

Factors Related to the Preference of Hormonal Contraception Methods in the Working Area of the Puskesmas Lubuk Buaya, Padang City in 2021

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ABSTRACT

In controlling population growth using contraception. The highest percentage of contraception in Indonesia is hormonal contraception. Hormonal birth control preferences in West Sumatra (85.9%), especially the Lubuk Buaya Health Center, the percentage of injectable hormonal birth control (36.65%) pills (16.68%) and implants (0.69%). This research is quantitative research with Cross-Sectional design. The sampling technique is Proportional Random Sampling, selected by lot numbering as many as 85 hormonal KB acceptors. This research was conducted in November 2019 - March 2020. Data were analyzed univariately using frequency distribution and bivariate using the Chi-Square statistical test with a significance level of 95% $\alpha = 0.005$. The results showed hormonal birth control pills (25.9%), injections (65.9%) and implants (8.2%). Furthermore, as much as 55.3% of hormonal family planning acceptors have less knowledge. 54.1% of hormonal family planning acceptors said they did not have support from their husbands in the preference for hormonal contraception methods and 45.9% said that health workers did not support the preference for hormonal contraception methods. Based on statistical results it was found that there was a significant relationship between knowledge ($p = 0,000$), husband's support ($p = 0.022$) and the role of health workers ($p = 0,000$) with the preference of hormonal contraceptive methods. It is expected that family planning program holders can more actively provide information about hormonal birth control. And it is expected that hormonal family planning acceptors will know the mechanism of injection family planning and understand implantable hormonal birth control.

Keywords: Knowledge, Housband support, The Role of health officers

1. INTRODUCTION

Population increase is one of the big problems for developing countries, such as Indonesia. Besides the issue of global warming, economic downturn, food problems, and the declining level of public health. A large-scale population without adequate quality will actually become a burden on the state and make it difficult for the government to increase economic growth and national development (Nilawati. S. and Heni H.P, 2014). One of the methods used to suppress the rate of population growth is through birth control. The government through the BKKBN has implemented a family planning program that was started in 1970 [1].

According to the Law of the Republic of Indonesia Number 52 of 2009 concerning population development and

family development, which has been explained in paragraph 2 (Family Planning) Article 23 that the city government and local governments are obliged to improve access and quality of information, education, counseling and contraceptive services [2,3].

According to the Indonesian Demographic and Health Survey [16] that women of childbearing age (WUS) who married at the age of 15-49 and used modern family planning tools/methods were 64% and 6% used traditional family planning. Based on the 2016 RPJMN performance indicator survey, it was found that the use of injectable contraceptives was the highest percentage, namely 53.9% compared to other family planning devices such as MOW 4.7%, MOP 0.2%, IUD 6.6%, Implant 10.1 %, Pills 22.6%, Condoms 1.9% [4].

The number of couples of childbearing age (EFA) in Indonesia is

38,343,931 people. Meanwhile, the coverage of fertile age couples (PUS) based on participation in KB (active family planning) is 24,258,532 people [8].

Coverage of Couples of Childbearing Age (PUS) in West Sumatra Province based on family planning participation According to contraceptive methods, namely injection (62.58%), IUD (8.6%), MOW (3.48%), MOP (0.42%), Implants (10.79%), Condoms (2.50%), Pills (12.6%). From these data, it can be concluded that the most common contraceptive method used by couples of childbearing age (PUS) is hormonal contraception [8].

Meanwhile, the number of fertile age couples (PUS) in Padang Regency/City is 183,088 people. The working area of the Lubuk Buaya Padang Health Center has 4 villages, where the number of active family planning acceptor users is 8,845 people (61.30%), and when viewed by type of contraception used, injection data is obtained as many as 3,242 people (36.65%), birth control pills 1,475 people (16.68%) and implants 61 people (0.69%) [5].

Based on the data above, it can be seen that hormonal contraceptives have the highest percentage, this is due to their practical nature, fast in getting services and low prices so that they are affordable by all acceptors. However, considering the increasing number of contraceptive users, it is necessary to anticipate the side effects in the form of menstrual disorders, depression, vaginal discharge, acne, changes in libido, changes in body weight, headaches and infections [18].

