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Research Article

The Effect of Whatsapp Social Media as a Reminder of Compliance with Family Planning Acceptors in the Independent Practice of Midwife Ade Uum Sumiati Susandy

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Abstract

Aims : The purpose of this study was to determine the effect of whatsapp social media as a reminder of compliance with family planning acceptors in the independent practice of midwife Ade Uum Sumiati Susandy.

Methods : The research design uses a quasi experiment with a post test control design. The study population was all family planning acceptors who were at the Independent Midwife Ade Uum Sumiati Susandy Practice, totaling 156 people using simple random sampling. The data collection tool used was the modified MMAS-8 (Morisky Medication Adherence Scale) questionnaire. Data analysis used chi-square.

Results : The results showed that respondents who were given whatsapp social media as a reminder effectively increased family planning acceptor compliance with a p-value = 0.000 with a significance of p < 0.05.

Conclusion : WhatsApp social media as a reminder has a significant influence on increasing compliance with family planning acceptor visits at the independent midwife practice Ade Uum Sumiati Susandy.

Keywords :

compliance, acceptors, family planning, whatsapp

INTRODUCTION

Indonesia is the fourth most populous country in the world. Indonesia's population increased by 291.4% from 70 million in 1950. Indonesia has become the country with the largest population in ASEAN for 10 consecutive years. The high rate of population growth has caused the population to increase rapidly, so that projections for Indonesia in 2020 will reach 274 million people (1).

The condition of the Covid-19 pandemic in the world, especially in Indonesia, has had an impact on the continuity of public health services, including family planning and reproductive health services. There was a decrease in family planning participants that occurred during the pandemic starting from February to March and reduced drastically in the following month which would impact

the high risk of pregnancy. Acceptors who drop out of injections (do not repeat birth control injections) in the first month of pregnancy risk is 10%, the intra uterine device (IUD) is interrupted the risk of pregnancy is 15%, the risk of discontinuing use of birth control pills is 20%. With a 15% -20% pregnancy risk, it is possible that there will be an additional number of pregnancies of around 370,000 to 500,000 pregnancies (2).

However, the facts show that there are still many problems that prevent couples from having family planning. This is due to a lack of knowledge about contraception, the availability of contraception and the social and cultural view that contraception is a woman's business and their beliefs. Another problem that has arisen is the decrease in the number of visits by family planning acceptors due to the Covid-19 pandemic

which has hit all parts of the world, including Indonesia.

The influence of social media in the technological era has made people dependent on communication and interaction through social media rather than meeting face to face, especially during the Covid-19 pandemic. This is an opportunity for health practitioners, especially midwives, to convey health information effectively and more easily in dealing with the Covid-19 pandemic situation. Social media allows its users to socialize and interact with each other, share information and collaborate. Among the various types of social media that make it easier for users to interact and communicate with each other, and can be used as a discussion forum and dissemination of learning material, one of them is WhatsApp.

