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**The Relationship Between Unmet Need for Family  
Planning for Fertile Age Couples and Unwanted  
Pregnancy in the Work Area of the Nunpene Public  
Health Center, North Central Timor Regency**

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**Abstract**

Unmet need family planning is a group of women who do not want to have more children or want to spacing their pregnancies for up to 24 months but do not use contraceptives to prevent pregnancy. Unmet need for family planning is a multidimensional problem because it is influenced by various factors. This study aims to determine the relationship between the incidence of unmet need for family planning with unwanted pregnancy. This type of research is an analytic survey with a cross sectional design. The sample in this study was 100 fertile age couples. The results showed that there were 50 people (90.9%) who became pregnant because they did not use contraceptives and they describe it as unwanted pregnancy.

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The results showed that unmet need for family planning was related to unwanted pregnancy ( $p = 0.000$ ).

**Keywords:** unmet need family planning; unwanted pregnancy; fertile age couples.

## **1. Introduction**

An unwanted pregnancy is defined as a pregnancy that is not on time (mistimed pregnancy) and pregnancy that is not expected completely (unwanted pregnancy). Unwanted pregnancy will encourage the occurrence of a miscarriage or abortion (abortion), low birth weight at the time premature birth and birth defects. This of course also delivers the impact of the increased risk for maternal and child mortality. The pregnancy give serious and detrimental impacts in the health, social and sectors economist

### **1.1. Background**

The incidence of unwanted pregnancy can increase the risk of illness in women and are associated with adverse effects. For example, a woman who does not want a pregnancy will delay going to antenatal care, which in turn will affect the health of her baby. Unwanted pregnancy is a global problem that continues to this day. Approximately 210 million women become pregnant each year, 75-80 million of whom experience unwanted pregnancy [1,2]. The Indonesian Demographic and Health Survey (IDHS) data shows that the incidence of unwanted pregnancy in 1997 was 17% and in 2002-2003 there was no change, namely 17%. in 2007 it was 19% and in 2012 there were 14% of unwanted pregnancies consisting of 7% of untimely pregnancies and 7% of unwanted pregnancies. This figure is bigger when compared to the 2010 Riskesdas data which was only 5.8% [3]. Women who want to avoid unwanted pregnancies but do not use contraceptives are known as unmet need. *Unmeet need* Family planning is defined as the proportion of women of childbearing age who are married or living together who do not want to have more children or who want to space their next birth within 2 years without using any contraception [4]. According to the National Family Planning Coordinating Board (BKKBN), the unmet need for family planning is the need for couples of childbearing age for family planning but these needs are not met. This need is that they do not want more children or want to space out their next pregnancy but PUS does not use contraceptives [5]. The number of unmet need in Indonesia according to data from the 2012 IDHS, namely from 1991-2012 the situation decreased. In 1991 17%, 1994 as much as 15.3%, in 1997 as much as 13.6%, in 2002-2003 as much as 13.2%, in 2007 as much as 13.1%, and in 2012 as much as 11.4%. [3]. The causes of unwanted pregnancy are multifactorial but in general they are due to contraceptive failure, the wrong choice of contraception, and unsustainable use of contraceptives [6]. Globally, about 90% of unwanted pregnancies are caused by unmet need [7]. In developing countries, most cases of abortion are caused by contraceptive failure [6]. The purpose of this study was to determine the relationship between the incidence of unmet need for family planning with the incidence of unwanted pregnancy.

## **2. Subject and Method**

This type of research is using a quantitative approach with a cross sectional research design, this research was conducted in the working area of the Nunpene Public Health Center. The population in this study were all couples of all reproductive age in the working area of Oelolok Health Center. The total sample obtained was 100

PUS. The data obtained were analyzed using Pearson correlation.

### 3. Result and Discussion

The relationship between the incidence of pregnancy and the incidence of unmet need for family planning can be seen in table 1 below.

