



## Analysis of Factors Influencing The Drop Out of Family Planning Acceptors

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### Abstract

Population issues are still the main focus of both developed and developing countries including Indonesia. The government through the Population and Family Planning Sector continues to strive to reduce the Total fertility Rate by reducing the drop out rate of contraceptive use. Drop out is the non-participation of fertile age couples to become family planning acceptors. The purpose of this study was to determine the factors that influence the drop out of family planning acceptors in West Lombok Regency. Previous studies stated that the factors causing drop out were knowledge, attitudes and distance from health services. The difference between this study and previous researchers is the research method used, the location of the study and the time of the study, and to determine the most dominant factors causing drop out. The research design used Cross-Sectional, a population of 135,076 with a sample size of 100 fertility age couple obtained randomly using the proportional to size method, the research instrument used a questionnaire. Data analysis used the chi square test to determine the effect and the multivariate logistic regression test to see the most dominant effect. Results: Chi Square test of knowledge factor obtained p value  $0.000 < \alpha (0.05)$ , motivation factor obtained p value  $0.0005 < \alpha (0.05)$ , access factor obtained p value  $0.961 > \alpha (0.05)$ , insurance ownership obtained p value  $0.001 < \alpha (0.05)$  and work obtained p value  $0.000 < \alpha (0.05)$  Conclusion: there is an influence of knowledge, motivation, insurance ownership and respondent's work with the occurrence of drop out in family planning acceptors while respondent access has no influence on the occurrence of drop out in West Lombok Regency. While the most dominant factor is motivation with OR value 5.575, meaning KB acceptors who do not have strong motivation have a risk or tendency of 5 to 6 times dropping out as family planning acceptors.

**Keywords:** Drop Out; Family Planning; Acceptors

### INTRODUCTION

The high dropout rate in family planning acceptors has an impact on increasing population growth which of course will greatly affect the level of welfare, quality of education, development and health, especially on the morbidity and mortality rates in mothers and babies which will ultimately affect the quality of a country's population. In the health sector, the possible impacts are unwanted pregnancies, too frequent deliveries, deliveries that are too close together, complications in pregnancy, childbirth and

postpartum and complications in babies. From several previous studies, it was found that there are several factors that cause dropout in contraceptive use in family planning acceptors, including the results of knowledge factors, attitudes and distance from health services affect the incidence of dropout in contraceptive use in fertile couples. (Afiati et al., 2019)

Research states that there is a relationship between knowledge and the use of contraceptives. In addition, motivation is also a factor that causes KB dropout, from the results of research states that there is

a relationship between the motivation of fertile couples and the use of contraceptives.(Palupi et al., 2023) Theresia's research stated that there is a relationship between the level of knowledge and the incidence of KB drop out. The difference between this study and the previous one lies in the location, time and place of the study, in addition to finding the most dominant factor causing KB acceptor drop out in West Lombok Regency.(Yanti et al., 2022)

The TFR figure in NTB Province showed an increase, namely in 2017 it was 2.49 increasing to 2.65 in 2018 and to 2.84 in 2019 (SKAP, 2019).The fairly high drop out rate for the use of contraceptives, especially for Non-MKJP KB participants, namely Pills (37.3%), injections (23.7%) and condoms (33.3%) (SKAP 2019). In addition, drop outs were also caused by a lack of counseling about the side effects of the contraceptives used, which was 42%, how to deal with side effects by 34%, and because of side effects of contraception by 33%. For west nusa tenggara data dropout rate in 2017 was 15.92, decreased in 2018 to 15.40 and in 2019 to 10.81%. (Fitriah & Ratih, 2019)

Based on data in West Lombok Regency, the dropout rate for KB acceptors was 18,717 (12.06%) in 2019, decreased to 17,306 (11.95%) in 2020 and increased again to 17,971 (11.97%) in 2021. (P2KBP3A Service, 2021) Based on simple interviews conducted by researchers, there are still fertile couples

who do not understand the benefits, side effects and handling of side effects of the contraceptives they use.(Hermanses et al., 2022)

## METHOD

This study was conducted in 2022 with a total population of 135,076 fertile couples (PUS) in West Lombok district. The random sampling technique used the proportional to size method, which is a sampling procedure where the chance of selecting a sample unit is proportional to the size of the sample unit. The total sample in this study was 100 fertile couples. This study was conducted using a Cross-Sectional approach, namely this research design allows all independent variables and dependent variables to be measured and observed at the same time (one point in time). namely knowledge, motivation, access, insurance ownership and employment. The data source uses primary data using an instrument in the form of a questionnaire containing maternal knowledge, motivation and access taken by mothers to health facilities. Data analysis using SPSS, to determine the effect of each independent variable on the dependent variable, the chi square test will be used, for a significant relationship, a multivariate logistic regression test will be carried out to see the dominant effect of drop out in KB acceptors.

