

Improving Knowledge and Attitudes of Women of Childbearing Age (Wus) in Using Mkjp at the Uptd Petung Penajam Paser Utara Health Center

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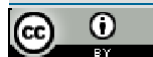
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ABSTRAK

Long-Acting Reversible Contraception (LARC) represents a contraceptive method designed to provide effective pregnancy prevention for an extended period, typically exceeding two years. Therefore, educational interventions are considered essential to improve community understanding and encourage the adoption of long-acting contraceptive methods. The findings indicated that prior to the educational intervention, approximately 17.6% of participants had limited understanding of long-acting contraceptive methods. Following the health education sessions and post-test evaluation, the proportion of participants who lacked knowledge about these methods decreased significantly to around 0.59%. These results suggest that health education through counseling can effectively improve community knowledge regarding long-acting contraceptive methods. Based on these findings, continued support from local government institutions, particularly PPU and the Petung Community Health Center (UPTD Puskesmas Petung), is recommended to strengthen reproductive health education programs. Such initiatives are expected to increase public awareness and promote the utilization of long-acting contraceptive methods as part of efforts to support sustainable family planning programs.

INTRODUCTION

Reducing maternal mortality can be achieved by strengthening the implementation of the pillars in the *safe motherhood program*. The first pillar that is the basis of the program is contraceptive services and the implementation of family planning programs. The use of contraception has an important role in ensuring the fulfillment of reproductive health rights, supporting the planning of the number and distance of child births, and reducing the risk of unplanned pregnancies (Ministry of Health of the Republic of Indonesia 2021).

The high birth rate in Indonesia is inseparable from a number of factors, including the implementation of the family planning (KB) program. To overcome this, various strategies have been designed and implemented to strengthen the implementation of the family planning program. One of the focuses of the strategy is to increase the use of long-term contraceptive methods (MKJP) (Safitri 2021).

The Long-Term Contraceptive Method (MKJP) is one of the contraceptive efforts developed by the government because it has a high level of effectiveness in family planning programs. However, the rate of its utilization in the community is still lower than other contraceptive methods. Meanwhile, short-term contraceptives are methods used for a period of less than three years. The advantage of this method is that it can be stopped at any time by the user without the need for a surgical procedure (Yuliarti et al., 2020).

The low utilization of long-term contraceptive methods is influenced by various interrelated factors. One of the main factors is the limited knowledge of family planning participants regarding the benefits and advantages of long-term contraceptive methods compared to other methods. In addition, the quality of family planning services also affects the level of use of these methods, which includes the availability of contraceptives, the existence of trained health workers, and the technical competence of medical officers in providing services. Another factor that is no less important is the relatively higher cost of long-term contraceptive methods than short-term contraceptive methods. In addition, support from partners, especially husbands, is also an important aspect that can influence women's decisions in choosing and using long-term contraceptive methods (Safitri 2021)

Based on data from the 2024 SIGA **national Family Planning program report**, the average contraceptive services provided every month show variations between types of methods. Contraceptive services were recorded including the use of IUDs in 2 cases, implants in 10 cases, injections in 10 cases, and pills in 5 cases every month. The data shows that the use of long-term contraceptive methods is still relatively low compared to other methods.

This is in line with data in the 2019 Health Profile of the Republic of Indonesia which shows that the majority of active family planning participants prefer injectable contraceptive methods and pills as the main choice, with a proportion of more than 80%.

Meanwhile, the use of long-term contraceptive methods such as Intrauterine Devices (IUDs) and implants is still relatively lower. Injectable and pill contraceptive methods are included in the group of short-term contraceptives that have a relatively short period of use and have a lower level of effectiveness compared to long-term contraceptive methods, such as IUDs and implants, which are known to have high effectiveness in preventing pregnancy (Ministry of Health of the Republic of Indonesia, 2019).

Data reported by the World Health Organization (WHO) shows an increase in the number of couples of childbearing age who use contraception in recent years. In 2018, around 46.7 million couples of childbearing age (15.2%) used contraceptive methods. This number increased in 2019 to around 51.2 million couples (17.9%), and is expected to increase again in 2020 to reach around 54.7 million couples (19.6%) as reported by the National Population and Family Planning Agency (BKKBN).