Research conducted by [20]. regarding the use of injectable contraceptives is related to menstrual disorders in family planning acceptors in the Lubuk Buaya Health Center work area in 2018, which was conducted on 86 family planning acceptors. Where more than half (60.5%) of family planning acceptors experienced menstrual disorders.

Based on the initial survey that the researchers conducted on November 12-13, to 10 WUS who were in the working area of the Lubuk Buaya Health Center, it was found that 7 WUS used hormonal contraception, they said that they felt the side effects of using hormonal contraceptives such as

irregular menstruation, headache and a faster-than-normal heart rate.

From these problems, the researchers wanted to conduct research on "what are the factors related to the preference of hormonal contraceptive methods in the work area of the Lubuk Buaya Padang Health Center in 2020?"

2. METHOD

This type of research is an analytic survey using a cross sectional design and Chi-square statistical test with a significant degree of $p=0.05$ (5%). This research was conducted in the working area of the Lubuk Buaya Padang Health Center which was carried out from November 2019 to March 2020.

The population in this study were all women of childbearing age (WUS) hormonal family planning acceptors as many as 722 people. The sample size was obtained by using the proportion estimation formula, namely as many as 85 active family planning acceptors. The sampling technique is Proportional Random Sampling, and is selected using a lot number system. The inclusion and exclusion criteria are as follows:

Inclusion Criteria

- a. Active family planning acceptors who use hormonal contraception.
- b. Lives in the working area of the Lubuk Buaya Health Center.

Exclusion Criteria

- a. Respondents who are not willing to be interviewed
- b. Respondents who cannot be found within 3 visits

3. RESEARCH RESULT

3.1 Research result Characteristics of Respondents Respondent's Age

Table 3.1 Frequency Distribution of Respondents by Age in the Working Area of Lubuk Buaya Padang Health Center

No.	Responden Age	F	%
1.	20-30 years old	35	41,1
2.	30-40 years old	41	48,3
3.	41-49 years old	9	10,6
Total		85	100

Based on Table 3.1 above, it can be seen that almost half of the respondents (48.3%) in this study were aged between 30-40 years, while those aged 41-49 years were only 10.6% in the working area of the Lubuk Buaya Padang Health Center.

3.2 Level of education

Table 3.2

Table 3.2 Frequency Distribution of Respondents Based on Education Level in the Lubuk Buaya Padang Health Center Work Area

No.	Level of education	F	%
1.	Not completed in primary school	5	5,9
2.	SD	8	9,4
3.	Junior high school	5	5,9
4.	Senior High School	41	48,2
5.	DIII/SI	26	30,6
Total		85	100

Based on Table 3.2, it can be seen that most of the respondents (48.2%) graduated from high school, while respondents who did not finish elementary school were only 5.9% in the working area of the Lubuk Buaya Padang Health Center.

3.3 Work

Table 3.3 Frequency Distribution of Respondents by Occupation in the Work Area of the Lubuk Buaya Padang Health Center

No.	Work	f	%
1.	Not working (IRT)	63	74,2
2.	ASN	8	9,4
3.	Private employees	7	8,2
4.	Trader/Entrepreneur	7	8,2
Total		85	100

Based on Table 3.3, it can be seen that more than half of the respondents, namely 74.2% did not work (IRT) in the working area of the Lubuk Buaya Padang Health Center.

UNIVARIATE ANALYSIS

3.4 Hormonal Contraception Method Preference

Table 3.4 Frequency Distribution of Respondents Based on Preferences for Hormonal Contraception Methods in the Work Area of Lubuk Buaya Padang Health Center

No.	Preference	f	%
1.	Family planning pills	22	25,9
2.	Inject	56	65,9
3.	Implant	7	8,2
Total		85	100

Based on Table 3.4, it can be seen that more than half of the respondents, namely 65.9% used injectable hormonal contraception and only (8.2%) used implants.

