

Factors Affecting the Level of Anxiety in the Use of Contraception in the 2020 Covid-19 Pandemic Era At the Srandakan Community Health Center, Bantul

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Abstract

The coronavirus that causes Coronavirus Disease-2019 (COVID-19) is a new type of virus that can be transmitted between humans. COVID-19 was declared a worldwide pandemic. The risk of transmitting COVID-19 is so high that the government has implemented social distancing and physical distancing policies. This pandemic has caused a decrease in contraceptive use. In Indonesia, especially the use of injectable contraceptives has decreased, initially amounting to 524,989, down to 341.109. Family planning acceptors feel anxious if they have to visit a health facility. The aim of this research is to analyze the factors that influence the level of anxiety regarding contraceptive use in the Covid-19 pandemic era. This type of research is analytical with a cross sectional approach. The population in this study were all family planning acceptors who were in the work area of the Srandakan Bantul Community Health Center in December. The sampling technique in this research used a simple random sample with a sample size of 35 respondents. Bivariate analysis test using the Spearman test. The correlation coefficient value is 0.453, the correlation coefficient has a positive sign, which means that the less anxiety, the higher the intention to act. The Spearman test obtained $p = 0.006 < 0.05$. The conclusion in this study is that there are factors that influence the level of anxiety in contraceptive use at the Srandakan Bantul Community Health Center.

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1. INTRODUCTION

The coronavirus that causes Coronavirus Disease-2019 (COVID-19) is a new type of virus that can be transmitted between humans. COVID-19 can cause respiratory infections. Common symptoms found include: common cold, body temperature reaching 38°C, dry cough, sore throat, and difficulty breathing. In fact, 1 in every 6 people positive for COVID-19 may experience difficulty breathing. Humans can be infected with this virus from COVID-19 sufferers. COVID-19 sufferers can spread this virus when coughing or sneezing through small droplets. (Indonesian Ministry of Health, 2020). The number of cases of COVID-19 transmission in the world reached 3,588,773 cases, while in Southeast Asia it was 76,998 cases. (WHO, 2020).

This data shows that the risk of transmitting COVID-19 is high. Based on this data, the government has implemented social distancing, physical distancing and working from home policies, which are steps to anticipate the transmission of the COVID-19 virus. Facility Primary health such as community health centers or Independent Midwife Practices (PMB) also limit health services for the community. (Nurjismi, 2020).

The existence of this policy resulted in several health services being disrupted, such as: providing contraception, providing immunizations to babies, treating sick toddlers, preventing HIV, as well as other maternal and child health services which have an impact on reducing community visits to health facilities. (UNICEF, 2020).

Disruption of health services, especially contraceptive services, can increase the incidence of unsafe abortion, abortion, problems in pregnancy, the spread of HIV, the

higher incidence of sexually transmitted infections, and the increasing incidence of stress disorders. (UNFPA, 2020).

This pandemic too resulting in a decrease in visits by new family planning acceptors and active family planning acceptors to health facilities. (Population & People, 2020).

Family planning services for family planning acceptors are advised to make prior arrangements if they want to get contraceptive services. Even if this is not possible, family planning acceptors are advised to use periodic abstinence methods, interrupted intercourse or condoms. (UNICEF, 2020).

This has resulted in a decrease in the use of contraceptives in women. In fact, during this pandemic, women who are still of productive age are advised to postpone pregnancy first, so health workers need to ensure they continue to use contraception. Continuous use of contraception during the pandemic must continue to prevent unwanted pregnancies (unmet need) during the work from home policy. (Yuksel and Ozgor, 2020).

The impact of an unwanted pregnancy is an increase in maternal and infant morbidity and mortality. The use of contraception during the pandemic also prevented an explosion in the number of births in Indonesia. (Witono, 2020).

According to Riley et.al (2020), during the pandemic there was around a 10% decrease in contraceptive use, both long-term and short-term. In fact, throughout Indonesia the number of contraceptive users has decreased. The original number of IUD contraceptive acceptors was

36,155 fell to 23,383. Implant acceptors fell from 81,062 to 51,536, injection acceptors fell from 524,989 to 341,109, pill acceptors which initially numbered 251,619 fell to 146,767, condoms which numbered 31,502 fell to 19,583, MOPs which originally numbered 2,283 fell to 1,196, and M acceptors OW also experienced it a decrease from 13,571 down to 8,093. (Riley, at, all, 2020).

