



The Effect of Counseling About Implants Contraception Using Flip Chart Media on The Anxiety Level of Prospective Acceptors

Salsabila Nuriliyah Rashel¹, Siti Alfiah², Astuti Setiyani³, Triana Septianti Purwanto⁴

^{1,2,3,4}Departement of Midwifery, Poltekkes Kemenkes Surabaya, Surabaya, Indonesia

ARTICLE INFORMATION

Received: June 2, 2024

Revised: May 8, 2025

Available online: May 2025

KEYWORDS

Counseling; implant; flip chart; anxiety level

CORRESPONDENCE

E-mail: bellarashel10@gmail.com

A B S T R A C T

The contraceptive method that dominates the choices of couples of childbearing age (PUS) in the city of Surabaya in 2022 is the Non-Long-Term Contraceptive Method (Non-MKJP) compared to the Long-Term Contraceptive Method (MKJP). The low number of acceptors of contraceptive implants is due to the anxiety level of potential acceptors. This research aimed to determine the effect of implant contraceptive counselling using flip charts on the anxiety level of potential acceptors. This research is pre-experimental design research. We used a purposive sampling technique to select the sample, which included 15 respondents. The independent variable was counselling on contraceptive implants using flip chart media, while the dependent variable was anxiety of potential acceptors. Data collection used the Hamilton Anxiety Rating Scale (HARS) questionnaire. The Wilcoxon Signed Ranks Test was used to analyse the presence of influence with a significance value of <0.05 . The results of the study showed that the anxiety level of prospective acceptors before being given intervention, the majority (73.3%) of respondents had a mild level of anxiety after being given the intervention, with almost all (93.3%) of respondents having no anxiety. From the results of the analysis, the result was 0.001, which means <0.05 , so it can be concluded that there is an influence of implant contraceptive counselling using flip chart media on the anxiety level of potential acceptors. Based on the description above, it can be concluded that there is an influence of implant contraceptive counselling using flip chart media on the anxiety level of prospective acceptors.

INTRODUCTION

The use of contraceptives in the city of Surabaya in 2022 will reach 77.28%. This number has decreased compared to contraceptive users in 2021, reaching 78.61%. The contraceptive method that dominates the choices of couples of childbearing ages (PUS) is the Non-Long-Term Contraceptive Method (Non-MKJP), namely injections (62.45%), compared to the Long-Term Contraceptive Method (MKJP), namely implants (4.12%). Based on the 2022 Surabaya City Health Profile, MKJP implant acceptors in the Balongsari Community Health Centre area were 7.74%. This number is lower compared to non-MKJP injection acceptors (48.96%) (Dinas Kesehatan Kota Surabaya, 2022). Based on a preliminary study conducted by researchers at the Balongsari Health Centre, Surabaya City Region, it was found that women of childbearing age (WUS) who conducted interviews with midwives found that most of the reasons prospective acceptors did not want to use implants were because they were afraid of the installation process, worried about side effects and lacked knowledge about implants. Previously, the counselling method that had been applied at the Balongsari Community Health Centre to clients was counselling alone without any media. The low level of knowledge of prospective implant contraceptive acceptors at the Balongsari Health Centre in the Surabaya City Region made researchers want to conduct

this research. The novelty of this research is the combination of several variables, and the development of media used for counselling. In Rasyid's research, it was found that counselling before implant installation greatly influenced the anxiety level of prospective implant acceptors, including differences in anxiety levels before and after providing information about contraceptive implants. Conveying information through counselling will make the dissemination of information more efficient. Delivery of information with counselling can be done through print and electronic media. Print media that is easy to use is flip chart media. This medium is widely used because it is relatively easy to make and easy for counsellors to understand (Rasyid, 2019). In line with Ni Made Wacikadewi's research (2021), flip chart media is more effective and has an influence on the knowledge provided before and after counselling (Wacikadewi Ni Made, 2021). The formulation of this research is, "Is there an influence of contraceptive implant counselling using flip chart media on the anxiety level of potential acceptors?" Based on the description above, the researcher wants to research "The Effect of Implant Contraceptive Counselling Using Flip Chart Media on the Anxiety Level of Prospective Acceptors" at the Balongsari Community Health Centre, Surabaya City Region.

METHOD

The research design used one group pretest posttest to determine the effect of implant contraceptive counselling using flip chart media on the anxiety level of prospective acceptors by giving a pretest first using the Hamilton Anxiety Rating Scale (HARS) questionnaire to determine the anxiety level of prospective acceptors before being given intervention and providing Thet-test uses the Hamilton Anxiety Rating Scale (HARS) questionnaire to determine the anxiety level of potential acceptors after being given the intervention. The population in this study is based on the 2022 Surabaya City Health Profile; the number of active family planning participants for implant contraception is 358 people, and the sample is 15 respondents who are prospective implant acceptors (Dinas Kesehatan Kota Surabaya, 2022). The sampling technique in this research is purposive sampling, where the purposive sampling technique is a technique for determining samples with certain considerations according to the researcher, namely potential new implant acceptors. In this study, to measure the dependent variable, researchers used a collection technique, namely a questionnaire. The questionnaire uses the Hamilton Anxiety Rating Scale (HARS), which consists of 14 symptom groups. There may be more than 1 (one) answer in each number. Each number value (score) from the 14 groups of symptoms is added up, and from the results of this addition, a person's degree of anxiety can be determined. Data analysis used SPSS IBM Statistics Version 27 with the Wilcoxon Signed Rank Test. This research uses flip chart media, namely a board that has legs where the sheets can be clamped. A flip chart is also a collection of summaries, diagrams, images and tables that can be opened and replaced according to the topic you want to display. The advantage of this

