.234b and P-Value <0.001. These results indicate that ABPK is more effective in helping acceptors choose the right contraception than without ABPK. ABPK has proven effective as a decision-making aid in choosing the right contraception for new acceptors at TPMB Nur Handayani in 2024. It is hoped that the community can use ABPK to make more informed decisions in choosing contraception, which in turn supports the success of the family planning program.

Keywords: ABPK Counseling Aid, Decision Making in choosing the right contraception

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INTRODUCTION

Indonesia as one of the developing countries that has population problems as the main problem that must be faced related to the number of people with a relatively high population growth rate (Kurnia & Khairiah, 2023). The world's population until 2024 reached 8.2 billion people, with the highest population in India at 1.431 billion people. According to the population in 2024, Indonesia is in fourth place with a total of 281,603 million people (United Nations Population Fund UNFPA, 2024). The population of Indonesia experiences growth every year, namely 272 million people (2021), 275 million people (2022), and 278 million people (2023). Indonesia's large population is the result of the high total fertility rate (TFR) (Central Statistics Agency, 2024).

The population of Bekasi City was recorded at 2.53 million people as of 2024. For the latest data, the population has increased. Compared to the previous five years, the average annual growth rate (CAGR) of this area was recorded lower. The growth in the last five years was recorded at -3.41%. Based on data from the Central Statistics Agency (BPS) in 2024, the majority of the population in the Bekasi City area, around 66.83%, are productive age residents, namely those aged 15-59 years totaling 1.69 million. Others are aged 0-14 years (children) around 22.91% and the remaining 10.26% are elderly people aged over 60 years (Fitriyawati et al., 2023).

With the population growth rate still relatively high, efforts are needed to control births through family planning using contraception, especially after giving birth. The use of postpartum contraception contributes to reducing maternal mortality rates (MMR) and achieving new KB acceptors who are the targets of the KB program (S. Wahyuni, 2022).

Choosing the right contraceptive is an important part of family planning efforts. In Indonesia, the family planning program aims to provide appropriate contraceptive options for the community to regulate the number and spacing of children, improve maternal health, and reduce maternal and infant mortality rates. However, despite the wide range of contraceptive options available, many new acceptors face difficulties in choosing the type of contraception that suits their health conditions, age, or marital status (Fitriyawati et al., 2023).

The biggest challenge in choosing the right contraception is the lack of understanding or adequate information from potential acceptors about the various types of contraception available, their side effects, and their suitability for individual health conditions. Inappropriate decisions can result in discomfort, unwanted side effects, or even failure to prevent pregnancy (Fuzyawati et al., 2020).

ABPK is a tool designed to assist in making the right decisions based on individual needs and preferences. This tool provides guidance or recommendations based on relevant medical information, such as age, health status, and other risk factors, as well as personal preferences such as comfort and desire for contraceptive methods. Thus, ABPK aims to increase individual understanding and awareness in choosing contraception that suits their conditions (S. Wahyuni, 2022).

ABPK can facilitate the decision-making process by providing clear and systematic information about available contraceptive options. The use of ABPK is expected to reduce the confusion of new acceptors in choosing contraception that suits their needs. With the use of this tool, it is hoped that a more appropriate selection of contraception can be achieved, reducing user dissatisfaction, and increasing success in using contraception (Ginting, 2022)

Based on the results of a preliminary study conducted to compare the level of knowledge of new acceptors regarding contraception at TPMB Nur Handayani and TPMB Diana, using a questionnaire as a data collection tool, quite significant results were obtained. Of the 10 new KB acceptors at TPMB Nur Handayani, 6 acceptors (60%) had low knowledge, with a score of $\leq 50\%$. They expressed ignorance about the types of contraceptive methods, who can use them, and the side effects that may arise. Meanwhile, the other 4 acceptors (40%) had better knowledge with a score of $> 50\%$, and they were aware of the various types of contraceptive methods, understood how to use them, and were more aware of the side effects that could arise.

In contrast, in TPMB Diana, the results showed that 4 acceptors (40%) had low knowledge with a score of $\leq 50\%$, while 6 acceptors (60%) had good knowledge with a score of $> 50\%$. This indicates that acceptors in TPMB Diana have a better understanding of the types of contraceptive methods, how to use them, and their side effects, compared to acceptors in TPMB Nur Handayani. This difference emphasizes the need to improve education in TPMB Nur Handayani, including through strengthening counseling, using more effective information media, and adopting educational methods that have been proven to be successful in TPMB Diana. Lack of proper understanding of contraception increases the risk of failure of the method used and can have a negative impact on the health and well-being of its users. Therefore, providing adequate counseling is essential to ensure proper and effective use of contraception.

