

Original Research Article

ANXIETY OF MOTHERS BEFORE IUD AND IMPLANT INSERTION

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Abstract

Background: Long-Term Contraceptive Method (LTC) is one of the effective efforts to space pregnancies. There is a psychological impact in prospective Intra Uterine Device (IUD) acceptors regarding the side effects that may appear after installation. One of the obstacles that causes women of childbearing age to use the IUD method is because of the level of anxiety, worry, and fear.

Objectives: To analyze the characteristics and determine the level of anxiety of mothers who accept IUD and Implant KB.

Methods: This research was a descriptive research type. conducted in August-December 2023 at the Isti Yuliani Independent Midwife Practice (PMB). The sample technique in this study used total sampling with 56 respondents. The research instrument with a questionnaire measuring anxiety levels with HRSA with the results of the Cronbach's Alpha test was 0.793 with the number of items 14 items greater than 0.6. The analysis used univariate..

Results: The characteristics of respondents in this study were 100% in the range of Women of Childbearing Age (WCA), the majority completed secondary education as much as 87.5%, had a parity of more than one 80.4%, respondents were unemployed 83.9%, chose the most LTC was IUD 53.6% and the reason respondents came / visited was to remove and at the same time reinstall LTC IUD & Implant. The anxiety in LTC IUD and Implant acceptors before the installation procedure had a mild anxiety level of 42 people (75%) and with a moderate anxiety level of 12 people (21.4%).

Conclusion: The characteristics of respondents were the age of respondents in the range of WCA, the majority had secondary education, parity of more than one, the majority were unemployed, the most LTC was IUD and the reason respondents came / visited was to remove and at the same time reinstall LTC IUD & Implant. The majority experienced mild anxiety.

Keywords: *Anxiety, Implant, IUD KB Acceptors*

INTRODUCTION

Contraceptives are one option for regulating the spacing of pregnancies and the number of children, but have side effects such as irregular menstruation, spotting, bleeding, weight gain, and discomfort during intercourse with the Intra Uterine Device (IUD) and Implant types. (Nur'aini, 2022). These side effects and discomforts can cause worry and anxiety for fertile couples (PUS) to decide on contraceptive installation. Some users of contraceptives in PUS still do not know the side effects of using the device (Sitepu & Pasaribu, 2022).

The Special Region of Yogyakarta is one of the provinces in Indonesia that has quite a lot of active family planning participants. Based on data from the Central Statistics Agency (2019), it states that of the five districts in the Yogyakarta Province, the highest use of contraceptives is using injections with 157,734, then the second position is the use of IUD contraception with 92,420 and the third position is the use of condoms with 35,939, while the Implant KB is in fourth position with a total of 28,417 PUS participants. Meanwhile, in Sleman Regency, the majority use injections with 46,935, then in turn the use of condoms with 11,646, Implant KB with 5,825, MOW with 5,779 (BPS DIY, 2019).

The Long-Term Contraceptive Method (LTC) is highly recommended by the government as one of the more effective efforts to space pregnancies for family welfare. MKJP is a contraceptive device or drug that aims to prevent pregnancy for the long term because it has a high level of efficiency in preventing pregnancy. Many factors influence the use of MKJP both in terms of programs related to the availability of services, in terms of the environment related to the role of people closest to them, and the mass media in providing information and in terms of each individual as a service user. The use of LTC is greatly influenced by individual factors, because the decision to use or not to use a type of

contraception is at the individual level (BKKBN, 2020).

Previous studies have shown that there is anxiety in prospective IUD acceptors related to the side effects that may arise after installation, which can have a psychological impact. One of the obstacles that causes women of childbearing age to use the IUD method is because of the level of anxiety, worry, and fear (Akdemir & Karadeniz, 2020; Taufiqoh, Ainiyah, & Hajri, 2021). Other studies related to anxiety in mothers of prospective KB acceptors also occur in prospective KB Implant acceptors, this is due to procedural anxiety, namely a concern about what will happen and what will be felt during a procedure and outcome anxiety is a concern about the results or consequences of a procedure (Rasyid, 2019).

Several actions to reduce the anxiety of prospective KB acceptors have been widely carried out. Among them are by using complementary actions, complementary therapy services are an important part of health services. The meaning of complementary itself is a complementary service to biomedical health services. This complementary service has been implemented in the United States and other countries. Some of the reasons put forward by the community regarding the choice of complementary therapy include the holistic philosophy of complementary therapy, namely the existence of harmony within and health promotion in complementary therapy. Another reason is because clients want to be involved in decision-making in treatment and improving quality of life compared to before. A total of 82% of clients reported side effects from conventional treatment received, so they decided to choose complementary (Widyatuti, 2008)

Complementary/non-pharmacological therapies used to reduce anxiety include hypnotherapy, aromatherapy, music therapy and massage. Massage is a touch that is done on certain parts of the body so that it can reduce muscle tension and improve blood circulation, with simple pressure or massage of blood flow

at reflex center points and reflexology on the hands can reduce anxiety in pre-operative patients (Çavdar, Yılmaz, & Baydur, 2020). The results of the study showed that hand massage can reduce anxiety in patients waiting for outpatient surgery and outpatient procedures. This non-pharmacological intervention has a very low risk or almost no risk to the client as long as it is given to overcome anxiety (Brand, Munroe, & Gavin, 2013). The difference between this study and previous studies is that hand massage is planned to be carried out on prospective KB participants with the MKJD IUD and Implant methods.