flip chart is that it does not require electricity, is economical, and provides concise and practical information. This media is also suitable for use indoors, is easy to carry anywhere, and is useful for reminding presenters and media users of the message they want to convey (Wacikadewi Ni Made, 2021).

RESULT

General Data

1. Characteristics of Respondents Based on Age

The respondents in this study were 15 prospective implant contraceptive device acceptors at the Balongsari Community Health Center in March – April 2024. Based on age characteristics, the respondents were divided into 25 years, 30 years, and 35 years, as presented in Table 1.

Table 1. Frequency Distribution of Respondent Characteristics in Research on the Effect of Implant Contraceptive Counseling Using Flip Chart Media on the Anxiety Level of Prospective Acceptors.

Usia	Frekuensi	
	N	Frekuensi (%)
25 – 29 years	6	40
30 – 34 years	5	33,3
35 years	4	26,7
Total	15	100

Table 1 shows that the age of respondents at the Balongsari Community Health Center is almost half (40%) of the respondents aged 25 - 29 years.

2. Characteristics of Respondents Based on Education Level

Based on the level of education, the characteristics of respondents are divided into three, namely primary education, secondary education, and higher education, which can be seen in Table 2 below.

Table 2. Frequency Distribution of Respondent Characteristics in Research on the Effect of Implant Contraceptive Counseling Using Flip Chart Media on the Anxiety Level of Prospective Acceptors.

Education Level	Frekuensi	
	N	Frekuensi (%)
Primary Education (SD, SMP)	6	40
Secondary Education (SMA, SMK)	6	40
Higher Education (Diploma, S1, S2)	3	20
Total	15	100

Based on Table 2, it shows that the education level of respondents at the Balongsari Community Health Center is almost half (40%) of the respondents who have primary and secondary education.

Custom Data

1. Identify the anxiety level of prospective acceptors before and after counseling for implant contraception using flip charts.

Table 3. Frequency Distribution of Anxiety Levels of Prospective Acceptors Before and After Being Given Counseling on Implant Contraception Using Flip Chart Media.

Anxiety Level	Before Counseling		After Counseling	
	N	%	N	%
No anxiety	0	0	14	93,3
Mild anxiety	11	73,3	1	6,7
Moderate anxiety	4	26,7	0	0
Severe anxiety	0	0	0	0
Very severe anxiety / panic	0	0	0	0
Total	15	100	15	100

Based on Table 3, many prospective acceptors (73.3%) of respondents had a mild level of anxiety before being given implant contraceptive counseling using flip chart media. Then, after being given the intervention, almost all (93.3%) of the respondents had no anxiety.

2. The Effect of Implant Contraceptive Device Counseling Using Flip Chart Media on the Anxiety Level of Prospective Acceptors

Table 4. Analysis of the Effect of Implant Contraceptive Counseling Using Flip Chart Media on the Anxiety Level of Prospective Acceptors.

	n	Mean	Minimum value	Maksimum value	Standar Deviasi	<i>p-value</i>
Before counseling	15	2,26	2.00	3.00	0,457	0,001
After counseling	15	1,06	1.00	2.00	0,258	

Based on table 4 Showing the results of the Wilcoxon Sign Rank Test test, the level of anxiety of prospective acceptors before and after being given implant contraceptive counseling using flip chart media, the results showed a significance value of <0.05 , namely 0.001, which means H_0 was accepted and there was an influence of implant contraceptive counseling using flip chart media on the level anxiety of potential acceptors.

DISCUSSION

Anxiety Levels of Prospective Acceptors Before and After Being Given Counseling on Implant Contraception Using Flip Chart Media.

Based on the research results, before being given intervention in the form of implant contraceptive counselling using flip chart media, the majority (73.3%) of respondents had a mild level of anxiety. Then, after being given the intervention, almost all (93.3%) of the respondents had no anxiety. According to Setiani's research, one action to reduce anxiety levels is to prepare the client mentally. One of the ways that mental preparation can be done is through health education. The ability to listen actively to both verbal and nonverbal messages is essential to building a trusting relationship with the patient and family. Health education before the procedure can help clients and families identify perceived concerns (Setiani et al., 2021). In line with the research results, Rafa explained that effective contraceptive counselling can

