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Education and Services on Long-Term Contraceptive Methods in Taba Baru Village, Lubuklinggau Utara I Subdistrict

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Abstract. Family Planning (KB) is a strategic program in an effort to reduce birth rates and improve the quality of family life. One effective method is the Long-Term Contraceptive Method (MKJP), which includes IUD, implant, MOW, and MOP. In Lubuklinggau City, South Sumatra Province, the Percentage of MKJP KB Use is only 32%, especially in the Taba Baru Village area, only 10 people use MKJP KB from the target of 310 PUS. The Thematic Real Work Lecture Program (KKN-T) of Dehasen University Bengkulu in 2025 focuses on promotional efforts through an educational approach, namely with the MKJP KB Counseling method, distribution of leaflets and Digital education and Free KB Services. This activity is carried out through collaboration with village officials, the Lubuklinggau Utara I District KB Center and the local community. This study aims to evaluate the impact of free MKJP KB education and services on increasing awareness and participation of acceptors in Taba Baru Village. Activities are carried out through an educational approach and direct services. The results show an increase in public knowledge and interest in MKJP. Education has been proven to be effective as a promotional strategy in forming positive attitudes and increasing acceptor participation. Cross-sector collaboration and ongoing education are essential to support efforts to increase public awareness and participation in the use of MKJP KB.

Keywords: *Education, Contraceptive Methods Long-Term (MKJP), Services*

INTRODUCTION

Population growth is one of the emerging global problems. A large population without adequate quality will have a negative impact. One of the government's efforts to overcome the problem of population growth is the Family Planning (KB) program. One of the KB programs that can be chosen is the use of long-term contraceptive methods (MKJP) (Triyanto, 2019). The recommended contraceptive method is the long-term contraceptive method (MKJP). The long-term contraceptive method (MKJP) is a contraceptive method that aims to prevent pregnancy for a long period of time (Andini et al., 2023). Long-term contraceptive methods have a low failure rate, are safer and cheaper than short-term contraceptives, and can prevent pregnancy for more than one year with one intervention, without the need for repeated procedures. Women who are only occasionally sexually active and want to delay pregnancy for several months or years prefer short-term methods, which they can start and stop themselves, rather than intrauterine contraception or implants, which require a visit to a service provider to obtain and remove the device, or permanent methods such as sterilization. Experience or awareness of side effects and discomfort associated with the use of a contraceptive method, as well as its effectiveness in preventing pregnancy, play a role in the choice of method used (Anggriani et al., 2024). In 2022, the global prevalence of contraception by any method is estimated to be 65% and modern methods by 58.7% in married women. Between 2000 and 2020, the number of

women using modern contraceptive methods increased from 663 million to 851 million. It is estimated that there will be an additional 70 million women by 2030 (WHO, 2023). According to data from the 2017 Indonesian Demographic and Health Survey (SDKI), the trend in the use of contraceptives or family planning methods is indeed dominated by injectable contraception (32%) followed by pills (14%), IUDs (4%) and Implants (3%) (BKKBN, 2022) It is estimated that by 2030, the maternal mortality ratio in the world will fall to less than 70 percent per 100,000 live births; ensuring universal access to sexual and reproductive health services, including family planning information and education; and integration of reproductive health into national strategies and programs (Mishell, 2018).

At the regional level, MKJP KB in Lubuklinggau City, South Sumatra Province, is a serious concern. In 2024, the DPPKB of Lubuklinggau City recorded the percentage of MKJP KB use of 32%. In Lubuklinggau Utara I District, especially in Taba Baru Village, in 2024, the use of MKJP KB was recorded at only 10 people out of the target of 310 Fertile Age Couples (PUS). This is due to various factors, one of which is the lack of public knowledge about MKJP KB, the existence of myths about the use of MKJP KB. Thus, there needs to be educational efforts and direct service provision to increase public awareness and participation in the MKJP KB program. This activity aims to assess the effectiveness of education and free services on increasing the number of MKJP acceptors in Taba Baru Village. (Puskesmas Petanang, 2024)

RESEARCH METHODS

This KKN-T program uses a lecture and question and answer counseling method with leaflet media. Partners in this program are the Lubuklinggau Utara I District KB Center and Taba Baru Village residents consisting of RT 1 to RT 9, Lubuklinggau Utara I District, Lubuklinggau City, South Sumatra Province. Which was held on Thursday, June 5, 2025. Which involved around 13 KKN students from Dehasen University of Bengkulu, Lubuklinggau Utara I District KB Center Officers and all Village officials in this activity. This activity began with cross-sectoral coordination between the village and the KB Center. Counseling activities were carried out starting from providing material on MKJP KB, the importance of using KB to space pregnancies, and Free KB Services. The KKN Team collaborated with Village Officials, KB Cadres to appeal to the Community, especially Fertile Couples, to take part in Free KB services. The KKN Team also created an Education leaflet media regarding Recognizing and choosing the Long-Term Contraceptive Method (MKJP). Data collection techniques were carried out through direct observation, pre- and post-counseling questionnaires, short interviews with participants, and documentation of activities to assess changes in knowledge and interest in MKJP.

