

PUBLICATION MANUSCRIPT

**THE RELATIONSHIP OF ANXIETY WITH THE BEHAVIOR
OF INJECTING KB RE-VISITS IN THE COVID-19 ERA
AT PIYUNGAN PUSKESMAS
YEAR 2021**



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SUPERVISOR'S APPROVAL

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"The Relationship between Anxiety and Behavior of Injecting Family Planning
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THE RELATIONSHIP OF ANXIETY WITH THE BEHAVIOR OF INJECTING KB RE-VISITS IN THE COVID-19 ERA AT THE PIYUNGAN PUSKESMAS IN 2021

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ABSTRACT

Background: Repeat visits of family planning users or acceptors have decreased during the COVID-19 pandemic, especially for acceptors who use injectable family planning. This happened because of the acceptor's anxiety related to contracting the COVID-19 virus during visits to health services. This condition is one of the main reasons for acceptors not to make repeat visits

Research Objectives: Knowing the relationship between anxiety and the behavior of injecting KB repeat visits in the era of the COVID-19 pandemic

Research Methods: This study is a correlation analysis (non-experimental) study with a cross sectional design, carried out in May-June 2021. The population is all injection family planning acceptors who made repeated visits during the COVID-19 era at the Piyungan Health Center in January 2020-November 2020, the sample was is 53 people. Sampling using purposive sampling technique. The research variables consisted of age, education, mother's occupation, number of children, anxiety and return visits using an instrument in the form of a questionnaire. The process of data analysis was carried out with frequency distribution, chi square test and logistic regression.

Research Results: There is a relationship between anxiety and the behavior of injecting KB repeat visits in the COVID-19 era at the Piyungan Health Center. The p value of $0.015 < (0.05)$ means that there is a relationship between anxiety and repeated visits to injecting family planning in the era of the Covid-19 pandemic at the Piyungan Health Center. normal anxiety (80%), respondents with mild anxiety (61.5%), and respondents with moderate anxiety (76.5%). Injecting family planning acceptors with normal anxiety have 13 times the risk of being right in making injection family planning visits.

Conclusion: Anxiety about the COVID-19 pandemic has an impact on the behavior of injecting family planning visits again.

Keywords: Anxiety, repeat visit behavior, COVID-19 era

PRELIMINARY

High birth rates occur in several developing countries such as Indonesia. Indonesia is recorded as a country with the most populous population reaching 264 million people and is expected to continue to increase to 322 million people in 2020.¹ This if left unchecked will have an impact on economic conditions, lack of food supply and environmental damage.² Anticipation is done by the government to prevent this. happened by making a Family Planning (KB) program. This program aims to provide preventive services to control the rate of population growth.³

The family planning service program is carried out starting from reproductive health counseling, family planning counseling (KB) for pregnant women, providing postnatal family planning services and interval family planning services for couples of childbearing age (PUS).⁴ Participation in family planning service programs is carried out with awareness, responsibility and The voluntary participation of each individual to choose and use a contraceptive method according to the wishes of each Family planning program is considered uncontrolled after the COVID-19 pandemic that occurred in Indonesia.⁵ This condition is related to the limited public access to health care facilities, the fear of transmission, until the closure of health facilities that provide family planning services.⁶ Government Regulation Number 21 of 2020 concerning Large-Scale Social Restrictions (PSBB) in the Context of Accelerating Handling of COVID-19, and Presidential Decree Number 11 of 2020 concerning the Establishment of a COVID-19 Public Health Emergency. there is a limit n the use of health service facilities and family planning service providers who do not all have the infrastructure to prevent the spread of COVID-19 so that it has an impact on family planning services.⁷

The results of recording BKKBN data for family planning participants in March 2020 showed a decrease when compared to February 2020 in all regions of Indonesia. Types of injectable contraceptives from 524,989 to 341,109.⁸ As many as 33% of women reported that they had to postpone or cancel visits to health care providers because they were worried that they would be infected with

COVID-19.⁹ COVID-19 experienced by the community without showing symptoms.¹⁰ Mothers experienced anxiety disorders to participate in family planning in the early period of the Covid-19 pandemic, and the anxiety experienced was related to family planning participation. Anxiety disorders experienced by mothers were recorded at 62%.¹¹ Based on the initial survey conducted by researchers, the Piyungan Health Center became one of the health centers located in the working area of the Bantul District Health Office. It was recorded that in 2020 there were 111 use of 3-month injectable contraceptives. The researchers conducted random interviews with injecting family planning users in the Piyungan Health Center area, it was found that 36% of acceptors did not carry out routine control, and 54% of acceptors experienced moderate anxiety and 27% of acceptors found signs of mild anxiety. There are various reasons that injection family planning acceptors do not make routine visits according to the specified schedule, including because of anxiety from the impact of the pandemic and because they forget to schedule repeat visits.