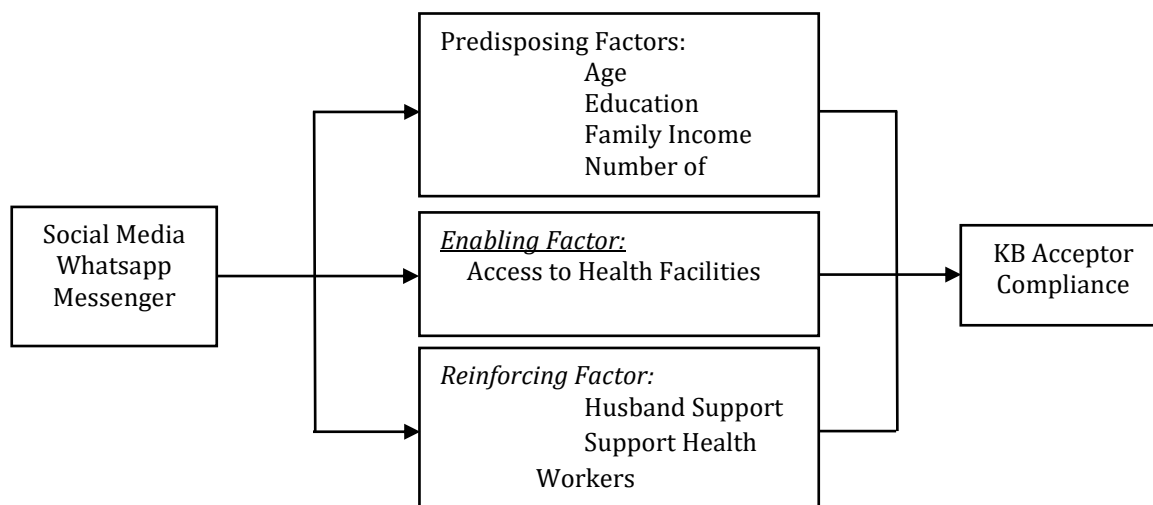
Whatsapp is a popular application on smartphones, which can be installed across smartphone platforms such as Android, iOS and Windows Phone and has been used for health education efforts in various health programs (3). This application is an application with the highest number of users in the world. WhatsApp users can take advantage of the facilities of sending messages, spreading messages, sending pictures, videos, video calls to creating discussion groups.

During the Covid-19 pandemic from February to March 2020, there was a decline in active and new family planning acceptors nationally. The use of IUDs in February 2020 decreased by 36,155 people to 23,383 people, implants from 81,062 people to 51,536 people, injections from 524,989 people to 341,109 people. Pills from 251,619 to 146,767 people, condoms from 31,502 to 19,583 people, male surgery method (MOP)/vasectomy from 2,283 to 1,196 people, and female surgery method (MOW)/tubectomy from 13,571 people to 8,093 people. KB users in February were

427,133 people. This number decreased in March to 419,741. Data on birth control users from January to May 2022 at the Mandiri Midwife Ade Uum Sumiati Susandy Practice totaled 761 people with 61 people (8%) using pills, 156 people (21%) 3-month injections, and 1-injection birth control. month as many as 544 people (72%). Meanwhile, after the Covid-19 outbreak in 2020-2021 there were fewer 149 birth control acceptors (20%) with detailed data on users of 1-month injection birth control, namely 74 people (50%), 3-month injection family planning, namely 58 people (39%), and pills, namely 16 people (11%) (4).

From these data it is possible that there will be a drastic and rapid increase in the number of pregnancies, 9 months later Indonesia will be faced with the problem of a baby boom (the impact of a decrease in the number of family planning visits or an explosion in the number of births). The baby boom problem will add to other problems which are the effects of the Covid-19 pandemic besides economic problems (5).

Compliance with family planning acceptors is an important factor for controlling population growth. However, during the Covid-19 pandemic, compliance with family planning acceptors became a big problem. There is a policy from the government of Large-Scale Social Restrictions (PSBB) in an effort to prevent the spread of Covid-19 through social distancing, physical distancing, work from home, just stay at home, this has an impact on difficulties accessing family planning services for acceptors and a decrease in counseling activities by extension workers KB (5). Based on the research results of Sharif (6) that the acceptors of birth control pills at the Simpung Bandar Lampung Health Center 2022 the level of compliance obtained was 43 people (60.6%), based on a good level of know-



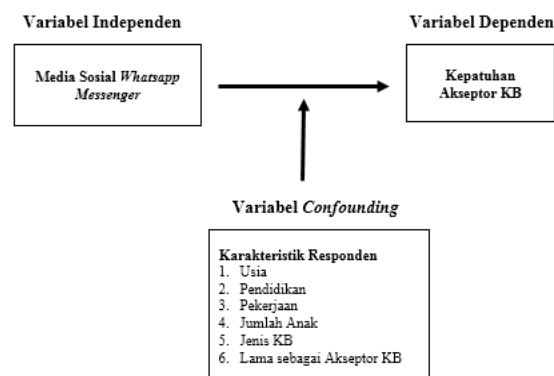
ledge, namely 39 people (54.9%), based on the most educated were acceptors with undergraduate education, 39 people (54.9%) adhered to the compliance category and based on visits during the Covid-19 pandemic were good with 41 adherent categories (57.7%).