3.5 Number of children

Table 3.5 Frequency Distribution of Respondents Based on the Number of Children in the Lubuk Buaya Padang Health Center Working Area

No.	Number of children	f	%
1.	< 3	34	40,1
2.	≥ 3	51	59,9
Total		85	100

Based on Table 3.5, it can be seen that more than half of the respondents (59.9%) have children 3 in the working area of the Lubuk Buaya Padang Health Center.

3.6 Knowledge Level

Table 3.6 Frequency Distribution of Respondents Based on Knowledge Level in the Working Area of Lubuk Buaya Padang Health Center

No.	Knowledge level	F	%
1.	Well	38	44,7
2.	Not good	47	55,3
Total		85	100

Based on Table 3.6, it can be seen that more than half of the respondents, namely 55.3%, had poor knowledge about hormonal contraceptives in the Lubuk Buaya Padang Health Center work area.

3.7 Housband Support

Table 3.7
Frequency Distribution of Respondents Based on Housband's Support in the Lubuk Buaya Padang Health Center Working Area

No.	Housband Support	f	%
1.	Support	39	45,9
2.	Does not support	46	54,1

Total	85	100
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Based on Table 3.7, it can be seen that more than half (54.1%) of respondents stated that they did not receive support from their husbands in their preference for contraception methods in the work area of the Lubuk Buaya Padang Health Center.

3.8 Health Workers Role

Tabel 3.8
Frequency Distribution of Respondents Based on the Role of Health Officers in the Work Area of the Lubuk Buaya Health Center field Padang

No.	Health Worker Role	f	%
1.	Support	46	54,1
2.	Does not support	39	45,9
Total		85	100

Based on Table 3.8, it can be seen that almost half of the respondents (45.9%) said that health workers did not support the preference for hormonal contraceptive methods used in the work area of the Lubuk Buaya Padang Health Center.

Table 3.9. The Relationship between Knowledge Level and Preference for Hormonal Contraception Methods in the Lubuk Buaya Padang Health Center Working Area

No	Knowledge	Hormonal family planning preferences					Total		P Value	
		Family planni ng pills	%	Inject	%	Implant	%	N		
1.	Well	1	2,6	34	89,5	3	7,9	38	100	0,000
2.	Not good	21	44,7	22	46,8	4	8,5	47	100	
Total		22	25,9	56	65,9	7	8,2	85	100	

Based on Table 3.9, it can be seen that respondents who chose injectable hormonal contraception were more knowledgeable (89.5%) than respondents who had less knowledge, namely 46.8%. After the Chi-Square statistical test was carried out, the value of PValue = 0.000 (P<0.05). This means that there is a significant relationship between the level of knowledge and preference for hormonal contraceptive methods in the working area of the Lubuk Buaya Padang Health Center.

Table 3.10 Relationship between husband's support and method preference Hormonal Contraception in the Work Area of the Health Center Lubuk Crocodile Padang

No	Endorsement Husband	Hormonal family planning preferences						Total		P Value
		Family planning pills	%	Inject	%	Implant	%	N	%	
1.	Support	6	15,4	27	69,2	6	15,4	39	100	0,022
2.	Doesnot support	16	34,8	29	63	1	2,2	46	100	
Total		22	25,9	56	65,9	7	8,2	85	100	

Based on Table 3.10, it can be seen that respondents who chose injectable hormonal contraception received more support from their husbands (69.2%) than respondents who did not receive support from their husbands, namely 63%. After tested by *Chi-Square* P Value shown 0.022 ($P < 0.05$). Thus, it can be concluded that there is a significant relationship between husband's support and preference for

hormonal contraceptive methods in the Lubuk Buaya Padang Health Center work area in 2020. After doing the Chi-Square statistical test, the value of P Value = 0,022 ($P < 0,05$). Thus, it can be concluded that there is a significant relationship between husband's support and preference for hormonal.

