

Conference Paper

Men's Perspectives on Vasectomy Methods: A Health Promotion of Using Contraception

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Abstract

Population growth in Indonesia often triggers social conflicts. KB Programmes offer a way to deal with some of the issues arising from a rapidly expanding population, targeting young families. The KB Programme offers advice on health and family planning guidance for men and women. Previously, female contraception was most popular but now males are starting to seek contraception advice (from the local community PLKB counselor). This research considers male participation in and perception of the KB Programmes. Research was conducted based on qualitative methods using area sampling for 15 men in Batu City, East Java Province, Indonesia. Applying the deconstruction theory from Jacques Derrida, this study found that 1) there were still a stereotype that contraception only used mostly for women; 2) counseling from the local counselor helped men to improve their health issues and consider vasectomy as a contraceptive option; 3) men increasingly view vasectomy as a healthy choice and disseminated their views using social media.

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1. Introduction

Indonesia is a large country which rank on the 4th largest population in the world within sex ratio and total population rate. The population growth in Indonesia, often brings many trigger of many social conflicts and it has many consequences of it and leads into policy on family panning in Indonesia further. In developing countries such as Indonesia, the restriction and avoidance of increased birth rate to prevent overcrowding is a family planning problem that often becomes an endless topic of discussion. Accordingly, to cope with this issue, it is necessary to provide a counseling about family planning programs to the community even the community in the remote areas in order to achieve a happy, prosperous, and quality small family life. This will further require the use of contraceptions for Childbearing Age Couples (CAC) who are married.

The delivery of information regarding reproductive health through Family Planning counseling such as contraceptive counseling and service at Family Planning clinics must pay attention to counseling, consultation, and the use of certain contraceptive methods

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for married couples. With the use of contraception, it is expected that the existing birth rate can run stably and the population growth is not too striking. However, the reality that exists in general society at the moment provides a slightly different picture. This is because when they use a certain contraception or contraceptive method, their awareness of its use is still low, especially for male Family Planning acceptors.

Nowadays, the idea that the use of contraceptions is only for women is still very much embedded in the community, thus supporting the low participation of men in the use of contraceptions. This is a phenomenon that is often encountered in society, including in East Java Province where the women have a lower position compared to men. The weak position of women in terms of reproductive health, including in the use of contraception, seems to present a patriarchal culture that is still inherent in Javanese culture. Patriarchal culture is a culture built on the basis of the domination and subordination structure which requires a hierarchy where men and men's views become the norm. The view with the socio-anthropological approach also enlivens the study of the men position.

Donaldson states that patriarchy is the cause of women oppression (1993: 645). A society that adopts a patriarchal system places men in dominant positions and powers compared to women. Men are considered to have more power than women. According to Masudi, the history of patriarchal society since the beginning forms human civilization which considers that men are stronger (superior) than women in personal, family, community, and state life. This patriarchal culture has hereditary shaped the differences in behavior, status, and authority between men and women in society which later become a gender hierarchy (Masudi, 2002: 16).

With this idea developing in the community, an effort to make the society especially men understand the importance of using contraception is needed. This is because not all hormonal contraceptions are suitable for everyone and the risks can affect women's health. Consequently, this becomes a joint task for the parties responsible such as DP3AP2KB (Office of Women's Empowerment Child Protection Population and Family Planning Control), PLKB (Family Planning Field Counselor) or PPKBD (Assistant of Village Family Planning Supervisor) to introduce Family Planning to the wider community. It is hoped that these parties will be able to make the society understand and educate them more deeply about contraception. Through these activities, FPFC can actively introduce and gradually change the view of community especially men regarding the use of contraceptions and the view that contraception is only used by women. At the present, contraception has become a necessity for the community in an effort to regulate the number and time of birth. As a result, the public awareness of the use of contraceptions

is also increasing. This is proven by the increasing number of contraceptive for male users or Vasectomy (Metode Operasi Pria/Male Operation Method).

Based on data obtained from the Batu City Health Office in 2018, it was found that the active users of Vasectomy contraception were 64 people in Batu City and 278 acceptors in Malang City. Previously, in 2017, vasectomy contraceptions were only performed by 37 men in Batu City and 191 people in Malang City. The increase of vasevtomy participants in Batu City and in Malang City begins to open the public's view that Family Planning can also be used by men. In addition, this also indicates that active participation from related parties such as PLKB produces an effect. Accordingly, this issue will be discussed further in this paper as a strategic step in discussing the phenomenon of development in the understanding of the use of Vasectomy in East Java Province.

