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## **LONG-TERM EFFECTIVENESS OF KB ELUCIDATION DURING PANDEMIC TO PREVENT BABY BOOM AT KASIH MOTHER CLINIC OLD DELI DISTRICT YEAR 2022**

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### **Abstrack**

*Contraception is the prevention of pregnancy that the user is aware of. The results of the 2019 National Socio-Economic Survey (SUSENAS) show that the percentage of women of childbearing age who have ever been married who are using family planning methods/methods to prevent or delay pregnancy in Yogyakarta reaches 53.4 percent. Meanwhile, the use of long-term contraceptive methods (MKJP) in DIY only reached 42.9 percent of all types of family planning tools/methods. With MKJP, it is more likely that there will be continued use of family planning services by couples of childbearing age (PUS) when there are short-term fluctuations such as natural disasters. The results of direct counseling from 20 WUS using Non. There are 12 WUS MKJP and 8 WUS using MKJP. The purpose of this counseling is to convey and explain long-term family planning to prevent baby booms, this counseling also helps WUS to choose long-term contraceptives for women of childbearing age to prevent a pandemic from happening in the district of Deli Tua, northern Sumatra in 2022. Counseling This was held at the Kasih Ibu clinic because many WUS chose the long-term type of family planning. Acceptors were then given informed consent as a sign of willingness of WUS as acceptor respondents. This counseling found WUS using MKJP alcohol as much as 35.80%. It is hoped that health workers can conduct direct counseling by involving family planning cadres so that they can accelerate the realization of an increase in the number of uses of MKJP.*

**Keyword :** Long Term Contraception, Baby Boom

### **1. PRELIMINARY**

Contraceptive devices are needed to prevent pregnancy for couples who have sexual relations between men and women. Of course, couples need planning to set the distance between pregnancies.

Long-term contraceptive method (MKJP) is a contraceptive with a high level of effectiveness with a low failure rate and fewer complications and side effects than other contraceptive methods. MKJP is a type of contraception that once used can last for 3 years to a lifetime. There are various types of MKJP such as intrauterine device (IUD), implant, female operative medical (MOW) and male surgical medical (MOP).

The IUD is a contraceptive device that is inserted through the cervix and inserted into the uterus. The effectiveness of use is up to 99.4% (preventing 1-5 pregnancies per 100 women per year) and can prevent pregnancy for up to 5-10 years, depending on the type of IUD selected. There are two types of IUDs: those containing copper and those containing the hormone

progesterone. The IUD can be inserted at any time in the menstrual cycle, on the first to 7th day of the menstrual cycle or immediately after delivery, during the first 48 hours or after 4 weeks postpartum, or after 6 weeks. months when using the lactational amenorrhea (MAL) method, or immediately after a miscarriage.

MOW or commonly known as tubectomy is a contraceptive that aims to stop fertility with medical measures in the form of closing the uterine tubes / fallopian tubes. MOW is very effective in preventing pregnancy. The failure rate after MOW was 0.5 pregnancies per 100 women during the first year of use. Tubectomy is done by tying and cutting or attaching a ring to the fallopian tube. MOW can be performed at any time during the menstrual cycle if it is rationally believed that the client is not pregnant. MOW can also be done within 2 days or 6 weeks or 12 weeks postpartum. MOW can also be done after a miscarriage with certain conditions.

The more people use MKJP, the lower the birth rate can be expected. Unfortunately, from the data obtained from the HEALTH SERVICE OF SUMUT PROVINCE, community participation in MKJP is still below the target. There are many factors that influence the low number of MKJP participation, one of which is the facilities and infrastructure as well as methods of communication, information and education from medical officers.

Pregnant women were selected as participants with the hope that shortly after giving birth, pregnant women could immediately choose MKJP. The location of the counseling is at the KASIH IBU DELI TUA CLINIC. As many as 30 pregnant women are in the form of 45-minute lectures, so it is hoped that later this counseling can be useful in reducing the birth rate, with great hopes of suppressing the Baby Boom incident.

## **2. METHOD**

Our community service is in the form of giving pregnancy exercises. The training lasts for 30 minutes (from 10.30 WIB to 11.00 WIB). The training was held at the Kasih Ibu Clinic on Saturday. The method used in this counseling is to invite WUS, August 6, 2022 as well as distribute leaflets and invite WUS to discuss to understand the importance of using long-term family planning to prevent baby booms. After completing the long-term family planning METHOD counseling, it was closed with reflection. The work procedures carried out in community service are as follows:

- a. Make a proposal and submit a proposal to the Kasih Ibu clinic
- b. Discussed with the midwife at the clinic discussing the technical implementation (determining the date, time of implementation and the room to be used)
- c. Prepare long-term family planning PPT
- d. Inviting WUS with Age Range 25 to 35 who are sexually active with their partners which will be held on Saturday, August 06 2022 by distributing leaflets
- e. Provide briefing to members
- f. Carry out counseling
- g. Compile reports

The implementation of community service is carried out on Saturday, August 6, 2022. The series of implementation of this community service can be seen in Table 1.

Table 1. Rangkaian Pelaksanaan Kegiatan Pengabdian kepada Masyarakat

No	Stages	Time	Activities in the Field
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1	Manage permits	18 July 2022	Make and submit a proposal to the maternal love clinic, discuss with the midwife Rehulina Tarigan discussing the technical implementation
2	Inviting WUS to share leaflet	30 July 2022	Inviting WUS in the area to be held on Saturday, August 6, 2022 by distributing leaflet
3	<i>Pre-test</i>	06 August 2022	Doing <i>pre-test</i>
4	Long-term family planning counseling	06 August 2022	Long-term family planning counseling
5	<i>Post-test</i>	06 August 2022	Implementation <i>post-test</i>

### 3. RESULTS

The first activity carried out was to invite WUS to attend the counseling and distribute leaflets about long-term family planning that are useful for preventing baby booms. Before the counseling is carried out, first WUS, totaling 33 mothers, will take a pre-test to measure initial knowledge regarding the importance of long-term family planning to suppress the baby boom. After that, counseling was carried out for 30 minutes. At the end of the session, WUS was asked to fill out a post-test and provide an evaluation related to the activities that have been carried out.

### 4. CONCLUSION

The importance of conducting outreach activities on long-term family planning is to educate WUS in preparing WUS to prevent unplanned pregnancies. Physical and mental preparation from the mother is needed in the process of using the long-term family planning device.

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