Based on these conditions, the researchers are interested in conducting a research entitled "The Relationship between Anxiety and Injecting Family Planning Revisit Behavior in the Covid-19 Era at the Piyungan Health Center in 2021". The purpose of the study was to analyze the relationship of anxiety to the behavior of injecting family planning repeat visits in the covid 19 era at the Piyungan Health Center in 2021.

RESEARCH METHODS

This research is a quantitative research with a cross-sectional approach. The population consisted of all acceptors of 3-month injection KB in the Piyungan Health Center area during the covid-19 period as many as 111 people. The research sample was 53 users of 3-month injectable KB in the Piyungan Health Center area who met the inclusion criteria, namely mothers who could read and write, had an injectable KB card, did Injectable KB at the Piyungan Health Center and had repeated visits to the Injectable KB. The sample was selected using

purposive sampling technique. The research was conducted from May to July 2021.

Researchers took data directly by using a questionnaire and the results of data records of users of injecting family planning acceptors in the Piyungan Health Center area. Observation, interview and documentation techniques were used in this study. The questionnaire consisted of the respondent's identity as well as a questionnaire describing the anxiety experienced by family planning acceptors as well as repeat visits to injecting contraceptives. The data that has been collected is processed through the process of editing, scoring, coding, processing, and tabulating data. The data analysis process was carried out in a univariate manner which resulted in the frequency and percentage value of each variable and bivariate analysis using the chi-square test. This research has obtained an Ethical Eligibility Approval from the Health Research Ethics Commission (KEPK) of the Health Polytechnic of the Yogyakarta Ministry of Health with the letter number No.e-KEP/POLKESYO/0032/I/2021.

RESEARCH RESULT

Description of Respondents Characteristics

This study involved 53 Kb Injection acceptors in the Piyungan Health Center area. Characteristics of respondents include age, education, occupation, number of children, anxiety and repeat visits.

Table 1. Frequency Distribution of Respondents' Characteristics of Injecting Family Planning Acceptors

Characteristics of Respondents	Frequency (n)	Percentage (%)
Age		
≤ 20 - 25 year	9	17
26-35 year	33	62,3
> 35 year	11	20,8
Amount	53	100
Education		
Tall	8	15,1
Intermediate	41	77,4
Base	4	7,5
Amount	53	100

Characteristics of Respondents	Frequency (n)	Percentage (%)
profession		
work	31	58,5
Not working	22	41,5
Amount	53	100
Number of children		
≤ 2 kids	27	50,9
>2 kids	26	49,1
amount	53	100

Source: Primary Data, 2021

Based on table 1, it is known that the respondents are dominated by the age of 26-35 years as many as 33 people (62.3%), having secondary education 41 people (77.4%), working status 31 people (58.5%), and having a number of children. 2 children, namely 27 people (50.9%).

Overview of Compliance Behaviors for Injectable KB Repeat Visits

Table 2. Frequency Distribution of Injectable Family Planning Compliance Behaviors

Compliance Behavior Injectable KB Repeat Visit	Frequency (n)	Percentage (%)
appropriate	22	41,5
not exactly	31	58,5
amount	53	100

Source: Primary Data, 2021

Based on table 2, it can be seen that 31 (58.5%) respondents have inappropriate behavior to make repeated injections of family planning visits.

Description of Respondents Anxiety

Table 3. Distribution of Respondents Anxiety Frequency

Level of Anxiety Facing	Frequency (n)	Percentage (%)
Normal	10	18,9
Light	26	49,1
Currently	17	32,1
Amount	53	100

Source: Primary Data, 2021

Based on table 3 data, it is known that almost some of the respondents have moderate level of anxiety, as many as 26 people (49.1%).

Bivariate Analysis Results

Table 4. The Relationship between Anxiety and Behavior of Injecting Family Planning Repeat Visits

Category	Behavior of Injectable KB Repeat Visits				Amount		p-value	PR (95% Confidence Interval)
	Appropriate		not exactly		n	%		
	n	%	n	%				
anxiety								
Normal	8	80	2	20	10	100	0,015	13,0 (1,921-87,99)
Light	10	38,5	16	61,5	26	100		
Currently	4	23,5	13	76,5	17	100		
Amount	22	41,5	31	58,5	53	100		

Based on the results of the analysis in table 4, it was found that the respondents with normal anxiety almost entirely made repeated injections of family planning visits according to the control schedule (80%), respondents with mild anxiety mostly did not return injections on time (61.5%), and respondents with moderate anxiety almost entirely did not make repeat visits for injectable family planning (76.5%).

Analysis of the relationship shows the results of statistical tests with chi - square obtained p value is smaller than 0.05 ($0.00 < 0.015$). This value indicates that there is a relationship between anxiety and repeat visits to injecting KB in the era of the Covid-19 pandemic at the Piyungan Health Center. The odd ratio value obtained is 13.00, so it can be concluded that normal anxiety is 13 times more likely to increase compliance.

