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"KelPUS-Gendang Beleq" Model as A Strategy to Improve Knowledge and Attitudes of Couples of Childbearing Age against Long Term Contraception Method

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ABSTRACT

The "KelPUS-GENDANG BELEQ" model design is an intervention given to couples of childbearing age, by making a model of the couples of child-bearing age combined with traditional "Gendang Beleq" art, as a media for counseling and a strategy for improving knowledge and attitude of the couples of child-bearing age against Long Term Contraception Methods. The aim of this research was to know the characteristic of couples of childbearing age, to increase knowledge and attitude of couples of childbearing age to long term contraception method through model design of "Kelpus-Gendang Beleq" in Darek Village, Praya Barat Daya Subdistrict, Lombok tengah Regency, NTB Province. Subjects were couples of child-bearing age who were registered as family planning acceptors in January 2015 to May 2016 in Darek Village, Praya Barat Daya Sub-district, Lombok Tengah. The sample size was 60 couples of childbearing age, consisting of: 30 people as control group and 30 people as intervention group. After the data collected, data analysis was done using Wilcoxon Signed rank test and Mann Whitney-U test. The result of the research shows that traditional music art of Sasak tribe "KelPUS Gendang Beleq" proved effective to increase knowledge and attitude of fertile couples about the use of long term contraception method.

Key words: Gendang Beleq, Counseling, Long-term contraception method

INTRODUCTION

The result of Basic Health Research 2013 indicates that in NTB province there is dominance by users of hormonal contraceptive and Non-long-term contraception methods due to high use of injectable contraceptives. The use of modern contraceptives based on the type of hormonal content in NTB Province is 53.7%. The highest proportion of hormonal contraceptive use was in Lombok Tengah Regency (63.0%) and the lowest was in Bima (44.3%). The highest proportion of non-hormonal contraceptives use was in Mataram (13.8%) and the lowest was in Lombok Tengah (3.0%). The highest proportion of use of non-long-term contraception method was in Lombok Tengah (57.9%) and the lowest was in Bima (34.1%). The highest proportion of use of Long Term Contraception method was in Lombok Utara (17.0%) while the lowest was in Sumbawa Barat (8.2%)⁽¹⁾.

Age 15-49 years is the fertile age for a woman, because at that age, women have a great chance to be able to bear children. The more number of couples of childbearing age, the chances of the number of children born are also greater. Thus, limiting the number of children should be considered, by optimizing the family planning program, one of them is through the use of long-term contraception methods. The results of Mini Surveys of Indonesia 2013 and Basic Health Research 2013 in NTB Province, particularly in Lombok Tengah indicate that low rates of long-term contraception methods by women of childbearing age and married women, and high rates of mating at age 12-19 years⁽¹⁾. One cause of the low number of users of long-term contraception methods, especially in rural areas, lack of understanding, knowledge and compliance of couples of child-bearing age about the benefits and importance of long-term contraception methods.

The previously used approach is conventional counseling. Preliminary study results show that through conventional counseling, information can reach the target, but only a few of them can still remember the information presented. In addition, many couples of childbearing age are not paying attention to the content of counseling, because counseling with one-way communication is boring. Therefore, it is necessary to think about

the empowerment of local cultural potentials that can attract attention, so that it can be used as a medium of information delivery, such as traditional arts of the Sasak tribe, namely: "Gendang Beleq".

The "Gendang Beleq" comes from the word "Gendang" which means traditional musical instruments being beaten and shouldered, while "Beleq" means big. So, "Gendang Beleq" is a Sasak musical art, often performed during cultural marches and wedding receptions, where brides, families, traditional figures, religious figures and couples of childbearing age walk around in village areas. At the time of the appearance of the music was finished, an officer of the song will convey the messages to couples of childbearing age. "Beleq drum" can be used as a medium of communication with couples of childbearing age, because when the drums begin to beat, the spontaneous couples of childbearing age will flock to the staging⁽²⁾.

According to Green (1980) in Notoatmojo (2007), what is meant by counseling is the effort of giving health education in the form of delivering health message in the hope that group or individual can gain knowledge and attitude which then can change their behavior⁽³⁾. This is in line with the results of Laila's (2015) study in South Kalimantan and Central Kalimantan that folk performances packed in a traditional art model can attract the public to watch the art so that the information or public messages conveyed becomes easily accepted by them. Obviously the message should be precise and easy to understand⁽⁴⁾.

The "Kelpus-GENDANG BELEQ" model design is an intervention given to couples of childbearing age, by making a model of the couples of child-bearing age combined with traditional "Gendang Beleq" art, as a media for counseling and a strategy for improving knowledge and attitude of the couples of child-bearing age against Long Term Contraception methods. The aim of this research was to know the characteristic of couples of childbearing age, to increase knowledge and attitude of couples of childbearing age to long term contraception method through model design of "Kelpus-Gendang Beleq" in Darek Village, Praya Barat Daya Subdistrict, Lombok Tengah Regency, NTB Province.