increase the use of contraceptive implants. Through effective counselling, mothers will have a better understanding of implantable contraceptives so that they can increase coverage among mothers who receive implantable contraceptives. Counselling that is carried out effectively can increase the understanding of prospective acceptors, which in turn can reduce feelings of anxiety and fear and reduce the level of anxiety of prospective acceptors (Widaryanti et al., 2021). Supported by Maftuha's research, contraceptive counselling influences contraceptive decision-making. Providing timely advice and using ABPK media to provide confidence and ease in receiving information so that, ultimately, mothers can use family planning according to their wishes and needs. Providing systematic and complete counselling regarding advantages, benefits, and time periods will give postpartum mothers insight into choosing the right type of contraception according to their needs (Maftuha et al., 2022). Anxiety is a feeling of fear that is unclear and not supported by circumstances. When anxious, a person feels anxious/afraid/afraid that a disaster will occur, even though he does not understand why these threatening feelings can arise (NNT Ariwangi, 2020).

Based on age at the Balongsari Community Health Centre, it shows that almost half (40%) of the respondents are aged 25 - 29 years. This is in accordance with the factors that influence anxiety levels, namely intrinsic factors, one of which is age, where anxiety disorders often occur in women between the ages of 21 and 45 years (Wijayanti et al., 2022). In the researcher's opinion, basically, this research is in accordance with the theory, namely that contraceptive implant counselling using flip chart media influences the anxiety level of potential acceptors. Flip chart media is easy to use, economical, concise, and practical so that it can make it easier for potential acceptors to receive information, gain a good understanding, and reduce the anxiety level of potential acceptors (Wacikadewi Ni Made, 2021). Through contraceptive tool counselling using flipchart media, it can also make it easier for midwives and health workers to provide counselling. Because, so far, the counselling carried out at the Balongsari Community Health Centre has only been in the form of ordinary counselling without accompanying media, so that the knowledge and understanding of prospective implant acceptors is less of a cause for fear and anxiety about side effects as the reason.

The Effect of Implant Contraceptive Counseling Using Flip Chart Media on the Anxiety Level of Prospective Acceptors.

The research results show that there is an influence of providing implant contraceptive counselling using flip chart media on the anxiety level of prospective acceptors at the Balongsari Community Health Centre. The results of statistical tests on the level of anxiety of prospective acceptors before and after being given counselling for implant contraceptives using flip chart media using the Wilcoxon Sign Rank Test showed that there was an influence of counselling for implant contraceptives using flip chart media on the anxiety level of prospective acceptors at the Balongsari Community Health Centre. According to

Rasyid's research, counselling before implant installation greatly influences the anxiety level of prospective implant recipients, including differences in anxiety levels before and after providing information about contraceptive implants. Efficient delivery of information through counselling will make the dissemination of information more efficient in the form of attractive flip charts, helping mothers participate more in asking questions and be able to understand what their needs are (Rasyid, 2019). In line with Rika Wita's research, there is a difference between being given counselling and not being given counselling. This is because through counselling, acceptors can see the problem more clearly and choose their own solution based on the information they have previously received. In the end, the acceptor can determine the choice of contraceptive method according to his wishes and not regret his decision later. So, acceptors will use contraception for a longer period (Sandi, 2018). Supported by Retnani's research, the low number of acceptors of contraceptive implants is caused by the anxiety level of potential acceptors. There is an influence of therapeutic communication on anxiety levels, so it is very important to provide complete information about contraceptive implants so that acceptors can use them without feeling anxious (Retnani, 2021). Counselling is providing support to people who are experiencing problems through counselling provided by counsellors and guiding them towards solutions to the issues they are experiencing (Daulay et al., 2022). Counselling is an ongoing process that is integrated into all aspects of health services, including family planning counselling. This information is not provided just once but at the time the service is provided (Maftuha et al., 2022).

Based on the level of education in extrinsic factors that influence the anxiety level of prospective acceptors at the Balongsari Community Health Centre, almost half (40%) of the respondents have primary and secondary education levels where education generally helps change the thinking patterns, behaviour and decision-making of prospective implant acceptors (Wijayanti et al., 2022). According to the researchers, after being given intervention in the form of counselling on contraceptive implants using flip chart media, the anxiety level of potential acceptors decreased. This shows that providing intervention in the form of contraceptive implant counselling using flip chart media can influence the anxiety level of prospective acceptors. The level of anxiety of prospective acceptors can influence the understanding of prospective acceptors, which can cause feelings of fear, anxiety, and panic about contraceptive implants. Thus, contraceptive implant counselling using flip charts can contribute to reducing anxiety levels and increasing implant acceptors.

CONCLUSION

The following can be inferred from the research findings and the discussion in the previous chapter about how implant contraceptive counselling using flip chart media affects prospective acceptors' anxiety levels at the Balongsari Community Health Centre: It can be concluded that potential acceptors' anxiety levels

prior to receiving intervention in the form of implant contraceptive counselling using flip chart media. Most of those surveyed experienced minor anxiety. Nearly all the responders reported feeling less anxious after receiving the intervention. Furthermore, the Balongsari Community Health Centre's flip chart-based counselling for contraceptive implants affects potential acceptors' anxiety levels.

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