DISCUSSION

Based on the results of the study, it was shown that 58.5% of respondents had inappropriate behavior in revising injection family planning services, 80% of respondents showed normal anxiety and almost all of them made appropriate family planning visits. Respondents who experienced mild anxiety and did not make appropriate injecting family planning visits were 61.5% and respondents with moderate anxiety 76.5% did not make appropriate family planning visits. Based on research conducted by Sirait which showed that 67% of

respondents made visits on time, but there were still acceptors who were delayed and even did not make repeat visits at all.¹² The inaccuracy in conducting repeated visits to injectable family planning in the COVID-19 era can be caused by worry. It is said that the acceptor was not punctual in making a return visit if the acceptor made a repeat visit through the schedule provided by professionals.¹³ The reason for not visiting family planning services from community factors is that there is a factor of concern or anxiety that the risk of contracting the Covid-19 virus is higher when visiting.¹² A similar study conducted by Yusnita et al stated that couples of childbearing age (EFA) who need contraception cannot access contraceptive services at health facilities because these fertile couples delay visits to health facilities on the pretext of worrying and worrying about contracting COVID-19. Accuracy in making repeat visits is a form of compliance from injection family planning acceptors.¹⁴

The majority of respondents (62.3%) are aged 26-35. (20.8%) of respondents aged 36 years and (17%) aged 20 - 25 years. Respondents aged 20-35 years are in a healthy reproductive age so that it is very influential on the number of repeat visits to FP injections.¹⁵ This result is in line with Dewiyanti's research, which shows that age affects the behavior of repeat visits to FP injections. Dewiyanti revealed that acceptors who are in the age of 20-35 years who are in a healthy reproductive age tend to be inappropriate in making repeated visits to injecting family planning. The year 2020 at the Bulak Banteng Public Health Center Surabaya showed a p value of 0.45 which means that there is a relationship between age and repeat visit behavior.¹⁶

The results of this study show that respondents have a secondary education level (77.4%). Education will affect the learning process, a person's high education will make it easier for that person to get information on the date of a visit that has been given by health workers. and will re-inject on time. The results of the research obtained by Feriza in 2018 showed the opposite that education was related to the accuracy of making repeat visits as evidenced by a p value of 0.001.53. The results of the univariate analysis process obtained that most of the family planning acceptors worked as many as 31 people (58.5%). This

result is in accordance with the research conducted by Handayani in 2012 which showed that work can affect the behavior of injection inaccuracy. Family planning acceptors who work tend to be inappropriate in making re-injection visits due to busyness factors.¹⁷ The results of Irawati's study at Polindes Anyelir Bendung Village, Jetis District, Mojokerto Regency showed a p-value of 0.00, meaning that there was a relationship between work and the accuracy of return visits.¹⁸

Half of the respondents have 2 children, namely 27 people (50.9%). The results of Dewiyanti's study in 2020 showed that respondents with 1-2 children (13.2%) and > 2 (83.7%) from these results it can be seen that an increase in the percentage of respondents with 1-2 children and > 2 children. So it can be concluded that the more children the respondent has, the respondents tend to use long-term contraceptive methods. The number of children has a significant relationship with the use of contraceptive methods (p value $0.048 < (0.05)$).¹⁵

The condition of contraceptive service visits in the United States also shows a decline and chaos. This is due to limited access to health services, disruption of the supply of contraceptives, quarantine measures, fear and anxiety about exposure to the virus, and the lack of availability of health service personnel in providing contraceptive services. in the provision and utilization of services, including in the service of contraceptives. This condition is related to the presence of anxiety regarding the transmission of the disease during face-to-face interactions with health care workers. This is reinforced by the spike in unwanted pregnancies.¹⁹

CONCLUSION

Based on the results of research and discussion, it was concluded that most respondents were dominated by the age of 26-35 years as many as 33 people (62.3%), having secondary education 41 people (77.4%), working respondents as many as 31 people (58.5 %), and half of the respondents have 2 children, namely 27 people (50.9%). Half of the respondents were not right in making repeated injections of family planning visits, namely 31 people (58.5%). Almost half of the respondents had moderate anxiety as many as 26 people (49.1%). Respondents

with normal anxiety were almost entirely right to repeat injection FP visits (80%), respondents with mild anxiety were not appropriate for repeat injection FP visits (61.5%), and respondents with moderate anxiety were almost entirely inappropriate to repeat injectable FP visits. (76.5%). There is a relationship between anxiety and the behavior of injecting family planning visits during the Covid-19 pandemic era at the Piyungan Health Center. Anxiety increases the risk of inappropriate behavior in injecting family planning visits during the COVID-19 pandemic by 13 times (PR 95%CI=13.0).

SUGGESTION

The results of the research are expected to provide information to representatives of BKKBN in D.I. Yogyakarta to increase socialization by making efforts, policies and regulations for injecting family planning acceptors who have anxiety related to the importance of repeating injecting family planning visits in the era of the Covid-19 pandemic. Health workers, especially midwives at the Piyungan Health Center, are expected to increase their participation in providing information, communication and monitoring to injection family planning acceptors so that they do not worry about making repeat visits on time. The results of this study can also be an illustration for further researchers in order to expand the variables used and expand the scope of the research area.

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