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Pengembangan Layanan Edukasi Dalam Meningkatkan Minat Ibu Untuk Menggunakan Metode Kontrasepsi Jangka Panjang (MKJP) Di Wilayah Kerja UPTD Puskesmas Antutan

Abstrak

Latar Belakang: Rendahnya penggunaan metode kontrasepsi jangka panjang (MKJP) di masyarakat menjadi tantangan dalam pencapaian program Keluarga Berencana (KB) nasional. Kurangnya pemahaman ibu, minimnya dukungan suami, serta pendekatan komunikasi yang belum efektif sering kali menjadi faktor penghambat. Inovasi edukasi berbasis media visual dan komunikasi interpersonal diharapkan mampu meningkatkan pemahaman dan minat ibu serta dukungan pasangan dalam memilih MKJP.

Metode Penelitian: Kegiatan ini merupakan pengabdian masyarakat dengan pendekatan deskriptif kuantitatif melalui metode edukasi dan konseling. Intervensi dilakukan dalam bentuk penayangan video animasi edukatif, pelibatan suami dalam sesi konsultasi, dan pelaksanaan konseling interpersonal privat antara petugas dan pasangan. Data diperoleh dari observasi, wawancara, serta rekapan jumlah akseptor MKJP sebelum dan sesudah intervensi selama periode April-Juni 2025.

Hasil Penelitian: Hasil menunjukkan adanya peningkatan jumlah akseptor MKJP dari 94 orang pada akhir Maret menjadi 112 orang pada akhir Juni 2025, atau naik sebanyak 18 orang (19,15%) setelah intervensi. Media video animasi terbukti efektif meningkatkan pemahaman ibu melalui penyampaian informasi yang sederhana, menarik, dan persuasif. Pelibatan suami dalam sesi konseling menciptakan diskusi dua arah yang memperkuat dukungan emosional dan keputusan bersama. Konseling interpersonal privat memberikan ruang yang nyaman dan interaktif, sehingga pasangan lebih memahami manfaat dan prosedur MKJP secara menyeluruh.

Kesimpulan: Inovasi berupa media visual, pelibatan suami, dan pendekatan konseling privat terbukti efektif dalam meningkatkan pemahaman, minat, dan dukungan terhadap penggunaan MKJP. Strategi ini dapat direplikasi di wilayah lain sebagai pendekatan edukatif yang humanis dan berbasis kebutuhan pasangan.

Kata kunci: *Edukasi Kesehatan, Kontrasepsi Jangka Panjang, Dukungan Suami, Video Animasi, Konseling Interpersonal*

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Development of Educational Services to Increase Mothers' Interest in Using Long-Term Contraceptive Methods (MKJP) in the Working Area of UPTD Antutan Public Health Center

Abstract

Background: The low adoption rate of long-term contraceptive methods (MKJP) in the community remains a challenge in achieving the goals of the national Family Planning (FP) program. A lack of understanding among mothers, limited spousal support, and ineffective communication approaches are often contributing barriers. Educational innovations using visual media and interpersonal communication are expected to enhance mothers' understanding, interest, and partner support in choosing MKJP.

Research Method: This community service activity applied a quantitative descriptive approach through educational and counseling methods. The intervention included the screening of educational animated videos, involving husbands in consultation sessions, and conducting private interpersonal counseling between health workers and couples. Data were collected through observation, interviews, and a recap of MKJP acceptor numbers before and after the intervention during the April–June 2025 period.

Research Results: Results showed an increase in MKJP acceptors from 94 in late March to 112 by the end of June 2025, reflecting an increase of 18 individuals (19.15%) following the intervention. The animated video media proved effective in enhancing mothers' understanding through simple, engaging, and persuasive delivery. Involving husbands in counseling sessions fostered two-way discussions, strengthening emotional support and joint decision-making. Private interpersonal counseling provided a comfortable and interactive space, allowing couples to better understand the benefits and procedures of MKJP.

Conclusion: Innovations such as visual media, spousal involvement, and private counseling approaches have proven effective in increasing understanding, interest, and support for the use of MKJP. This strategy can be replicated in other areas as a human-centered and needs-based educational approach.

Keywords: *Health Education, Long-Term Contraceptive Method, Husband Support, Animated Video, Interpersonal Counseling*