

Faktor-Faktor yang Berhubungan dengan Penggunaan Metode Kontrasepsi Jangka Panjang (MKJP) pada Wanita dari Pasangan Usia Subur (PUS) di Desa Bucu, Kabupaten Jepara Tahun 2026

Sari, Sinta Paramita

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Abstrak

Penggunaan Metode Kontrasepsi Jangka Panjang (MKJP) penting dalam program Keluarga Berencana karena efektif, dapat digunakan dalam jangka waktu lama, dan tidak bergantung pada kepatuhan harian pengguna. Di Desa Bucu, penggunaan kontrasepsi masih didominasi metode non-MKJP meskipun cakupan peserta KB aktif tergolong tinggi. Penelitian ini bertujuan mengetahui faktor-faktor yang berhubungan dengan penggunaan MKJP pada wanita dari Pasangan Usia Subur (PUS) di Desa Bucu, Kabupaten Jepara tahun 2026. Penelitian ini menggunakan metode kuantitatif dengan desain cross-sectional pada 120 responden yang dipilih melalui simple random sampling. Data dikumpulkan melalui pengisian kuesioner secara mandiri menggunakan kuesioner yang sudah diujicoba dan dianalisis dengan uji chi-square serta Fisher's exact test. Hasil penelitian menunjukkan bahwa 72,5% responden tidak menggunakan MKJP. Faktor yang berhubungan signifikan dengan penggunaan MKJP adalah pendidikan ($p = 0,006$; OR = 4,969; 95 CI% = 1,702-14,507), jumlah anak hidup ($p = 0,003$; OR = 6,640; 95 CI% = 1,845-23,901), pengetahuan ($p = 0,002$; OR = 3,953; 95 CI% = 1,671-9,350), akses layanan kesehatan ($p = 0,046$; OR = 2,743; 95 CI% = 1,114-6,756), paparan informasi ($p = 0,018$; OR = 3,703; 95 CI% = 1,288-10,649), dan dukungan pasangan ($p = 0,048$; OR = 2,478; 95 CI% = 1,084-5,672). Usia, pekerjaan, pendapatan, sikap, dan dukungan tenaga kesehatan tidak berhubungan dengan penggunaan MKJP. Atas dasar tersebut, perlu dilakukan peningkatan edukasi mengenai MKJP, perluasan paparan informasi melalui kegiatan masyarakat dan media komunikasi desa, peningkatan akses pelayanan KB, serta pelibatan pasangan dalam konseling KB untuk mendorong penggunaan MKJP pada wanita dari PUS di Desa Bucu.

Kata Kunci: Pasangan Usia Subur, Metode Kontrasepsi Jangka Panjang, Keluarga Berencana.

The use of Long-Acting Contraceptive Methods (LACMs) is important in Family Planning programs because they are effective, can be used for a long period, and do not depend on users' daily adherence. In Bucu Village, contraceptive use is still dominated by non-LACM methods, although the coverage of active family planning participants is relatively high. This study aims to identify factors associated with the use of LACMs among women of reproductive-age couples in Bucu Village, Jepara Regency, in 2026. This study used a quantitative method with a cross-sectional design involving 120 respondents selected through simple random sampling. Data were collected through self-administered questionnaires using a questionnaire that had been pilot tested, and were analyzed using the chi-square test and Fisher's exact test. The results showed that 72.5% of respondents did not use LACMs. Factors significantly associated with LACM use were education ($p = 0.006$; OR = 4.969; 95% CI = 1.702-14.507), number of living children ($p = 0.003$; OR = 6.640; 95% CI = 1.845-23.901), knowledge ($p = 0.002$; OR = 3.953; 95% CI = 1.671-9.350), access to health services ($p = 0.046$; OR = 2.743; 95% CI = 1.114-6.756), exposure to information ($p = 0.018$; OR = 3.703; 95% CI = 1.288-10.649), and partner support ($p = 0.048$; OR = 2.478; 95% CI = 1.084-5.672). Age, occupation, income, attitude, and health worker support were not significantly associated with LACM use.

Based on these findings, efforts are needed to improve education regarding LACMs, expand exposure to information through community activities and village communication media, improve access to family planning services, and involve partners in family planning counseling to encourage LACM use among women of reproductive-age couples in Bucu Village. <br

<p>Keywords: Couples of Reproductive Age, Long-Acting Contraceptive Methods, Family Planning.</p></div>