This decrease is due to limited access to health services, especially family planning acceptors, which causes non-compliance in making return visits, not all health workers have received socialization regarding guidelines for providing contraception during the pandemic, as well as Personal Protective Equipment (PPE) which has not been fulfilled in health facilities, both at health centers and Independent Midwife Practice (PMB). Apart from that, people also feel anxious because of the large number of cases of People Without Symptoms (OTG) and are worried that if they come to a health facility they will be infected with COVID-19, so family planning acceptors choose not to come to health services to get family planning services. (Wardoyo & Hasto, 2020).

The act of choosing not to comply with visits to health services is influenced by the motivation of family planning acceptors. Motivation is closely related to intention, namely an individual's desire to carry out an action with a certain purpose. Intention is a person's desire or desire to carry out an action. (Tyas, 2021). The intention to take or not take action is influenced by attitudes and subjective norms. The stronger the information and knowledge an individual obtains, the greater the intention to carry out the behavior will also become stronger. (Tyas, 2021).

A preliminary study conducted in the work area of the Srandakan Bantul Community Health Center found that 6 out of 10 active acceptors of injectable contraceptives had not made a return visit to get injectable contraceptives according to schedule. There are 3 people who are worried because the number of positive COVID-19 patients is increasing, 2 people are afraid of being infected COVID-19 comes to the community health center, and 1 person temporarily uses a natural contraceptive method, namely interrupted sexual intercourse. The state of worry experienced by family planning acceptors is a sign of anxiety. Anxiety is defined as a state of worry that occurs because of complaining that bad things will happen. (Listyawardani, 2020).

The anxiety of family planning acceptors that arises in certain situations, namely COVID-19, can also be called situational anxiety. Situational anxiety is different from everyday anxiety which tends to be unrealistic. Anxiety can appear in many forms and at different levels of intensity. Symptoms can be characterized by trembling, nervousness, frequent urination, difficulty speaking and so on. (Nefid at all, 2005).

The emergence of anxiety during the pandemic can lead to discontinuation of contraceptive use, especially if the active period of contraception ends. (Nefid at all, 2005).

Based on this background, it is necessary to conduct research on the level of anxiety with the intention to act on repeat visits for contraceptive use at the Srandakan Bantul Community Health Center. The aim of this research was to analyze the level of anxiety regarding contraceptive use in the Covid-19 pandemic era at the Srandakan Bantul Community Health Center.

2. RESEARCH METHOD

This type of research is analytical with a cross sectional approach. The population in this study were all active injectable contraceptive acceptors within the working area of the Karang Rejo Community Health Center, Tarakan City in October. The sample technique used a simple random sampling technique, namely 35 people. The inclusion criteria in this study are; Active 3-month injectable contraceptive acceptors in the Srandakan Bantul Community Health Center working area, willing to become respondents and long-time family planning acceptors. The measuring tool used in this research is a standard questionnaire about anxiety from the Depression Anxiety Stress Scales (DASS 42). (Bourne & Edmund, 2021).

Univariate analysis in this study was carried out looking at the percentage of data collected and presented in a frequency distribution table. The bivariate analysis used to find relationships was Spearman.

3. RESULTS AND DISCUSSION

a. Results

Based on the research results, it was found that;

1. Frequency distribution of anxiety

Table 1.1 Frequency Distribution of Anxiety

Anxiety Level	Amount	Percentage %
Normal	31	88.6
Light	0	0
Currently	4	11.4
Total	34	100.0 %

Source: Primary Data, 2020

Based on table 1.1. Of the 35 respondents, it was found that the majority of respondents' anxiety levels were normal with 31 (88.6%) and moderate anxiety, namely 4 (11.4%) and no mild anxiety.

2. Frequency distribution of action intentions

Table 1.2. Frequency Distribution of Contraceptive Use

Use	Amount	Percentage %
Really want to	12	34.3

Want to	12	34.3	
Do not want	11	32.4	
Total	35	100.0 %	

Source: Primary Data, 2020

Based on table 1.2. Of the 35 respondents, it was found that the respondent's intention to act really wanted and wanted the same result, namely 12 (34.3%) and did not want the result 11 (31.4).