## RESULT AND DISCUSSION

The influence of the level of knowledge on the incidence of KB acceptor dropout can be seen in table 1 below:

**Table 1 The influence of knowledge level on the dropout incidence of family planning acceptors**

<b>Knowledge</b>	<b>Drop out n (%)</b>	<b>non Drop out n (%)</b>	<b>Total n (%)</b>
Good	5 (33,3)	38 (44,7)	43 (43)
Immediate	4 (26,7)	47 (55,3)	51(51)
Poor	6 (40,0)	0 (0)	5 (6,0)
			6
	<b>29 (100)</b>	<b>71 (100)</b>	<b>100 (100)</b>

Based on the results of the study on the knowledge variable, it was found that respondents who had good knowledge were 43% and dropped out were 33.3%, sufficient knowledge was 51% and dropped out were 26.7%, this was due to the poor or poor quality of family planning services causing PUS to be lazy to come back for family planning, in accordance with research (Aini et al., 2016) on the quality of service. Another cause is the side effects felt by respondents while using contraceptives so that PUS no longer want to use contraceptives, this is in line with research (Maskanah, 2009) which states that the higher the incompatibility of using contraceptives (experiencing side effects) the higher the incidence of contraceptive drop out in family planning acceptors.

Therefore, it is necessary to carry out more adequate IEC by health workers in this case PLKB, Midwives and doctors regarding the handling of side effects or conducting IEC to change the contraceptive method used. And for respondents who have less knowledge as much as 6%, due to the lack of information or knowledge of respondents about contraceptives both from officers and from the surrounding environment, when using contraceptives only following the advice of cadres, community leaders or officers without being preceded by prior counseling about the contraceptives to be used, in addition to the experience felt by PUS about the side effects felt while using contraceptives that interfere with their health, comfort and household harmony will make PUS decide to drop out as KB acceptors. For these respondents, it is very important to carry out IEC again for the benefits felt by respondents if they continue to use contraceptives. If IEC is carried out properly by health workers about the benefits and handling of side effects of contraceptives, then the dropout rate of KB acceptors in PUS due to the level

of knowledge in West Lombok Regency in 2022 can be reduced.

This is in line with the theory of Notoatmojo, 2010, that the knowledge possessed by humans is the result obtained from information, learning, experience, and analysis of an object that exists from the senses possessed by humans which will be assessed by individuals and become knowledge. This is also in line with Lawreen Green's theory which states that the knowledge factor is one of the predisposing factors to determine behavior in individuals. The Plan Of Behavior Theory states that the experiences felt by individuals will determine a person's behavior. In theory, Notoatmodjo 2007 in (Amru, 2019) explains that knowledge is a very important domain in shaping a person's actions. Behavior that is based on knowledge will be more lasting than behavior that is not based on knowledge. In this study, it was found that there was an influence of respondent knowledge on the incidence of kb acceptor dropout in west lombok regency in 2022. this is in line with research conducted by previous researchers, namely (laurensia & mustikawati, 2020) with the title factors related to the use of mkjp at the cengkareng district health center, west jakarta in 2018, with the results that there was a relationship between knowledge and the use of mkjp at the cengkareng district health center, west jakarta in 2018. research (amru, 2019) which states that there is an influence of knowledge factors on the incidence of dropout in the use of contraceptives.

**Table 2 The influence of respondent access on drop out incidents in family planning acceptors**

Access	Drop out n (%)	Non drop out n (%)	Total n (%)
Easy	9 (25,7)	26 (74,3)	35 (100)
Difficult	15 (23,1)	50 (76,9)	65 (100)
	<b>24 (24,0)</b>	<b>76 (76,0)</b>	<b>100 (100)</b>

In this study, the access variable obtained the results of respondents with easy access as much as 35% and drop out as much as 25.7%, moderate access 65% with drop out as much as 23.1%. The occurrence of drop out in respondents with easy and moderate access is due to lack of motivation, knowledge about the benefits of using contraception. This requires handling from various parties to overcome this, such as providing adequate IEC about contraceptives from PLKB officers, local doctors and midwives, raising PUS motivation by involving religious leaders and community leaders in the local environment, maximizing the function of cadres to always remind respondents to always follow family planning counseling activities held by health workers.