2. Research Methods

In research methodology, there is a paradigm interpreted as the most basic meta-theoretical assumption that determines the mindset, ways of presupposing, and the working way of the social theorists who use it (Neuman, 2000: 70). It implies the existence of the same view that binds a group of adherents of the theory in the same perspective and way of working within the same understanding limits. If the social scientists have used a certain paradigm, this means that they look at the world in a certain way too. Paradigm is a way to classify one's way of thinking in a social theory and is a tool to understand why certain views and theories can display personal touch more than others.

This research used subjectivity approach in its social analysis so that the relationship with the sociology of order was implied. Furthermore, this research wanted to understand social reality in accordance with the fact, to look for the most basic nature of social reality, namely the understanding of the society about contraception for men in Batu in accordance with a subjective perspective. In addition, this research was also conducted in order to know the awareness of person who directly involved in social events, not according to other people who observing. The approach tended to be nominal, anti-positivist, and idiographic.

This research took a social setting in Batu City, East Java. In this research, a preliminary study was conducted in several places such as the Health Office, DP3A2KB Office, and PLKB offices in each sub-district of Batu City. Moreover, observations and interviews with several Family Planning counselors and couples of childbearing age who are the Family Planning participants using contraception were conducted. After a personal approach,

it was discovered that Family Planning participants were still dominated by women. However, it did not rule out the possibility that men had also actively participated in the use of family planning. This was because they had begun to understand the use of contraception through counseling performed by Family Planning counselors.

The target was determined on the person who lived in Batu City in the determined Subdistrict. In addition, it was also assumed that the Childbearing Age Couples (CAC) could be open and understand information about contraception so that it could facilitate researchers to dig deeper about the process of contraception introduction and the understanding of the use of contraceptions for couples of childbearing age especially for men. Meanwhile, the informants in this research were male Family Planning acceptors from various districts in Batu City who used contraceptions. The determination of informants was not limited to certain conditions such as age or type of work to obtain in-depth information. The research subjects were determined by using purposive sampling techniques and their determination was obtained from the key informants, namely PLKB officers found in each district who had been a companion to the Family Planning acceptors.

Data analysis in this research was carried out by in-depth interviews during the observation in the field to get an accurate picture of the information needed to complete the data related to the understanding of contraception in Batu city, Indonesia.

3. Results and Discussion

3.1. Health Promotion for Deconstruction in The Use of Contraception

The Deconstruction Theory is introduced by a French philosopher named Jacques Derrida. This theory refutes a centralized interpretation as deliberately desired by an existing social construction. Such a construction if underestimated as a secondary meaning can be dangerous since it can produce ambiguous assumptions for the community. Based on this theory, a meaning will continue to change along with the changes and be replaced by new ideas that are more open. Therefore, the view of a dominant one will dissolve with a new concept of thought. Deconstruction is often misunderstood so far, because it is considered destroying the existing construction. How society shapes construction that originates from human relations or interactions with the environment and with other humans and agrees on the construction becomes a patent.

However, noticing that changes and adjustments to society are always evolving, Derrida thinks about finding a solution to a problem that occurs in the midst of modern society without ignoring and eliminating the existing construction. Deconstruction arises because of a new construction that can be an alternative thought as a solution to solve the problems of modern society. It emerges not to erase the existing construction, but to adjust the current conditions. Accordingly, modern society does not only hold one single thought. The theory of Derrida who argues that deconstruction arises because of new construction that can be an alternative thought as a solution to solve the problems of modern society, and deconstruction is not to erase the existing construction but to adjust the current conditions will make the modern society hold not only one single thought. Related to the results of this research, the single thought is the Family Planning program designed by the government aiming to address high population growth. The form of deconstruction according to Derridan in this research is shown by the development of understanding in the community about the importance of Family Planning. Furthermore, based on the results in the field, the presence of vasectomy contraception in men is an alternative thought as a solution to the problem of Family Planning. Therefore, not only the women who play an important role in this program, but also the men. In addition, the PLKB also has a role in supporting the reconstruction occurring in it.

3.2. Stereotype And Perception of Contraception For men Acceptors

The Family Planning program is a limitation program to avoid the increase of birth rates in order to prevent the overcrowding of the population. However, the implementation of Family Planning that runs in the community does not always result in the expected objectives. This is because some people still have the perspective of "lots of children, lots of fortune" so that the encouragement for CAC to run a family planning program is hampered. Assumption circulating in the community forms the thought that Family Planning is a procrastination tool to have children, hence, people who still want to have children refuse to use the Family Planning because they have the view that children are fortune that has been arranged by God and should not be rejected.