3. Statistical data analysis

Statistical data analysis using the Spearman correlation test on the anxiety level variable with the intention to act on family planning acceptors is as follows; Table 1.3. Spearman Correlation Test

CORRELATION				
	Worried	Correlation Coefficient	1000	453**
		Sig. (2-Tailed)		006
		N	35	35
	Intention to Act	Correlation Coefficient	453**	
		Sig. (2-Tailed)	006	1000
		N		35

** . Correlation is significant at the 0.01 level (2-tailed)

Based on table 3, it is found that the correlation coefficient value is 0.45, which means there is a sufficient relationship between the anxiety variable and the intention to act. The relationship between the two variables is also in the same direction because the magnitude of the correlation coefficient is positive, which means that the less anxiety there is, the higher the intention to act. repeat use of injectable contraception. The p value = 0.006 < 0.05 so it can be concluded that there is a relationship between the level of anxiety and the intention to act on repeat visits to use contraception at the Srandakan Bantul Health Center.

4. DISCUSSION

A. Worry

Anxiety is an emotional state that causes feelings of discomfort in a person followed by feelings of uncertainty, helplessness and the cause is unclear. Bourne (2011) said that there are several characteristics of anxiety, including; faster breathing, tremors in hands or body parts, nervousness/anxiety, heart pounding hard, worry about something, fear of what will happen and fear of death. (Bourne & Edmund, 2011).

Each person's anxiety level is different because it is caused by several factors. Differences in each person's anxiety level are influenced by several factors such as; husband's support, education, distance to access health services, and demographic factors (Lovibond & Lovibond, 1995).

Based on table 1.1, there were 31 respondents with normal anxiety (88.6%) and moderate anxiety with 4 respondents (11.4%). This means that the majority of respondents experience normal anxiety. Anyone can experience mental health problems due to the COVID-19 pandemic. Mental health problems that can occur include; stress, anxiety, and depression. Various levels of society experienced a lot of stress during the COVID-19 pandemic. (Ifa, 2020).

The anxiety that emerged at the start of the COVID-19 pandemic can be called situational anxiety. This anxiety arises because of the threat of the spread and impact of COVID-19, the feeling of worry about COVID-19 and the high increase in COVID-19 cases in the area around where you live. (Goodwin, 2011).

B. Contraceptive Use

Based on table 1.2. The results obtained were that the respondent's intention to act was very willing and eager with the same result, namely 12 (34.3%). This means that society has High intention to make a repeat visit for 3-month injection contraceptive use. Intention is one of the components in the Theory of Reasoned Action (TRA). (Ismi, 2021). This theory explains that behavior is due to the intention to carry out an action. Apart from that, in the Theory of Reasoned Action (TRA) there are also components of attitudes and subjective norms. This intention is greatly influenced by a person's attitudinal components and subjective norms. Attitudes are determined from opinions regarding the possible outcomes of behavior while subjective norms are determined from other people's opinions regarding individual motivation and behavior. The basis of this theory is that there is consideration of the implications of actions and human rational thoughts before deciding whether to follow or refuse to carry out a certain action. Intentions will influence a person's subsequent behavior. Behavior or action is a form of someone's readiness which begins with intention.

(Rinaldi & Yuniasanti, 2020).

C. Relationship between Anxiety Level and Intention to Take Action

Correlation analysis between anxiety levels and contraceptive use from the results of the Spearman test has a significance value of 0.006 ($p < 0.05$). This states that there is a significant relationship between the level of anxiety and the use of contraception at the Srandakan Bantul Community Health Center. The relationship between the two variables is also in the same direction because the magnitude of the correlation coefficient is positive, which means that the less anxiety there is, the higher the intention to act on repeat visits to use injectable contraception. A person's high intentions are influenced by their beliefs or positive views on behavior. (Ajzen, 2015).

The results of this study prove that the anxiety of family planning acceptors has begun to decrease over time. Injectable contraceptive acceptors have begun to adapt to health service activities, especially contraceptive services, so that the level of anxiety that occurs is normal and the intention to make repeat visits for 3-month injection contraceptive use is also increasing. Research results from Oktawirawan (2020) also state that the way you can reduce anxiety is to accept reality and try to strengthen yourself so that you remain enthusiastic in taking action.

Apart from that, coping can also reduce anxiety. Coping is a person's way of dealing with threatening situations so that they can reduce anxiety, fear and guilt. (Muhammad, at all, 2020).

5. CONCLUSION

Based on the results of the Spearman analysis, it was found that the value of $p = 0.006 < 0.05$ which can be concluded that there are factors that influence the level of anxiety in contraceptive use at the Srandakan Bantul Community Health Center.

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