Based on research conducted by (Kurnia & Khairiah, 2023) the results of the T Test from this study were $p = 0.000 < p (0.05)$ indicating that there is a difference in knowledge about choosing the right contraceptive device in new KB Acceptors before and after receiving ABPK media. The provision of Decision-Making Aids (ABPK) for Family Planning effectively has a significant influence on the use of postpartum contraception, compared to age, parity, education, husband-wife communication and exposure to information. Based on this, the researcher wants to know "The Effectiveness of ABPK as a decision-making tool in choosing the right contraception for new acceptors at TPMB Nur Handayani in 2024".

RESEARCH METHOD

Research design is a research design that is arranged in such a way that it can guide research (Sugiono, 2020). The design in this study uses a Quasy Experiment with a Two Group Pre-test Post-test design. The study involved 2 groups, namely group A (given ABPK) and group B (not given ABPK).

This study was conducted with the aim of observing acceptors in making decisions to choose contraception before being given ABPK (pre-test). And then making decisions to choose contraception again (post-test) to see the results of differences in decision making after being given counseling using ABPK.

RESULT AND DISCUSSION

Table 1 Characteristics Respondents

No	Category	Frequency	Percentage (100%)
1	Age		
	<20 years	3	7.5
	20-35 years	32	80
	> 35 years	5	12.5
2	Education		
	High>High School	23	57.5
	Low <High School	17	42.5
3	Parity		
	Pregnant women	24	60
	Multigravida	16	40
4	Husband Support		
	Support	29	72.5
	Does not support		
5	Knowledge	11	27.5
	Good		
	Not good		

Based on Table 1, the majority of mothers who were respondents in this study were between 20 and 35 years old, with a total of 32 respondents (80%). Meanwhile, mothers who were over 35 years old were recorded as many as 5 respondents (12.5%), and mothers who were under 20 years old were 3 respondents (7.5%). In terms of education level, most mothers had higher education, namely ≥ high school, with a total of 23 respondents (57.5%), while the remaining 17 respondents (42.5%) had low education (<high school). Based on the parity category, the majority of mothers, namely 24 respondents (60%), had the experience of giving birth once, while the other 16 respondents (40%) had only given birth more than once. For the support category, most mothers received support from their husbands, namely 29 respondents (72.5%), while 11 respondents (27.5%) did not receive support. Finally, in the knowledge category, the majority of mothers have good knowledge, with a total of 29 respondents (72.5%), while 11 respondents (27.5%) have fairly good knowledge.

Table 2. Frequency Distribution Decision Making Choosing Contraceptives with Using ABPK

Decision Group A	Before		After	
	F	%	F	%
Yes	13	65	20	100
No	7	35	0	0
Total	20	100	20	100

Majority Mother before given ABPK in taking decision about election tool appropriate contraception, as many as 13 respondents (65%) chose decision "Yes", while 7 respondents (35%) chose decision "No". However, after given ABPK, all Respondent choose decision "Yes", with total 20 respondents (100%).

Table 3 Distribution Frequency Decision Making Choosing Contraception By Not Using ABPK

Decision Group B	Before		After	
	F	%	F	%
Yes	11	55	13	65
No	9	45	7	35
Total	20	100	20	100

Based on Table 3 before not being given ABPK in decision making to choose the right contraceptive, the majority of mothers chose the decision "Yes", which was 11 respondents (55%), while 9 respondents (45%) chose the decision "No". However, after not being given ABPK, the majority of mothers chose the decision "Yes", with a total of 13 respondents (65%), while 7 respondents (35%) chose the decision "No".

Table 4 Normality Test

Variables	Shapiro Wilk	
	P	Normality
Group A	<.001	Abnormal
Group B	<.001	Abnormal

Based on Table 4 Normality Test Results with use Shapiro Wilk show mark P-Value < 0.005. This indicates that the data obtained No normally distributed, so that Wilcoxon Signed Rank Test was conducted For analyze more data carry on.