The purpose of this research is to find out the effect of whatsapp social media as a reminder of the compliance of family planning acceptors in the independent practice of the midwife Ade Uum Sumiati Susandy. In addition, it is also to identify the influence of WhatsApp social media as a reminder of Family Planning Acceptor compliance at the Independent Practice of Midwife Ade Uum Sumiati Susandy and to analyze the influence of WhatsApp social media as a reminder of Family Planning Acceptor compliance at the Independent Practice of Midwife Ade Uum Sumiati Susandy. Based on this phenomenon, the formulation of the research problem is "Is there any influence of whatsapp social media as a reminder of the compliance of family planning acceptors in the independent practice of midwives Ade Uum Sumiati Susandy?".

METHODS

This research was conducted using a quasi-experimental research design or quasi-experimental using a purposive sampling

technique. The research was conducted on November 8-13, 2022. The target population for this study were all injecting family planning acceptors, while the reachable population was all family planning acceptors at the independent midwife practice Ade Uum Sumiati Susandy. The sample size in this study is 112 respondents.



This data collection tool has two instruments, namely questionnaire A and questionnaire B. Questionnaire A contains data on the characteristics of the respondents regarding age, education, occupation, number of children, types of family planning, and length of time as family planning acceptor (appendix 2). How to fill in the characteristics of the respondent by writing in the space provided. The instrument used for whatsapp reminder social media uses an observation sheet. WhatsApp reminder social media is a

reminder message sent via WhatsApp group. This message was sent from H-3 to D-day the schedule for the visit of the KB acceptor to the independent midwife practice Ade Uum Sumiati Susand. For D-3 to D-1 sent after sunset. On the D-day sent two hours before the clinic starts. Questionnaire B, namely the compliance instrument for family planning acceptors at the Independent Practice of Midwife Ade Uum Sumiati Susandy with the modified Morisky Medication Adherence Scale (MMAS-8) questionnaire and consists of 8 questions with a score of 0-8. Score 8 for high compliance, score 6-7 for moderate compliance, and score <6 for low compliance.

RESULTS

Table 1 shows that most of the characteristics of the respondents in the Independent Practice of Midwife Ade Uum Sumiati Susandy are 20-30 years old, 61 people (54.5%), 42 people with undergraduate education (37.5%), 64 work as housewives 49 people (43.8%) had 1 child (57.1%), 72 people (64.3%) used 1-month injection contraceptive methods and 102 people had been family planning acceptors for 1-3 years (91.1%).

Table 1. Distribution of Respondent Characteristics at PMB Ade Uum Sumiati Susandy November 2022 (N=112)

	Variable	Frequency (n)	Percentage (%)
Independent Variables			
1	Age		
	20 – 30 years	61	54,5
	31 – 40 years	48	42,9
	>40 years	3	2,7
	Total	112	100
2	Education		
	Bachelor	42	37,5
	SMA	34	30,4
	Middle Scholl	31	27,7
	SD	5	4,5
	Total	112	100
3	Employee		
	Housewives	64	51,7
	Entrepreneur	6	5,4
	PNS	4	3,6
	Swasta	38	33,9
	Total	112	100
4	Number of Children		
	1 person	49	43,8
	2 people	45	40,2
	3 people	15	13,4
	4 people	3	2,7
	Total	112	100
5	Types of KB		
	Injection 1 month	72	64,3
	Injection 3 month	40	35,7
	Total	112	100

6	Duration of becoming a KB Acceptor		
	1 – 3 years	102	91,1
	4 – 6 years	9	8,0
	>6 years	1	0,9
	Total	112	100

Table 2 shows that the majority of whatsapp social media at the independent midwife practice Ade Uum Sumiati Susandy are active, with 69 people (61.6%).

Table 2. Distribution of Whatsapp Social Media at PMB Ade Uum Sumiati Susandy November 2022 (N=112)

Variable	Frequency (n)	Percentage (%)
Independent Variable		
7	Whatsapp Social Media	
	Active	69
	Not Active	43
	Total	112

Table 3 shows that most of the compliance levels of family planning acceptors in the independent practice of midwife Ade Uum Sumiati Susandy are low compliance with a score of <6 in 74 people (66.1%).