Respondents who did not drop out were due to the ease of access to family planning services supported by various things, such as the availability of transportation owned by family planning acceptors such as motorbikes, cars, bicycles to go to family planning service locations, very good road infrastructure, safe, comfortable and easily accessible service locations for family planning acceptors, government support in providing capitation for family planning services, health

workers providing family planning services (midwives and doctors) who have been evenly distributed and are always ready to provide family planning services whenever mothers need them, causing family planning acceptors to easily obtain family planning services.

This is in accordance with the theory put forward by Lawreen Green which states that the existence of supporting factors such as ease of access for respondents in achieving or obtaining family planning services greatly influences a person's behavior. Research conducted by researchers found that access had no effect on the incidence of family planning acceptor dropout in West Lombok Regency. This result is also in line with the results of other researchers conducted by Lia Laurencia (Laurensia & Mustikawati, 2020) with the title factors related to the use of long-term contraceptive methods (LMP) with the results (sig = 0.368) > alpha 0.05 there is no relationship between the cost of using contraception and the use of long-term contraceptive methods. Kurniati's research (Kurniawati et al., 2011) obtained p value of 0.322 which can be interpreted that there is no significant relationship between affordability and KB dropout behavior.

**Table 3 The Influence of Insurance Ownership on Drop Out Incidence Among KB Acceptors**

Insurance Ownership	Drop out n (%)	non Drop out n (%)	Total n (%)	p value	OR (95 % - CI)
Not have	0 (0,0)	21 (31,8)	21 (21)	<b>0.001</b>	1,756
Have	34 (100)	45 (68,2)	79 (79)		(1,449 – 2,126)
	34 (34)	66 (66)	100 (100)		

Based on the data in table 4, it shows that the number of respondents who do not have insurance is 21 people and no respondents dropped out of KB, while respondents who have insurance are 79 people and those who dropped out of KB are 34 (34%). The results of the Chi Square statistical test obtained a p value of 0.001, meaning that this value is <alpha

(0.05), thus it is concluded that Ha is accepted, meaning that there is an influence between insurance ownership and the incidence of KB drop out in PUS in West Lombok Regency in 2022. The test results also obtained an OR value of 1,756 with a CI (1.449 - 2.126), meaning that respondents who do not have health insurance have a 2 times greater chance of

dropping out as KB acceptors compared to respondents who have health insurance.

**Table 4. The Influence of Respondents' Occupations on Drop Out Incidents in family planning acceptors**

Employment	<i>Drop out</i>	<i>non Drop out</i>	Total	p value	OR (95 % - CI)
	n (%)	n (%)			
Doesn't work	17 (25)	51 (75)	68 (100)	0.000	0,029
Work	7 (21,9)	25 (78,1)	32(100)		(0,008 –
	24 (24)	76 (76)	100 (100)		0,115)

The results of the analysis of the influence of work on the incidence of dropout in KB acceptors in West Lombok Regency in 2022, showed that the number of respondents who worked was 32 people and those who dropped out of KB were 7 people (21.9%), while respondents who did not work were 68 people and those who dropped out of KB were 17 (25%) respondents. The results of the statistical test (Chi Square) obtained a p value of 0.000, meaning that this value is < alpha (0.05), thus it is concluded that  $H_a$  is accepted, meaning that there is an influence between employment status and the incidence of dropout in KB acceptors in West Lombok Regency in 2022. The test results also obtained an OR value of 0.029 with a CI (0.008 - 0.115), meaning that respondents who do not work have a very small chance of dropping out as KB acceptors compared to respondents who work. After conducting a logistic regression test, it was found that the most dominant variable influencing the incidence of KB acceptor dropout in West Lombok Regency in 2022 was the motivation variable with an OR value of 5.575, meaning that KB acceptors who do not have strong motivation have a risk or tendency of 5 to 6 times dropping out as KB acceptors.

## CONCLUSION

The results of the logistic regression analysis of the most dominant variable on the incidence of KB dropouts in West Lombok Regency are motivation variables. From the results above, it can be concluded that the continuity of fertile age couples to remain KB acceptors in West Lombok Regency is supported by several factors, namely knowledge, insurance ownership, work and the most dominant is motivation.

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