Nevertheless, due to the advanced developments, basic needs such as clothing and food are increasingly expensive, let alone education which also requires a lot of money to buy books and other necessities. Not infrequently the family finally decides not to send their children to school because they have no money and instead employ their children. Not to mention the reduction in green land used for community settlements

is also one result of the explosion in population growth. Based on these facts, it can be concluded that population growth is one of the roots of social problems occurring today.

Recently, the community in East Java Province has begun to realize the importance of Family Planning because of several factors, one of which is the family economy. However, in fact, the process of familiarization of Family Planning, which is expected to encourage the community both men and women to participate, cannot be achieved due to the community's understanding that Family Planning is only for women. At the beginning of the development of Family Planning, the government targeted the participation of Family Planning to be followed by women because basically in terms of reproduction, it was women who would be pregnant. Consequently, an assumption was built on the community that Family Planning acceptors were only for women. This eventually resulted in the strengthening of stereotypes in the community. As a result, the men felt that they had no meaningful involvement in the issue of contraceptive use. As time has progressed, the views on Family Planning programs have gradually begun to change and are acceptable. This can be seen in Batu City where the community has started to be active in participating in the Family Planning program. In general, the people of Batu City have realized the importance of Family Planning utilization. This is also evidenced by the large number of couples of childbearing age (CAC) who have followed counseling and participated in Family Planning programs through counseling from the health department or independently.

In addition, according to the informants, they also assumed that the aims of using contraception were to prevent pregnancy and regulate birth spacing which was supported by the data table of active family planning participants in Table I.2. In Table I.2, which is based on data from the Batu City Health Office, there are 25,093 active Family Planning participants either privately or independently or from assistance of the government programs.

The people in East Java Province have realized how important the Family Planning program is to them. This is supported by an increase in the number of active Family Planning users captured by the data. The most widely used contraception in Batu City is injection, a non-MKJP (Long-Term Contraception Method) Family Planning program, which is as many as 2240 acceptors. In fact, Batu is one of the cities that has a modern minded community with a broad view of Family Planning. This public understanding is due to government support who mobilizes agencies that are competent in the Family Planning program. In this case, DP3A2KB is responsible for carrying out the Family Planning program as a form of assistance to the community through a cadre called

TABLE 1: Data of Active Family Planning Participants in 2018

NO	CONTRACEPTION TYPE	HEALTH SERVICE CLINICS (PUSKESMAS)					TOTAL
		BATU	BEJI	BUMIAJI	JUNREJO	SISIR	
1	IUD	177	282	732	249	780	2220
2	VASECTOMY	8	10	38	8	0	64
3	MOW	72	160	141	98	189	660
4	IMPLANT	366	185	1505	402	367	2825
5	INJECTION	4485	2750	4250	1312	3633	16630
6	PIL	795	354	557	184	350	2240
7	CONDOM	107	14	179	51	103	454
	TOTAL	6010	3755	7402	2304	5622	25093

Source: Primary Data, Batu City Health Office 2019

PLKB for sub-district level and PPKBD for the village level. Although now the community is aware of the importance of the Family Planning program and many have done it independently, there are several other problems due to the incompatibility of Family Planning used, namely hypertension, problems of women such as delay or excessive menstrual periods, hearing loss, obesity or black spots on the face, all of which are caused by hormones in women. Accordingly, as a solution to these problems, it is necessary to have an involvement of men in the implementation of Family Planning programs through the use of contraception which is currently developing, namely Vasectomy.

This contraception is intended only for families who no longer wish to have children since it is a MKJP (Long-Term Contraception Method) program. In its practice, the presence of vasectomy contraceptions used by men raises myths that develop in society such as it can reduce stamina which can affect men’s performance when working and they equalize vasectomy with castration so as to affect men’s interest in using this contraception. Nonetheless, the participation of men as Family Planning acceptors in Batu City and Malang City dispells these myths. Based on the observation, the male participants had acknowledged that the use of vasectomy was based more on their awareness about reproductive health, in addition to the existing curiosity and the existence of rewards given by the government for men who become acceptors of Family Planning using the vasectomy method. As Family Planning acceptors, CACs in Batu City and Malang City put more emphasis on the comfort and long-term interests of each contraception as stated in counseling conducted by PLKB.