Table 3. Distribution of Compliance Levels of Family Planning Acceptors at PMB Ade Uum Sumiati Susandy November 2022 (N=112)

Variable	Frequency (n)	Percentage (%)
Dependent Variable		
8	Family Planning Acceptor Compliance Level	
	Skor <6 (Low)	74
	Skor 6 – 7 (Medium)	9
	Skor 8 (High)	29
	Total	112

Table 4 shows that the majority of WhatsApp social media respondents at the Independent Midwife Practice Ade Uum Sumiati Susandy were active and 31 people (27.7%) had low compliance with family planning acceptors. The results of the statistical test can be concluded that there is an influence of whatsapp social media as a reminder of the compliance of family planning acceptors with p-value = 0.000.

Table 4. Analysis of the Relationship between Whatsapp Social Media and Compliance with Family Planning Acceptors at PMB Ade Uum Sumiati Susandy November 2022 (N=112)

WhatsApp Social Media	KB Acceptor Compliance						Total		OR (95% CI)	p-value
	Low		Medium		High		N	%		
	n	%	n	%	n	%				
Not Active	43	38,4	0	0	0	0	43	38,4	0,000	0,000
Active	31	27,7	9	8,0	29	25,9	69	61,6		
Total	74	66,1	9	8,0	29	25,9	112	100		

DISCUSSION

The age of the respondents at Ade Uum Sumiati Susandy's Independent Midwife Practice was mostly 20-30 years with 61 people (54.5%), while there were 3 people over 41 years old (2.7%). According to Prawiroharjo (7) that age affects the structure of organs and the hormonal system in an age period causes differences in the contraceptive needed. The fertile period occurs at the age of 20-35 years, pregnancy at the age of less than 20 years is considered high risk because the function of the reproductive organs is not strong and ready, as well as the use or installation of contraceptive methods at that age is not good. This happens because the size of the uterus is still small which allows perforation or infection. This is supported by the research of Idam & Nurcahyanti (8) that the age of the respondent influences the choice of contraception, the age of more than 35 years is the phase of ending a pregnancy, namely the phase of not wanting to get pregnant again or not wanting to have more children. Researchers assume that based on the research results obtained, couples aged 21-35 years realize that this is the fertile age for couples with a lower risk. When Couples of Reproductive Age (PUS) know about this, KB acceptors may choose contraception that will be used according to age, in effect the use of KB acts as an intrinsic factor.

The education of respondents in Ade Uum Sumiati Susandy's Independent Midwife

Practice was mostly undergraduates, 42 people (37.5%), while those with elementary school education were 5 people (5.4%). According to (9) that the level of education is a factor that determines a person's knowledge and perception of something, including participation in family planning. This is because someone who is highly educated will have a broader outlook and more easily accept new ideas and ways of life.

Most of the respondents in the Independent Practice Midwife Ade Uum Sumiati Susandy were housewives with 64 people (57.1%), while those who worked as civil servants were 4 people (3.6%). According to Hastono (10) that working mothers will be busier, so the possibility of forgetting the time of the KB acceptor's visit to the independent practice of Midwife Ade Uum Sumiati Susandy is higher than mothers who do not work. The researcher assumes that housewives have more time to pay attention to the visit of family planning acceptors to the independent practice of midwife Ade Uum Sumiati Susandy, so that housewives can be more obedient when visiting family planning acceptors to the independent practice of midwife Ade Uum Sumiati Susandy. Respondents who work will have a high activity compared to respondents who do not work, so it will be easier to forget the schedule of visits by family planning acceptors to the independent practice of midwife Ade Uum Sumiati Susandy which causes low adherence to the visit of family

planning acceptors to the independent practice of midwife Ade Uum Sumiati Susandy.