Table 3.11 The Relationship between the Role of Health Workers and the Preference of Hormonal Contraception Methods in the Work Area of the Lubuk Buaya Padang Health Center

No	Role Health workers	Hormonal family planning preferences						Total		P Value
		Family plannin pills	%	Inject	%	Implant	%	N	%	
1.	Support	4	8,7	36	78,3	6	13	46	100	0,000
2.	Does not support	18	46,2	20	51,3	1	2,6	39	100	
Total		22	25,9	56	65,9	7	8,2	85	100	

Based on Table 3.11, it can be seen that respondents who chose injectable hormonal contraception received more support from health workers (78.3%) than respondents who did not receive support from health workers, namely 51.3%. After statistical test Chi- Square obtained P Value = 0.000 ($P < 0.05$). Thus, there is a significant relationship between the support of health workers and the preference for hormonal contraceptive methods in the work area of the Lubuk Buaya Padang Health Center.

4. RESULTS

4.1 Univariate Analysis

4.1.1 Hormonal Contraception Method Preference

The results showed that more than half of the respondents, namely 65.9% used injectable hormonal contraception, 25.9% of respondents used hormonal contraceptive pills, and only 8.2% used hormonal contraceptive implants in the work area of the Lubuk Buaya Padang Health Center.

The results of this study are almost in line with research conducted by [17]. on the factors that influence the choice of contraceptive methods at the Paakkeling

Health Center, it was found that more than half of the respondents (81.2%) chose to use the hormonal contraceptive method.

Contraception is a method used to prevent conception. In addition, contraception must be easy to use, inexpensive, not dependent on health workers [14].

The researcher's assumption is that most respondents who use hormonal contraceptives tend to look at the costs that will be incurred during installation because injectable hormonal contraception and pills are cheap, practical and easy to obtain compared to hormonal implants because the costs tend to be expensive and the acceptor is always dependence on health workers because hormonal family planning implants cannot be installed or removed by hormonal family planning acceptors.

4.1.2 Knowledge level

The results showed that more than half of the respondents (55.3%) had poor knowledge of hormonal contraceptives in the Lubuk Buaya Padang Health Center work area in 2020.

This study is in line with research conducted by [13]. Namely the relationship between the level of knowledge of mothers about contraception with hormonal and non-hormonal contraceptive methods in Ngalian Village, Wonosobo Regency, it was found that respondents who had poor knowledge about hormonal contraception (81.3 %). Knowledge is the result of knowing, and this occurs after people have sensed a certain object. Sensing occurs through the five human senses, namely sight, hearing, smell, taste and touch. Most of human knowledge is obtained through the eyes and ears [12].

The researcher's assumption is that more than half of the respondents (55.3%) have poor knowledge about hormonal contraception. This can be seen from the questionnaire analysis conducted, where (69.4%) of respondents did not know the meaning of hormonal contraception, 75.3% of respondents did not know the type of hormonal contraception method, 77.6% of respondents did not know how the mechanism of hormonal injection works, and

as many as 65.9% of respondents did not understand the dangers of side effects caused by the use of hormonal contraception.

Furthermore, if viewed from the knowledge of the respondents, the average respondent only knows the types of contraceptive pills, injections and spirals, without knowing other types of contraception. This is also related to the age of the respondents, namely almost half of the respondents (48.3%) in this study were between 30-40 years old, because as a person's age increases, their awareness and memory of information about hormonal family planning is getting lower so they are less aware of the benefits and benefits of hormonal family planning. disadvantages of using contraception.

4.1.3 Husband Support

The results of the study found that half (54.1%) of respondents did not get support from their husbands in the work area of the Lubuk Buaya Padang Health Center in 2020.

This study is in line with research conducted by [21]. On the relationship between knowledge and husband's support for the choice of contraceptives at the Pertiwi Makassar Health Center which found that more than half (54.2%) of respondents did not receive support from their husbands in choosing contraception. hormones.

The husband's involvement in family planning is in the form of support for the use of contraception in planning the number of families to realize the small happy and prosperous family norm [9].

The researcher's assumption is that husbands who do not provide support to their wives are caused by the husband's lack of understanding about hormonal contraceptives. Good knowledge about contraceptives can motivate husbands to encourage their wives to use these contraceptives. In addition, the husband's work factor also affects the respondent's desire to use contraception, because a husband who is too busy at work will provide little support to his wife. One of the supports given by the husband is in the form of taking his wife to health services, participating in making decisions about the type of family

planning used, reminding the schedule for the use of family planning, and suggesting mothers to join gymnastics groups so that the mother's weight remains ideal.

