

## Emotional Support to Women's Participation in Female Sterilization in Sub-District South Cilacap

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### Abstract

Female sterilization is a contraceptive device that has a high effectiveness in preventing pregnancy. One reason for the low inclusion of female sterilization is the lack of social support for women. This study aimed to determine the effect of emotional support to the participation of women on female sterilization. The study was observational analytic using cross sectional approach. The population is women using family planning in the sub-district of South Cilacap. The sampling technique used is simple random sampling with a sample size of 60 people. The results showed that the emotional support of family influence on the use of female sterilization, because  $P: 0.021 < \alpha (0:05)$ . While the emotional support of health workers and emotional support of friends has no effect because the value of  $P > \alpha (0.05)$ . The greater the emotional support gained from the higher family use female sterilization. Social support, especially the emotional support of the family, has an effect on the stability of the acceptor's heart to use female sterilization.

**Keywords:** Contraceptive, Emotional Support, Family Planning, Female Sterilization, Social Support

### I. INTRODUCTION

Family Planning Services is one of the important efforts that can support the acceleration of the decrease of maternal mortality rate. In Indonesia, maternal mortality rate in 2012 was still high, at 359 per 100,000 live births <sup>[1]</sup>. The decline in maternal mortality can be done by regulating the pregnancy in such a way that it does not occur in conditions that are at high risk for complications. Pregnancy arrangements can be made with contraceptive use to prevent pregnancy. The arrangement of pregnancy in family planning in Indonesia is more directed to the use of long-term contraceptive methods. Long-term contraception is contraception that have a high effectiveness in preventing pregnancy which consists of IUDs, implants, contraceptive Steady (female sterilization and male sterilization) <sup>[2]</sup>. Safe contraception is an effective method of contraception, sterilization of women / tubektomi more numerous than the male sterilization / vasectomy <sup>[3]</sup>. In practice, the achievement of female sterilization in Indonesia is still low. The pattern of contraceptive use is still dominated by the method of hormonal contraception and is short-term. The low level of female sterilization enthusiasts can be influenced by many factors. One such factor is the lack of social support, especially emotional support. Emotional support can come from family, friends, and health workers. Emotional support can help women to overcome doubts over the side effects of female sterilization. This certainly affects the participation of the sterilization of women <sup>[4]</sup>.

### II. METHOD

This study is an observational analytic research using *cross sectional* approach. This research was conducted in sub-district of South Cilacap, Central Java, from September to October 2016. The population of this research is female family planning in South Cilacap sub-district. The sampling technique used is simple random sampling with a sample size of 60 people. Data collection in this research is primary data. Primary data is data obtained from the respondents by filling out a questionnaire made by researchers.

### III. RESULTS

Emotional support in this study consists of family emotional support, emotional support of health workers, and emotional support of friends. Table 1 shows that women who received emotional support from family 59% used female sterilization, women who received emotional support from health workers 50.9% did not use female sterilization, and women who received emotional support from friends 50% using female sterilization.

Emotional Support	n (%)		Total
	Female sterilization (n= 30)	Non Female sterilization (n= 30)	
<b>Family</b>			
Support	23 (59)	16 (41)	39 (100)
Does not support	7 (33,3)	14 (66,7)	21 (100)
<b>Health Workers</b>			
Support	27 (49,1)	28 (50,9)	21 (100)
Does not support	3 (60)	2 (40)	11 (100)
<b>Friends / neighbors</b>			
Support	21 (50)	21 (50)	42 (100)
Does not support	9 (50)	9 (50)	18 (100)

The analysis in Table 2 shows that family emotional support affects the use of female sterilization, because  $P: 0.021 < \alpha (0.05)$ . The B value obtained is positive 1.520 which means the greater the emotional support obtained from the family the higher the use of female sterilization. While the emotional support of the family and emotional support of friends has no effect on the use of female sterilization, because the value of  $P > \alpha (0.05)$ .

Emotional Support	B	P	Information
<b>Family</b>	1.520	0.021	Significant
<b>Health Workers</b>	-0.860	0.213	not significant
<b>Friends / neighbors</b>	-0.397	0.326	not significant

#### IV. DISCUSSION

Social support is a physical and psychological comfort given by others<sup>[5]</sup>. Social support arises from the behavior of personal relationships. Social support is an expression of characteristics of mutuality and affection between the parties. The close relationship with a romantic partner and other immediate family members provide the bond, which specialize in the most intimate expression of support such as listening, give care and love<sup>[6]</sup>. Social support has several types, one of which is emotional support. Emotional support is an expression of taste and expression of someone who can give you a feeling of comfort<sup>[7]</sup>. Emotional support for the participation of female sterilization is necessary to help the successful use of contraception. Emotional support in Family Planning is an expression of the taste and attention of husbands, families and people around who are given to contraceptive users. In this study, most respondents received emotional support from family, healthcare, or friends. But statistical tests show that the emotional support of health workers and friends has no effect on women's participation in female sterilization. Only the emotional support of the family alone has an influence on the participation of female sterilization. This is likely because both groups of respondents, both female and none sterilized female responders, get emotional support from those around them. Lack of information obtained by her husband and friends may lead to the provision of emotional support in choosing contraception just in general<sup>[8]</sup>. Research conducted Widiyawati stated that the support of the family associated with contraceptive use<sup>[9]</sup>. Family opinions and concerns are factors that influence the occurrence of certain behaviors. Someone who receive social support to believe that they are loved, cared for, precious, valuable, and be part of the social network, such as the family and the community organizations that can provide kindness, service, and mutual maintain when required<sup>[10]</sup>. Emotional support from this family has an effect on the acceptor's liver stability to use appropriate contraception.

#### V. CONCLUSION

The concerns and opinions of the family are factors that influence the participation of female sterilization. Emotional support in the form of trust, caring and attention from the family has an effect on the stability of acceptor's heart to use female sterilization.

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