Most of the respondents had 49 children (43.8%) in the Independent Midwife Practice Ade Uum Sumiati Susandy, while 3 (2.7%) had 4 children. From these data it shows that regulating the number of children is in accordance with the purpose of using contraception, namely to regulate the spacing of pregnancies, delay pregnancies and terminate pregnancies (11).

The type of family planning used by respondents at the Independent Practice of Midwife Ade Uum Sumiati Susandy was mostly 72 people (64.3%) 1-month injections, while 40 people (35.7%) used 3-month injections. According to (12) that this type of hormonal contraceptive injection is being used more and more in Indonesia because it works effectively, is practical to use, is relatively cheap and safe. Injecting contraception has very little health risk, it has no effect on the husband-wife relationship. The advantages or benefits of injecting contraception include not requiring internal examination, the client does not need to store the drug, it is long term and the side effects are very small. Compliance with family planning acceptors, especially injecting family planning acceptors, is basically influenced by awareness from users and family support, especially husbands, which can be a motivation for injecting acceptors. This is in line with Hartanto (10) that injecting contraception has high effectiveness if the injections are carried out regularly and according to a predetermined schedule. Timeliness for re-injection is acceptor compliance because if it is not correct it can reduce the effectiveness of the contraceptive. The failure of the injectable contraceptive method was caused by delays in the acceptor's re-injection.

The length of time the respondents became family planning acceptors at the Mandiri Midwife Ade Uum Sumiati Susandy practice was mostly 1-3 years, 102 people (911%),

while 1 person (0.9%) was more than 6 years old. According to Prawirohardjo (7) that the use of contraception is an effort to prevent pregnancy. This effort can be temporary, can also be permanent, the use of contraception is one of the variables that affect fertility. This is in line with (13) in general, users of birth control injections have the same requirements as pill users, as well as people who may not use birth control injections, including the use of hormonal birth control methods for a maximum of 5 years.

WhatsApp social media as a reminder for respondents in the independent midwife practice Ade Uum Sumiati Susandy was mostly active, with 74 people (61.6%), while 43 people (38.4%) were inactive. From these data, after the respondents were given whatsapp as a reminder, the majority experienced a change in behavior for the better, namely in the form of compliance with the visit of family planning acceptors at the Independent Practice of Midwife Ade Uum Sumiati Susandy. This is in accordance with what was stated by Chang (14) who stated that information, motivation and behavioral skills are related to the desired behavioral outcomes. Interventions based on this model have been effective in influencing behavior change in a variety of clinical applications. The researcher assumed that by being given WhatsApp as a reminder to family planning acceptors at the Mandiri Midwife Ade Uum Sumiati Susandy Practice, compliance increased because they received additional information and reminders via WhatsApp as a reminder to come to the Mandiri Midwife Ade Uum Sumiati Susandy Practice, so that at least they forgot about the schedule for family planning injections. When respondents received information via whatsapp as a reminder they would change the behavior of family planning acceptors to a more positive behavior, namely in the form of obedience to visits by family planning acceptors at the independent practice of midwife Ade Uum Sumiati Susandy.

The relationship between whatsapp social media as a reminder and compliance with family planning acceptors can be concluded that there is a significant relationship between whatsapp social media as a reminder of family planning acceptor compliance. This is in line with the research (15) that whatsapp reminder messages are effective as reminders to reduce forgetfulness, and incidents reduce the frequency of treatment, or they may continue their treatment again. Whatsapp reminder messages can encourage them to obey.

The limitations in this study include (1) Instruments that are not homogeneous such as cellphone brands used by respondents, data packages used by respondents, the WhatsApp application version used is not the same for each respondent, and (2) Lack of respondents because in this study the calculation of the number of respondents did not see the size of the population so that the data cannot be generalized because it does not adequately represent the population.

CONCLUSION

Based on the results of the research and the results of testing on the discussions carried out, the following conclusions can be drawn: The level of compliance of family planning acceptors in the independent practice of midwives Ade Uum Sumiati Susandy with WhatsApp social media as a reminder for the majority is categorized as low compliance, WhatsApp social media as a reminder has a significant effect on increasing compliance with family planning acceptor visits at the independent midwife practice Ade Uum Sumiati Susandy.

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