RESULTS AND DISCUSSION

Table 1 Questionnaire Results before counseling

| Knowledge Category | Before Counseling |
|---------------------------|--------------------------|
| Not enough | 20 people (66.7%) |
| Enough | 10 people (33.3%) |
| Good | 0 people (0%) |
| Total | 30 People (100%) |

From the table above, it can be seen that out of 30 participants before the counseling, 20 people had insufficient knowledge and 10 people had sufficient knowledge.

| Table 2 Questionnaire Results after counseling | |
|---|-------------------------|
| Knowledge Category | After Counseling |
| Not enough | 0 people (0%) |
| Enough | 7 people (23.3%) |
| Good | 23 people (76.7%) |
| Total | 30 People (100%) |

From the table above, it can be seen that out of 30 participants after the counseling, 7 people had sufficient knowledge and 23 people had good knowledge. This activity shows that education-based interventions are very effective in increasing public awareness of long-term contraceptive methods (LMPs). The counseling carried out in a way direct with method lectures , discussions and distribution of leaflets provide impact positive in improvement understanding public regarding KB, in particular method contraception Long - term Contraceptive Methods (MKJP). The pre-counseling questionnaire showed that there were 20 people with sufficient knowledge and 10 people with insufficient knowledge. This is in accordance with the results of Lizia Palentari's study on the effect of counseling on long-term contraceptive methods (MKJP) on knowledge and attitudes in women of childbearing age in the Batu Brak Health Center work area, West Lampung in 2021. Then, after being given counseling, out of 30 participants, after counseling, 7 people had sufficient knowledge and 23 people had good knowledge. This is in accordance with the results of Dewi Fransisca's study, Melia Pebrina on the effect of IEC on the level of knowledge of fertile couples in the use of long-term contraceptives in 2019. The existence of service method contraception Long term (MKJP) becomes Power pull alone for society . Obstacles previous financial become reason main No use contraception term long can overcome . Participation acceptor new in service This show that activity education effective in change attitude become action real . Of the 30 participants who attended counseling , 15 people willing direct use method contraception Long term (MKJP), shows level enough conversion tall .



Figure 1 Photo Together Community and KKN Students in Taba Baru Subdistrict Health Center



Figure. 2 Counseling KB MKJP in Taba Baru Subdistrict



Figure. 3 Health Observation before KB installation

Completion Problem

1. Counseling on Long-Term Contraceptive Methods (LCM)

Counseling about Long-term Contraceptive Methods (LCM) for fertile couples was conducted in Taba Baru Village. The community participated in the LCM KB counseling activities from the beginning of the activity until the activity was finished, then the community also participated in following a series of activities, namely a question and answer session given by Midwifery Faculty Students, Dehasen University, Bengkulu to the community and gave appreciation to those who answered . In this activity, the community participated in this counseling activity very enthusiastically from the beginning of the activity until the end and it is hoped that this LCM KB counseling activity can be beneficial

for the community. Counseling about LCM KB (long-term contraceptive methods) has an important role in reducing the number of unwanted pregnancies. Unwanted pregnancies can have negative impacts such as the risk of physical and mental damage, economic and social problems, and psychological impacts on the mother. As a result, parenting patterns in children can interfere with the growth and development of children.

2. Distribution Leaflets

Several studies have shown that leaflets are effective media in increasing public understanding of long-term contraceptive methods (LMPs), including the types of LMPs and the effectiveness of LMPs. Studies in Indonesia have shown that distributing leaflets accompanied by counseling can significantly increase public knowledge. Because they are easy to distribute and low-cost, leaflets are suitable for use in areas with limited internet access. Visual support in the form of images or illustrations greatly helps groups with low literacy levels in understanding the contents of the information. In addition to being cost-efficient, leaflets can also strengthen other educational activities such as health campaigns, direct counseling, and community activities. However, its success can decrease if the public is reluctant to read or does not understand the contents of the leaflet, so integration with other educational methods is needed. Continuous evaluation of the design and content of leaflets, such as the use of easily understood language and an attractive appearance, is very important to increase the effectiveness and reach of health messages related to LMPs.

3. Long-Term Contraceptive Method (LTMCM) Services

The implementation of counseling on Family Planning (KB), especially long-term contraceptive methods (MKJP), showed a positive impact on increasing public understanding and awareness, especially fertile couples in Taba Baru Village. Counseling that was carried out directly and communicatively provided a space for interaction between health workers and participants, so that various myths and concerns related to the use of contraceptives could be corrected. After the counseling, there was an increase in public interest in utilizing the provided KB services. This can be seen from the number of participants who registered and participated in the MKJP KB program which increased compared to before the activity took place. KB services are a special attraction because they are able to overcome financial barriers which were previously one of the reasons for low participation. This success is also inseparable from the approach used, such as the use of visual media during counseling, the use of easy-to-understand language, and the delivery of testimonials from successful KB acceptors. This approach builds public trust in the program offered.

CONCLUSION

The collaboration of the UNIVED 2025 KKN Team with the Taba Baru Village Government in increasing the achievement of MKJP KB using education strategies and KB services has proven the effectiveness of an integrated approach in increasing the participation of Long-Term Contraceptive Method (MKJP) acceptors. Education and service activities of Long-Term Contraceptive Method (MKJP) in Taba Baru Village have proven effective in increasing knowledge, positive attitudes, and participation of fertile couples in the Long-Term Contraceptive Method (MKJP) family planning program. Clear education and easily accessible services are the main keys to the success of this activity.

This approach increases public awareness of the benefits of using Long-Term Contraceptive Methods (MKJP) and builds positive behavioral changes to actively participate in becoming acceptors of Long-Term Contraceptive Methods (MKJP) users. The result, the increase in the achievement of Long-Term Contraceptive Method (MKJP), shows the importance of cross-sector cooperation in achieving better public health. These steps are

expected to be a model for other Sub-districts to increase the use of Long-Term Contraceptive Method (MKJP) through education and family planning services.

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