Table 5 Wilcoxon Signed Rank Test

		Ranks				
		N	Mean Rank	Sum of Ranks	Z	Asymp. Sig. (2-tailed)
Group A	Negative Ranks	0 ^a	.00	.00	-3.963 ^b	<.001
	Positive Ranks	20 ^b	10.50	210.00		
	Ties	0 ^c				
	Total	20				
Group B	Negative Ranks	0 ^d	.00	.00	-4.234 ^b	<.001
	Positive Ranks	20 ^e	10.50	210.00		
	Ties	0 ^f				
	Total	20				

Based on Table 5, the results of the Wilcoxon Signed Rank Test show that group A using ABPK has an average value (Mean) of 10.50 with a Z score of -3.963^b and P-Value <0.001 (p <0.005). Meanwhile, group B not using ABPK obtained an average value (Mean) of 10.50, with a Z score of -4.234^b and P-Value <0.001 (p <0.005). These results indicate that providing ABPK to new KB acceptors is more effective and efficient in the decision-making process to choose the right contraceptive, when compared to not being given ABPK. Thus, it can be concluded that there is effectiveness of ABPK as tool taking decision in choose appropriate contraception in acceptors new at TPMB Nur Handayani in 2024.

DISCUSSION

Making in Choosing the Right Contraception with Using ABPK On New Acceptors At TPMB Nur Handayani

Research result show significant changes in taking decision about election contraception after provision of Decision Making Aids (ABPK). Before giving ABPK, the majority mother, namely 13 respondents (65%), chose decision "Yes" to use appropriate contraception, while 7 respondents (35%) chose decision "No". This is reflect existence doubt or limitations in choose method appropriate contraception with need they. Some Mother Possible feel not enough Certain or Not Enough information about method available contraception. However, after given ABPK, which provides more comprehensive information and structured about various choice contraception, all respondents, namely 20 mothers (100%), chose the decision "Yes". Improvement This shows that ABPK plays a role important in increase understanding and belief Mother in choose proper contraception in accordance with condition personal them. With existence access easy and more information clear through ABPK, mothers can make more decisions good and informed with Better.

Counseling with using purposeful Decision-Making Tools (ABPK). For give clear and structured guidance to acceptor new in choose the most suitable contraception with condition personal they. In this process, ABPK provides comprehensive information about various method existing contraception, including advantages, disadvantages and effects beside each method. With approach this, counselors can help accept the acceptor understand available options, with consider factors like age, health history, preferences personal, as well as plan family they. Counseling ABPK based allows acceptor For make more decisions informed and more sure, so increase success use contraception in accordance need (Fitriyawati et al., 2023).

One of the excess main from provision of ABPK in taking decision is his ability for give easy information accessible, clear and detailed about choice contraception. ABPK allows acceptors to obtain information in a independent way, which can increase understanding and trust self in choose method appropriate contraception with condition physical and

psychological them. In addition, ABPK can reduce dependence on power medical or counselor, who may difficult accessed by some individual (Fuziyawati et al., 2020).

However, there are also disadvantages from ABPK provision. One of them is device dependency technology and the internet, which can become constraint for those who aren't used to with technology or no own adequate access. In addition, although ABPK can give information, role counselor or power medical still required For give guidance more continue and make sure that decisions taken in accordance with condition health individual (Amelia, Sinta Kiki; Yektingtastuti, 2024).

Researchers assume that use of ABPK can increase understanding and belief acceptor new in choose proper contraception. Researchers consider that ABPK can give more information objective and easy understood, which will help reduce frequent doubts and confusion experienced by new individuals first time deciding for use contraception. Researchers also assume that with more information complete, acceptors will tend for choose method appropriate contraception with condition health and preferences they, who in the end will increase satisfaction and success use contraception. However, researchers also realize that Although ABPK is very helpful, the interaction direct with power medical still important For ensure that decisions taken right and wrong cause risk for health acceptor.

Making in Choosing the Right Contraception Without Using ABPK On New Acceptors At TPMB Nur Handayani

Results of the take decision in choose appropriate contraception in acceptors new, without using Decision Making Tools (ABPK), shows existence change in percentage election method contraception after done observation. Before No given ABPK, the majority mother, as many as 11 respondents (55%), chose "Yes" decision for use proper contraception. While that, 9 respondents (45%) chose decision "No". This is show that although part big Mother choose For use contraception, still There is some who feel doubtful or not enough Certain about the right choice For they, who are likely due to lack of information or understanding about various method available contraception. However, after No given ABPK, the majority Mother who previously doubted, now choose decision "Yes" with total 13 respondents (65%), while 7 respondents (35%) chose decision "No". Change This indicates existence improvement understanding or belief in choose contraception, although without ABPK assistance. One of possibility reason change This is increasing trust self Mother after discuss with power medical or get information from other sources they trust. With Thus, even though ABPK does not given, effective communication with power health or experience personal Mother Alone Possible play a role in help they make more decisions sure. In overall, although No using ABPK, the majority Mother still decide For use proper contraception, which shows that factor communication, information obtained from various sources, and experience personal also has role important in taking decision.