METHODS

The design of this study was quasi experimental with the design of "Pretest-Posttest with Control Group". The sample was chosen by purposive sampling technique. They were the couples of child-bearing age who were registered as family planning acceptors in January 2015 to May 2016 in Darek Village, Praya Barat Daya Subdistrict, Lombok Tengah. The sample size was 60 couples of childbearing age, consisting of: 30 people as control group and 30 people as intervention group. The independent variable was the "Kelpus-GENDANG BELEQ" model design, while the dependent variable was knowledge and attitude of the fertile-age couple. The data had been collected and then analyzed the data descriptively. Categorical data were analyzed in the form of frequency⁽⁵⁾ while numerical data were analyzed in the form of central tendency ie mean⁽⁶⁾. Hypothesis testing was performed using Wilcoxon Signed rank test and Mann Whitney-U test.

RESULTS

Table 1. Distribution of age, education dan employment

	Tanggong Hamlet (Intervention)		Bale Buwuh Hamlet (Control)		p-value
	f	%	f	%	
Age					
< 20 years	0	0	0	0	0.267
20-35 years	19	63	24	80	
>35 years	11	37	6	20	
Education					
Elementary school	11	37	8	27	0.124
High school	17	57	16	53	
College	1	6	6	20	
Employment					
Working	7	23	10	33	0.289
Not working	23	77	20	67	

Based on the p-value in Table 1 it was known that there was no difference in age, education and occupation between intervention groups and control groups.

Table 2. Distribution of contraception method

Contraception	Tanggung Hamlet (Intervention)				Bale Buwuh Hamlet (Control)			
	Pre	%	Post	%	Pre	%	Post	%
Non-long term contraception method	30	100	18	60	30	100	26	87
Long term contraception method	0	0	12	40	0	0	4	13
Jumlah	30	100	30	100	30	100	30	100

Based on the pre and post values in Table 2 it was known that the increased use of long-term contraceptive methods was higher in the intervention group.

Table 3. Distribution of knowledge

No	Knowledge	Tanggung Hamlet (Intervention)				Bale Buwuh Hamlet (Control)			
		Pre	%	Post	%	Pre	%	Post	%
1	Good	2	6	19	63	6	20	3	10
2	Enough	13	44	8	27	6	20	15	50
3	Less	15	50	3	10	18	60	12	40
p-value = 0.004					p-value = 0.017				

Based on the pre and post values in Table 3 it is known that the increased knowledge was higher in the intervention group.

Table 4. Distribution of attitude

No	Attitude	Tanggung Hamlet (Intervention)				Bale Buwuh Hamlet (Control)			
		Pre	%	Post	%	Pre	%	Post	%
1	Agree	11	37	15	50	9	30	11	37
2	Doubtful	13	43	12	40	17	57	14	47
3	Disagree	6	20	3	10	4	13	5	16
p= 0.021					p= 0.027				

Based on the pre and post values in Table 4 it is known that the increased attitude was higher in the intervention group.

Table 5. Comparison of Post Test Results Knowledge and Attitudes between Intervention Group and Control Group

No	Group	Mean	
		Knowledge	Attitude
1	Intervention	35.83	39.45
2	Control	27.33	21.74
Mann Whitney-U test		p-value = 0.023	p-value = 0.002

Based on Table 5 it is known that there is significant difference of knowledge and attitude between intervention group and control group after treatment.

DISCUSSION

The results showed that the distribution of age, education and employment of respondents between the intervention group and the control group did not differ. This is an ideal condition because in an experiment it is expected that the treated group and the control group as the comparison must be balanced, so the resulting difference is the result of the treatment given, in which case it is health education by utilizing traditional Sasak music art.

The results showed that the increased use of long-term contraceptive methods in the intervention group was higher than in the control group. This shows that the application of traditional musical art "Gendang Beleq" succeeded in increasing public interest to choose long-term contraception method.

The utilization of Sasak traditional art "Gendang Beleq" not only serves as a medium of cultural communication, but also serves as a communication medium to convey health messages, including the importance of choosing long-term contraceptive methods. This is in line with Linda's (2008) study that the delivery of pulmonary tuberculosis messages through traditional arts media "Warahan" could increase the knowledge and attitude of the community in the introduction of suspected tuberculosis patients, compared with conventional method of lecturing⁽⁷⁾.

The results show that the use of traditional music "Gendang Beleq" is effective to improve the knowledge and attitude of couples of child-bearing age about the use of long-term contraceptive methods.

The continuous implementation of the "KelPUS Gendang Beleq" Model for the delivery of messages on the use of long-term contraceptive methods is very well welcomed by couples of child-bearing age. Family planning counselors and posyandu cadres strongly support and help organize women of child-bearing age and couples of child-bearing age to support the dissemination of this approach. Similarly, health workers, religious leaders and community leaders are also ready to support, provide information and socialize in every meeting, so that people will be more familiar with and understand about the Model "KelPUS Gendang Beleq" in intensifying the use of long-term contraceptive methods. .

CONCLUSION

The result of the research shows that traditional music art of Sasak tribe "KelPUS Gendang Beleq" proved effective to increase knowledge and attitude of fertile couples about the use of long term contraception method in Darek Village, Praya Barat Daya Subdistrict, Lombok Tengah Regency, NTB Province.

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