4.1.4 Role of Health Officer

The results showed that less than half of the respondents (45.9%) did not receive support from health workers in preference for hormonal contraceptive methods in the work area of the Lubuk Buaya Padang Health Center in 2020.

This study is in line with research conducted by [1]. about the factors related to the use of hormonal contraceptive methods in family planning acceptors in Pasarwajo Village, Subdistrict Pasarwajo Buton District, Sulawesi Tenggara. This study found that more than half (94.3%) of the respondents did not receive information from health workers.

According to [7]. the attitude and behavior of health workers is a driver or reinforcement of healthy behavior for the community to achieve health, therefore health workers must receive special education and training on health or health education.

The researcher assumed that less than half of the respondents (45.9%) did not get information from health workers. This is because there are still respondents who do not care about the counseling provided by health workers, both at the posyandu and at the Puskesmas. From the results of interviews and questionnaire analysis, it was found that less than half of the respondents said that the officers only provided information about the types of family planning without explaining the side effects of each type of family planning. As for the election, the officers returned to themselves without any element of coercion. Currently, the guidelines used by Puskesmas in meeting family planning standards are Law no. 4 of 2019, namely every citizen aged 15-59 years has the right to receive family planning health education and screening for risk factors for infectious and non-communicable diseases. From the results of interviews that researchers conducted with KB program holders at the Lubuk Buaya Health Center, that in addition to providing family planning services, other forms of activities carried out

by Puskesmas officers were providing counseling/communication, information and education (KIE) to acceptors and providing IVA test services (Inspection). Visual with acetic acid is an early cancer detection test.

4.2 BIVARIATE ANALYSIS

4.2.1 Relationship of Knowledge Level with Preference of Hormonal Contraception Method

The results showed that respondents who chose injectable hormonal contraception were more knowledgeable (89.5%) than respondents who had poor knowledge, namely 46.8%.

After the Chi-Square statistical test was carried out, the value of P Value = 0.000 ($P < 0.05$). Thus, it can be concluded that there is a significant relationship between the level of knowledge and preference for hormonal contraceptive methods in the working area of the Lubuk Buaya Padang Health Center.

The results of this study are in line with research conducted by [6]. regarding the relationship between the level of education, knowledge and age of the mother of EFA with the choice of contraceptive type in Jetak Village, Sidoharjo District, Sragen Regency, it was found that there was a significant relationship between mother's level of knowledge with the selection of contraceptives in Jetak Village, Sidoharjo District, Sragen Regency ($P \text{ Value} = 0.000$).

The researcher's assumption is that there is a relationship between the respondent's level of knowledge and the preference for hormonal contraceptive methods is part of the behavior, where the behavior here is the respondent's desire to use contraceptives.

The acceptors' lack of knowledge about hormonal family planning is caused by several things, firstly the lack of counseling by health workers to new prospective acceptors about hormonal family planning, secondly the lack of information received by acceptors about hormonal family planning, because less than half (21.2%) of respondents who using hormonal family planning has an education below high school, so that education will affect the respondent's

knowledge about contraceptives and the last one is because of the age factor that will affect the respondent's memory about hormonal family planning.

4.2.2 Relationship between husband's support and preference for hormonal contraceptive methods

The results showed that respondents who chose injectable hormonal contraception received more support from their husbands (69.2%) than respondents who did not receive support from their husbands, namely 63%.

After carrying out the Chi-Square statistical test, the P Value = 0.022 ($P < 0.05$) means that there is a significant relationship between husband's support and preference for hormonal contraceptive methods in the Lubuk Buaya Padang Health Center work area.

The results of this study are almost the same as the research conducted by [3]. on the factors related to the use of contraceptives in early married women in Aikmel District, East Lombok Regency, it was found that there was a significant relationship between husband's support and contraceptive use (P Value= 0.000).