Retrieval decision in choose proper contraception without using Decision Making Aids (ABPK) on acceptors new involving the selection process method contraception based on knowledge and experience individuals, as well as guidance obtained from power medical or other sources. In the condition this, acceptor Possible depend on information that has been they have previously, well from experience personal, family, or society, and consultation with power medical who provides recommendation based on condition health or preference them. Without ABPK assistance, decisions taken tend to be influenced by understanding limited owned acceptor about various choice method existing contraception. Although thus, some big acceptor Still capable choose method contraception, although No fully informed in a way comprehensive about all appropriate choice with condition they (Contraception et al., nd).

Excess from No given ABPK is that acceptor Still can make decision based on the information they have get from sources others, such as consultation with power medical or experience personal. Some Mother Possible feel more comfortable in take decision without must depend on technology or digital applications (Fitriyawati et al., 2023).

However, the drawbacks is that without ABPK, acceptor Possible No own access complete and structured information about various method existing contraception, which can cause ignorance or error in choose the most appropriate method with condition them. In addition, without ABPK, the information provided Possible more limited, and acceptor only depends on the information already There is or given in consultation short with power medical. Causal factors uncertainty This Can due to limitations communication, lack of available time For explain in a way detailed, or mismatch information received by the acceptor with need specific they (Erliani et al., 2024).

Researchers who have do study related taking decision without ABPK assuming that although Lots acceptor that can make decision contraception based on existing information, decisions the tend not enough informed and possible No fully reflect the most suitable choice with condition health they. Researchers to argue that without the presence of ABPK, acceptor more at risk make a non - optimal choice because limitations access to more information detailed and personalized. Researchers also assume that although guidance from power medical still important, the use of ABPK can help reduce uncertainty and provide better understanding comprehensive about method contraception, which ultimately can increase level success use contraception.

Effectiveness of ABPK as a Decision-Making Tool in Choosing the Right Contraception for New Acceptors at TPMB Nur Handayani in 2024 .

Statistical test results use *Wilcoxon Signed Rank Test* show existence significant difference between groups that use ABPK and those that don't use it in taking decision for choose appropriate contraception in acceptors new. Group A which uses ABPK gets the average value (Mean) is 10.50 with a Z score of -3.963b and P-Value < 0.001 ($p < 0.005$), while

group B which does not use ABPK has the same mean value (10.50), with a Z score of -4.234b and a P-Value < 0.001 ($p < 0.005$). Although average value between second group This same, very significant results from statistical tests This indicates that ABPK administration plays a role more effective in help acceptor make the right decision about election contraception.

The provision of ABPK is proven to give positive impact to taking decision, which is shown with very small P- Value ($p < 0.005$), which means that difference between groups that were given ABPK and those that were not given ABPK is very significant. This shows that with using ABPK, acceptor can access information more structured, comprehensive and appropriate with condition them, which makes the retrieval process decision more efficient and targeted. The provision of ABPK allows acceptors for understand various choice contraception in a way deeper, so that they can make more decisions good and more Certain.

In line with study This that is research conducted by (KS Wahyuni & Mahanani, 2019) based on Bivariate analysis using the chi-square statistical test obtained a p value = 0.012 ($p < 0.05$), which means there is a relationship between the use of decision-making aids and the choice of contraceptives.

Other research in line that is research conducted by (Gobel, 2019) show that There is influence giving counseling with ABPK against election tool contraception in mothers post copy at RSTN Regency Boalemo with mark $p\text{-value} = 0.037 < 0.05$ and strengthened with results study (Kurnia & Khairiah, 2023) with *Chi-Square* test show existence influence significant granting of ABPK to taking decision in choose tool proper contraception. Obtained value of $X^2 = 8.571$ with mark significance (P) of 0.003, which is $P < 0.05$. Findings This indicates that ABPK provision has significant influence to taking decision in choose tool proper contraception.

Making Tool (ABPK) works as a tool that provides clear, structured and easy to understand information understood for acceptors in choose appropriate contraception with condition they. ABPK provides various information related choice method contraception, including advantages, disadvantages, methods of work, and effects side of each method. This is allow acceptor For make decision based on better understanding Good about the available options are appropriate with needs and preferences them. Especially for acceptor new, which may be Not yet own Lots knowledge about contraception, ABPK plays a role important in reduce confusion and uncertainty, giving helpful guide they in choose method proper contraception with consider factor health, social and psychological they (Ginting, 2022).

