

**FAKULTAS ILMU KESEHATAN
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TASIKMALAYA
PROGRAM STUDI KESEHATAN MASYARAKAT
PEMINATAN PROMOSI KESEHATAN
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ABSTRAK

ROFIATUN AMALINA

PENGARUH PENDIDIKAN KESEHATAN MENGGUNAKAN MEDIA BUKU SAKU TERHADAP PENGETAHUAN WANITA PASANGAN USIA SUBUR (PUS) MENGENAI METODE KONTRASEPSI JANGKA PANJANG (MKJP) (Studi pada Wanita Pasangan Usia Subur di Kelurahan Mugarsari Kecamatan Tamansari Kota Tasikmalaya Tahun 2023)

Latar Belakang: Pelayanan Keluarga Berencana (KB) merupakan salah satu strategi untuk mendukung penurunan Angka Kematian Ibu (AKI) khususnya dalam pencegahan Empat Terlalu (4T) melalui pengaturan waktu, jumlah, dan jarak kehamilan serta pencegahan kemungkinan terjadinya komplikasi yang membahayakan ibu atau janin selama kehamilan, persalinan dan nifas. MKJP dinilai lebih efektif dan efisien. Berdasarkan data Dinas PPKBP3A Kota Tasikmalaya pengguna MKJP hanya 26,6% sedangkan non MKJP 73,4%. Penggunaan MKJP di Kecamatan Tamansari masih rendah dan pengguna terendah yaitu di Kelurahan Mugarsari. **Tujuan:** Mengetahui pengaruh pendidikan kesehatan menggunakan media buku saku terhadap pengetahuan wanita PUS mengenai MKJP. **Metode:** Pra eksperimen dengan pendekatan *one group pretest posttest*. Populasi dalam penelitian ini adalah wanita PUS akseptor KB aktif pengguna non MKJP di Kelurahan Mugarsari. Besar sampel untuk intervensi yaitu 67 orang menggunakan teknik *quota sampling*. **Hasil:** Hasil uji *t dependent* diperoleh *p value* 0,000 yang mana $\leq 0,05$, artinya terdapat perbedaan nilai *pretest* dan *posttest* responden antara sebelum dan sesudah diberikan intervensi. **Simpulan:** Terdapat pengaruh pendidikan kesehatan menggunakan media buku saku terhadap pengetahuan wanita Pasangan Usia Subur (PUS) mengenai Metode Kontrasepsi Jangka Panjang (MKJP). **Saran:** Penggunaan media buku saku MKJP dapat diberikan pada saat melakukan penyuluhan, Komunikasi, Informasi dan Edukasi (KIE), maupun konseling khususnya kepada wanita PUS.

Kata Kunci : MKJP, pendidikan kesehatan, buku saku, pengetahuan, wanita PUS

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SILIWANGI UNIVERSITY
TASIKMALAYA
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ABSTRACT

ROFIATUN AMALINA

**THE EFFECT OF HEALTH EDUCATION USING POCKET BOOKS
MEDIA ON THE KNOWLEDGE OF WOMEN OF CHILDBEARING AGE
COUPLES REGARDING LONG-TERM CONTRACEPTIVE METHODS
(Study on Women of Childbearing Age Couples in Mugarsari Village,
Tamansari District, Tasikmalaya City, 2023)**

Background: Family Planning (KB) services are one strategy to support the reduction of Maternal Mortality Rate (MMR), especially in preventing Four Too (4T) through managing the time, number and spacing of pregnancies as well as preventing the possibility of complications that endanger the mother or fetus during pregnancy, childbirth and postpartum. Long-term contraceptive methods are considered more effective and efficient. Based on data from the Tasikmalaya City PPKBP3A Service, only 26.6% of long-term contraceptive methods are used, while 73.4% of non-long-term contraceptive methods are used. The use of long-term contraceptive methods in Tamansari District is still low and the lowest users are in Mugarsari Village. **Objective:** To determine the effect of health education using pocket book media on the knowledge of women of childbearing age couples regarding long-term contraceptive methods. **Method:** Pre-experiment with a one group pretest posttest approach. The population in this study were women of childbearing age couples who were active family planning acceptors who used non-long-term contraceptive methods in Mugarsari Village. The sample size for the intervention was 67 people using quota sampling techniques. **Results:** The results of the dependent t test obtained a p value of 0.000 which was ≤ 0.05 , meaning that there was a difference in the respondents' pretest and posttest scores between before and after being given the intervention. **Conclusion:** There is an effect of health education using pocket book media on the knowledge of women of childbearing age couples regarding Long-term contraceptive methods. **Suggestion:** The use of pocket book media as a long-term contraceptive method can be given during counseling, Communication, Information and Education, as well as counseling, especially to women of childbearing age couples.

Keywords : long-term contraceptive methods, health education, pocket book, knowledge, women of childbearing age couples