The researcher's assumption is that husband's support greatly influences respondents to use contraception. If the desire of a partner or individual is very strong to prevent pregnancy, it will indirectly affect how obediently they are to use hormonal contraception, be it birth control pills, injections or implants. Furthermore, the number of children 3 will influence the husband to provide support to his wife to use contraception, which aims to limit the number of children desired. The form of husband's support given to the wife is in the form of giving advice in choosing hormonal contraception to be used, providing costs, reminding the schedule for the use of hormonal family planning, advising the wife to maintain an ideal body weight and taking the respondent to the health service for repeat visits.

4.2.3 The Relationship between the Role of Health Workers and the Preference of Hormonal Contraception Methods

The results showed that respondents who chose injectable hormonal contraceptives received more support from health workers (78.3%) than respondents who did not receive support from health workers, namely 51.3%.

After carrying out the Chi-Square statistical test, the P Value = 0.000 ($P < 0.05$) means that there is a significant relationship between the role of health workers and the preference for hormonal contraceptive methods in the Lubuk Buaya Padang Health Center work area.

This study is in line with research conducted by [19]. on the relationship between social support of health workers and the choice of postpartum contraception in primigravida mothers in the working area of the Sumowono Health Center, Semarang Regency, it was found that there was a relationship between social support of health workers and the selection of postpartum contraception in primigravida mothers in the working area of Sumowono Health Center, Semarang Regency with P-Value (0.050) results.

The researcher's assumption is that there is a relationship between the role of health workers and preference for hormonal contraceptive methods, because there are still health workers who do not provide counseling to prospective acceptors, because the role of health workers is very important in providing information to respondents about contraceptives. Most (74.2%) hormonal family planning acceptors only become housewives (IRT) so that it will make it easier for officers to provide counseling and guidance carried out by health workers, so that they can provide direct contact with respondents in achieving hormonal family planning participation rates and increase resilience. and quality in the family.

5. CONCLUSION

Based on the results of research and discussion of factors related to preference for hormonal contraceptive methods in the work area of the Lubuk Buaya Health Center, Padang City, it can be concluded:

1. More than half of hormonal family planning acceptors (65.9%) used injectable hormonal contraception in the working area of the Lubuk Buaya Padang Health Center
2. More than half of hormonal family planning acceptors (55.3%) have poor knowledge about hormonal contraceptives in the Lubuk Buaya Padang Health Center workarea.
3. More than half of hormonal family planning acceptors (54.1%) did not receive support from their husbands in preference for hormonal contraceptive methods in the Lubuk Buaya Padang Health Center work area.
4. Less than half of hormonal family planning acceptors (45.9%) did not receive support from health workers in the Lubuk Buaya Padang Health Center work area.
5. There is a significant relationship between the level of knowledge and preference for hormonal contraceptive methods in the work area of the Lubuk Buaya Padang Health Center.
6. There is a significant relationship between husband's support and preference for hormonal contraceptive methods in the work area of Lubuk Buaya Padang Health Center.
7. There is a significant relationship between the support of health workers and preference for hormonal contraceptive methods in the work area of the Lubuk Buaya Padang HealthCenter.

6. SUGGESTION

1. For Health Officers at the Lubuk Buaya Health Center

It is hoped that health workers will be more active in providing information about hormonal family planning and increase continuous counseling about hormonal contraceptives individually or in groups so that the role of health workers can be felt by the community.

2. For Women of Childbearing Age (WUS)

It is hoped that hormonal family planning acceptors will know how the working mechanism of injectable hormonal contraception works and understand hormonal implants. It is recommended that in making decisions, mothers involve their husbands and consult with health workers, so

that they can use the right hormonal contraceptives, according to their physical and psychological conditions.

3. For Further Researchers

For further researchers to be able to conduct further research on factors related to preference for hormonal contraceptive methods by using other variables outside of this research.

AUTHORS' CONTRIBUTIONS

Author 1 as main contributor, author 2 and 3 as member contributor. As for the role that the author does: ide, design, data collection, data analysis, research results, discussion, and manuscript writing.

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