Retrieval decision in choose proper contraception influenced by various factors, both of a natural nature demographic and social. Age factors, for example, play a role important in taking decision contraception. At the age of 20-35 years, many mothers who has more Ready in a way physical and mental for use contraception, and they Possible own more knowledge Good about choice contraception. Meanwhile, acceptors who are not aged enough from 20 years Possible more tend feel doubtful or worry about consequence term long from use contraception. Acceptors over 35 years old tend more consider factor health term length and desire For reduce risk pregnancy that is not planned (Nilawati & Hirawati, 2019).

Apart from age, parity (number of child who has being born) also influences decision contraception. New mothers give birth to One child tend more open for use contraception for planning pregnancy in the future, while mother who has own more from One child Possible more Certain For use contraception as effort for prevent pregnancy that is not desired. Education and knowledge are also very important; acceptors with education high and good knowledge about contraception tend more capable make informed and appropriate decisions. On the other hand, acceptors with education low and lacking knowledge Good Possible more affected by limited information or misunderstanding about contraception (Hatijar & Saleh, 2020).

Support from husband is also a factor important in taking decision contraception. Supportive husband decision use contraception will more make it easier wife in choose the right method, while husband who doesn't support often become obstacles, good in a way emotional and also practical. In many culture , decision related contraception often involves decision together between husband and wife, so that support husband is very influential level success use contraception (Nilawati & Hirawati, 2019).

Researcher assume that use of ABPK as tool help taking decision will increase effectiveness and efficiency in choose proper contraception for acceptor new. Based on results research, ABPK helps acceptor For access more information comprehensive, which allows they For consider various factor personal, such as age, parity level education, knowledge and support from husband, in choose method the most appropriate contraception. Researchers also assume that acceptors using ABPK will more believe self and confident in decision they Because information provided more structured and easy understood. In addition, with the existence of ABPK, it is hoped that can reduce doubt or error in choose method contraception, which often happens If acceptor only depend on limited information or Not Enough clear. Therefore that, researcher conclude that provision of ABPK at TPMB Nur Handayani potential increase taking more decisions right and improve success use contraception among acceptor new.

LIMITATION OF THE STUDY

1. The research is limited to one location, namely TPMB Nur Handayani
2. The number of research samples is limited

3. Individual knowledge and experience regarding contraception varies
4. The study focused only on the effectiveness of ABPK in the context of choosing contraception and there is a possibility of bias in data collection.
5. Time and resource constraints mean that data collection may not be able to capture the more complex dimensions of contraceptive choice decisions.

CONCLUSIONS AND SUGGESTIONS

It is known majority mother who becomes Respondent in study This aged between 20 to 35 years, with total 32 respondents (80%). In this case level education, part big Mother own education high, namely \geq high school, with number of 23 respondents (57.5%). Based on the category, majority mothers, namely 24 respondents (60%), have experience give birth to one time. In the category support, part big Mother get support from husband, namely 29 respondents (72.5%). Finally, in category knowledge, majority Mother own good knowledge, with total 29 respondents (72.5%). It is known before given ABPK in taking decision about election tool proper contraception, the majority mother, namely 13 respondents (65%), chose decision "Yes". However, after given ABPK, all Respondent choose decision "Yes", with total 20 respondents (100%).

It is known before No given ABPK in taking decision For choose tool proper contraception, the majority Mother choose decision "Yes", that is as many as 11 respondents (55%). However, after No given ABPK, the majority Mother choose decision "Yes", with total 13 respondents (65%). Wilcoxon Signed Rank Test Results show that Group A using ABPK has the average value (Mean) is 10.50 with a Z score of -3.963b and P-Value < 0.001 ($p < 0.005$). While that, group B which does not using ABPK to obtain average value (Mean) 10.50, with Z score -4.234b and P-Value < 0.001 ($p < 0.005$). This result indicates that provision of ABPK to new KB acceptors more effective and efficient in the process of taking decision For choose tool proper contraception, if compared to with No given ABPK. With Thus, it can concluded that there is effectiveness of ABPK as tool taking decision in choose appropriate contraception in acceptors new at TPMB Nur Handayani 2024.

SUGGESTION

It is recommended that TPMB Nur Handayani more optimize use of ABPK in give information and guidance to acceptor new and increase skills they through regular training to be able to help election proper contraception in accordance with need individual.

Researcher recommended For do studies more carry on about effectiveness of ABPK in taking decision contraception, with focus on factors that influence success and satisfaction acceptor, and explore its influence to subtraction number error in election method contraception. Institutions education in the field of health need enter ABPK in curriculum as tool help in teaching, as well as stage training For students so that they Ready apply ABPK in a effective in practice service health public.

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