METHODS

Study Design

This research design was a descriptive study.

Setting

The location of the study was at the Praktik Bidan Mandiri (PMB) Istri Yuliani was carried out in August - December 2023.

Research Subject

The population in this study were MKJP IUD and Implant acceptors at PMB Istri Yuliani in August - December. The number of respondents was 56 people, the sampling technique used total sampling.

Instruments

The research instrument with a questionnaire measuring the level of anxiety with HRSA (adopted) with the results of the Cronbach's Alpha test being 0.793 with a total of 14 items greater than 0.6.

Data Analysis

Data analysis using Univariat.

Ethical Consideration

This study received Ethical Eligibility from the Health Research Ethics Committee of Dr. Moewardi Hospital with number 1.810/X/HREC/2023.

RESULTS

Table 1. Respondent Characteristics

Characteristics	(n)	(%)
Age		
WCA	26	46,4
Non WCA	30	53,6
Total	56	100.0
Education		
Higher Education	7	12.5
Secondary Education	49	87.5
Total	56	100.0
Parity		
Multipara	45	80.4
Primipara	11	19.6
Total	56	100.0
Occupation		
Working	9	16.1
Not Working	47	83.9
Total	56	100.0
Type of LTC		
Implant	26	46.4
IUD	30	53.6
Total	56	100.0
Reason for Visit		
Removal/replacement	32	57.1
Installation	24	42.9
Total	56	100.0

The characteristics of the respondents in this study were 100% or all respondents in the range of Women of Childbearing Age (WCA), the majority completed secondary education as much as 87.5%, had a parity of more than one 80.4%, the majority of respondents were unemployed 83.9%, chose the most LTC was IUD 53.6%.

Table 2. Anxiety of IUD and Implant Acceptor

	F	%	Valid Percent	Cumulative Percent
Valid	none	2	3.6	3.6
	mild	42	75.0	78.6
	moderate	12	21.4	100.0
	Total	56	100.0	100.0

DISCUSSION

Analyzing the characteristics of prospective acceptors of LTC IUD and Implant

Long-term contraceptive methods (LTC) are contraceptives that can be used for more than two years, contraceptives that are classified as LTC include Implants, IUDs, MOW, and MOP (Rifkiyah et al., 2022). The characteristics of respondents in this study were all in the age range of Women of Childbearing Age (WCA), with the majority having secondary education with more than one parity and the majority of respondents not working. The most common use of LTC is IUD. These results are in accordance with the theory that states that couples of childbearing ages are highly recommended to use long-term contraception, one of which is IUD and Implant. Because IUDs are considered effective in spacing out pregnancies for long-term contraception. (Pratami, 2021). Apart from that, this method also has advantages such as being able to end pregnancy in couples of childbearing age who no longer want to have children, this method covers a long duration and works for up to 10 years. (Rifkiyah et al., 2022).

Analyzing the anxiety of prospective LTC IUD and Implant acceptors before the installation

The anxiety felt by IUD KB acceptors is due to an increase in progesterone and adrenaline hormones which cause emotional disturbances and cause bleeding during the IUD installation process (Asmalinda, Novita, & Setiawati, 2021; Rustini & Tridiyawati, 2022). The results of this study found that the anxiety of LTC IUD and Implant acceptors before the installation procedure mostly had mild anxiety levels and 21.4% had severe anxiety levels.

The anxiety experienced by IUD KB acceptors before installation is in line with the results of previous studies which stated that the level of anxiety in IUD KB acceptors in the severe anxiety category reached 50% of acceptors and there was a relationship between the level of acceptor anxiety and the choice

(Anggara, 2015) of IUD contraception. This anxiety decreased after the IUD KB acceptors had completed the installation, only experiencing mild anxiety (Shintia Mutiara Pohan et al., 2022). Other studies show that maternal anxiety will decrease when installing contraception because they have a good educational background, family planning to decide on contraception, and explanations from health workers regarding the types of contraception (Budiapsari, Putu Arya Suryanditha, Ngurah Yogi Prasta, & I Wayan Darwata, 2023).

CONCLUSION

Characteristics of respondents: Respondents' age is in the range of Women of Fertile Age (WCA), the majority have secondary education, parity is more than one, the majority do not work, the most MKJP is IUD and the reason respondents come / visit is to remove and reinstall LTC IUD & Implant. The majority experience mild anxiety.

SUGGESTIONS

Most IUD acceptors still experience anxiety, so health promotion and education are very important to increase acceptance of long-term contraception and reduce anxiety.

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DECLARATION OF CONFLICTING INTEREST

There is no conflict of interest in this study.

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AUTHOR CONTRIBUTION

Masruroh: Conceptualization, supervision, validation, writing - review and editing.

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