Based on the explanation from the informants, the main reason to finally decided to use vasectomy was because they felt compassion for their wives. This was because

their wives had conceived and delivered with extreme pain and then their wives used a contraception resulting in all kinds of side effects due to hormonal issues. From these various problems and considerations, the informants decided to use vasectomy. Therefore, it was not only women who continued to bear the burden and illness due to Family Planning coupled with the desire to not have more children, thus strengthening the choice of family decisions to use vasectomy. Based on table I.2, it can be seen that the number of vasectomy users in Batu City is 64 acceptors. Up to now, vasectomy acceptors continue to increase every month in each district such as Bumiaji which is the district with the most CACs. Based on the data of CAC status records in March 2019 in Bumiaji, Batu, there were 74 vasectomy acceptors (Data on CAC Status Notes, Contraception and Family Planning Implementation from PLKB). Furthermore, in Batu District in April 2019, there were 36 vasectomy acceptors and Junrejo District, Batu in the same month had 46 vasectomy acceptors. Even though most vasectomy acceptors use "safari" programs or assistance from the government, the growing awareness about vasectomy comes from themselves. This means that PLKB only helps provide facilities and further knowledge about vasectomy.

The informants also explained that even though they had realized the importance of Family Planning for their families, they needed time to find out in advance about Vasectomy. This was because vasectomy methods was still a new matter for the community coupled with many myths regarded vasectomy as same as castration so that men became doubtful in implementing it. The informants usually looked for information on the internet and through the PLKB. Moreover, they also needed information about vasectomy directly from those who had used it. In fact, the PLKB officers had also used vasectomy, thus they could help in conducting socialization. Accordingly, the myths about vasectomy that existed in society could be broken and turned into true knowledge.

In Batu city, with the increase in vasectomy acceptors every month and as an initial initiative for sustainability in the Family Planning program, PLKB formed a group in social media, which started from Whatsapp group to bring together and gather vasectomy acceptors in Batu City, then they formed a community called "Roso". The meaning of vasectomy acceptor group name is that even though they use vasectomy, they are still strong and vasectomy does not eliminate the sense of identity as a male that is analogous as mighty and masculine biologically. The expectation of this group was as a place to share information about vasectomy contraceptive methods and establish work programs in the community that helped PLKB in promoting Family Planning programs in the wider community. However, in fact, this group did not run well and was less active so

there were only few active members who participated in the PLKB program to explain about vasectomy to the community. According to the Bumiaji PLKB coordinator, this was because the Batu community had become an independent city community, hence, it was difficult to ask them to be involved in carrying out this activity.

Changes in understanding which happen in the midst of society are supported by scientific evidence stated that the myth is not valid. In fact, vasectomy is not a castration but a blockage in the sperm channel, thus men can still ejaculate without ejecting the sperm. The positive impact of this is that sperm will be reabsorbed by the body and turned into stamina. In addition, in terms of psychology, it will eliminate the men's fear that in the process of coitus they will produce offspring. This scientific evidence can open a new understanding for men who are hesitant to use vasectomy, which is also supported by assistance from PLKB, namely PLKB forms a group of active vasectomy participants as a means for communication regarding post-vasectomy installation. Moreover, with this group, active participants of vasectomy are also expected to be able to help PLKB in introducing the program to other fertile couples to start using vasectomy.

4. Conclusion

The patriarchal culture that is still inherent in society forms an understanding on health promotion if contraception is only used by women. As time goes by, institutions in Batu, Indonesia such as DP3A2KB, PLKB or PPKBD begin to provide an understanding about contraception that is used not only for women but also men. The implementation of Family Planning can also be incompatible with the targeted achievements because of the discrepancy between the acceptor and the contraception used. Accordingly, contraception for men named Vasectomy emerges. This vasectomy also has obstacles in its initial recognition due to the developing stereotypes, namely the community thinks that vasectomy is the same as a castration; then by doing vasectomy, the stamina will be reduced and so forth. Consequently, from the health promotion shows that the role of the PLKB here is quite important in order to change the myths regarding contraception in the community. This is realized by providing counseling on safari activities and directing active participants of vasectomy to convince friends, relatives, neighbors who intend to use vasectomy but are still hesitant. Transformation that continues to develop, as marked by the emergence of contraception for men namely vasectomy, shows that not only women who have an important role in this program but also men. Moreover, the PLKB also plays a role in supporting the reconstruction taking place in it.

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