**Table 1:** Relationship between the incidence of unwanted pregnancy and the incidence of unmet need for family planning

The incidence of pregnancy undesirable	Unmeet events need KB						Correlation Pearson	
	isYes		Not		total		Pearson coefficient	P value
	n	%	n	%	n	%		
Yes	50	90.9	2	4.4	52	52	0.861	0.000
Not	38	9.1	43	95.6	48	48		
Total	55	100	45	100	100	100		

Incident the number of unwanted pregnancies (90.9%) occurred in respondents who had no need for family planning compared to respondents who did not experience the incidence of unwanted pregnancy. The results of statistical tests with the Pearson correlation test obtained p value = 0.000 ( $p < 0.05$ ), which means that the incidence of unwanted pregnancy is significant with the incidence of unmet need for family planning, with a positive or linear relationship. The results of this study indicate that most of the women in the work area of Oelolok Puskesmas experience unmet need and unwanted skills, which implies a positive relationship between unmet need and unwanted pregnancy. This result is in accordance with the opinion expressed by the Indonesian Family Planning Association (PKBI) which states that one of the reasons for pregnancy, especially unwanted pregnancy, is not using contraceptives, especially married women [8]. Based on the results of the study, 50 respondents (90.9%) had unwanted pregnancies and at the same time experienced birth control events. Mothers who experience birth control unmet need events can affect the occurrence of unwanted pregnancies, The results of a study conducted by Bishwajit and his colleagues [10] found a strong association between unwanted pregnancy and unmet need where the prevalence of unmet need was around 13.5% and around 30% of women described their pregnancy as an unwanted pregnancy. The results of Sani's study [11] found a positive relationship between unmet need and unwanted pregnancy, women who experienced four times higher unmet need experienced unwanted pregnancies compared with women who did not. Controversy and misconceptions about the risk of pregnancy leave many women unaware of the appropriate timing of intercourse and postpartum contraceptive use [11]. Some women may choose to delay using contraceptives after giving birth because of various health conditions. Hormonal contraceptive methods, for example, are not recommended for 6 weeks after delivery because they can affect lactogenesis [12], so that sexual intercourse that occurs after childbirth is also associated with high rates of unwanted pregnancies [13], this is the reason why pregnancy is not on time. High in women who still want to have children [11] The majority of unintended pregnancies occur when a pregnancy is not planned or wanted and yet effective contraception is not being used, that is, when a woman has

an unmet need for contraception, Singh and Darroch estimate that, on average, 79 percent of unintended pregnancies occurs for this reason [15]. The reasons for women not using contraceptives are very diverse, Khalil and his colleagues [15] in Saudi Arabia found a prevalence of unmet need of 32.6% where most of the reasons women do not use contraceptives are due to lack of knowledge about family planning, lack of access to contraceptives, experience. Of side effects and religious prohibitions. Besides age, parity and knowledge of contraceptives also affect unwanted pregnancies [16] Unwanted pregnancy is a global problem that has a serious impact on the health of mothers and children [10]. Decreasing the incidence of unmet need can reduce the prevalence of unwanted pregnancies so that it can reduce the morbidity and mortality rates from abortion cases. Most of the health problems associated with abortion are caused by unsafe abortion [17]. These unwanted pregnancies also affect not only women, but also the entire family and can result in socioeconomic problems in the entire community [18]. This study also shows the existence of unwanted pregnancy in women who do not experience unmet need, although the proportion is very small only 4.4%, unwanted pregnancy can also occur in women who actively prevent unwanted pregnancies. Women can become pregnant because the failure of contraceptives they used, so they are unable to prevent the desired pregnancy. The proportion of pregnancies that occurred in this non-unmet group varied greatly depending on individual characteristics and the contraceptive method [14]. Unmet need is classified into 2 groups, namely unmet need to spacing births and unmet need to limit births, which have important implications for family planning programs. This is because it provides important information for policy makers to be able to determine the right program to increase contraceptive use [19].

#### **4. Conclusion**

The incidence of unmet need for family planning is associated with the incidence of unwanted pregnancy. The absence of EFA in the family planning program can lead to an increase in population and other pregnancy complications caused by unwanted pregnancies.

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