Meanwhile, the results of the 2020 Indonesian Demographic and Health Survey (SDKI) show that the prevalence rate of contraceptive use in couples of childbearing age (PUS) reached 61.9%. Based on the type of method used, injectable contraceptives are the most dominant choice with a proportion of around 27.9%, followed by pill methods at 14.2%, and the use of other contraceptives at around 7.2%. The findings show that short-term contraceptive methods are still the primary choice in society compared to long-term contraceptive methods.

Based on the results of the 2018 Basic Health Research, the pattern of contraceptive use in women after childbirth shows variations between methods. The most widely used contraceptive method is three-month injection with a proportion of around 42.4%, followed by pills at 8.5%, IUD/UDDR (spiral) at 6.6%, one-month injections at 6.1%, and implants (birth control injections) at around 4.7%. Meanwhile, permanent contraceptive methods such as Female Operating Methods (MOW) were recorded at 3.1%, condom use was 1.1%, and Male Operating Methods (MOP) were around 0.2%.

The data indicate that the choice of contraception in couples of childbearing age is still dominated by **non-MKJP methods**, while the utilization of long-term contraceptive methods is relatively lower. This condition shows that there is a gap between the preference for the use of contraceptives in the community and the policy direction of the family planning program developed by the government. In its implementation, the family planning program encourages an increase in the use of Long-Term Contraceptive Methods (MKJP), such as Intrauterine Device (IUD), implants, tubectomy, and vasectomy, because these methods have a high level of effectiveness and are able to provide protection against pregnancy for a longer period of time (BKKBN, 2018).

The decision of family planning acceptors in choosing Long-Term Contraceptive Methods (MKJP) is inseparable from various behavioral factors

possessed by each individual. In the perspective of behavioral theory proposed by Lawrence W. Green, health behavior is influenced by three main groups of factors, namely predisposing factors, enabling factors, and reinforcing factors.

Predisposing factors are factors that underlie or affect a person's tendency to behave in certain ways. This factor can be seen from individual characteristics such as age, education level, knowledge, attitude, number of children (parity), and health history. Furthermore, enabling factors are factors that enable or facilitate the occurrence of a behavior. In the context of family planning programs, this factor is related to the availability of family planning service facilities and infrastructure, such as service facilities, the availability of contraceptives, and access to transportation to health services. The reinforcing factors are factors that play a role in strengthening or maintaining the behavior that has been formed. This strengthening factor can come from the social environment, such as the support of the husband and the support of health workers in providing information, motivation, and assistance related to the use of MKJP (Bina Pustaka, 2018).

Based on data obtained from the work area of the UPTD Petung Health Center, the number of women of childbearing age (WUS) in 2024 will be recorded at 170 people. Of these, there are 99 active family planning acceptors, but the use of implantable contraceptives as one of the long-term contraceptive methods is still relatively low, namely only 13 people (13.13%). In addition, the data also shows that there are 7 family planning acceptors who have dropped out of the family planning program.

On the other hand, it was also found that one case of pregnancy with high risk was found in mothers who previously did not use contraceptive methods optimally. Further data collection showed that the majority of women of childbearing age, about 85 people, expressed a rejection of the use of long-term contraceptive methods. The most frequently cited reasons include fear of using the method and lack of support from the husband in making decisions related to the choice of contraceptive method.

Based on the results of the 2018 Basic Health Research, the pattern of contraceptive use in women of childbearing age shows that the three-month injection method is the most widely used method, with a proportion of around 42.4%, followed by pills at 8.5%, IUD/CDDR (spiral) at 6.6%, one-month injections at 6.1%, and implants or birth control at 4.7%.

Meanwhile, the use of permanent contraceptive methods such as the Female Operating Method (MOW) was recorded at 3.1%, condoms at 1.1%, and the Male Operating Method (MOP) at 0.2%.

The data shows that most women of childbearing age still prefer non-MKJP contraceptive methods, while the use of Long-Term Contraceptive Methods (MKJP) is still relatively low. This condition shows that there is a gap between the use of contraceptive methods that are more in demand by the public and the government's efforts to encourage the increase in the use of MKJP as a more effective method in the long term. Based on these conditions, students of the Postgraduate Study Program in Public Health, Ngudi Waluyo University took the initiative to carry out health counseling activities regarding the use of MKJP for women of childbearing age in the working area of UPTD Petung Health Center, North Penajam Paser Regency, East Kalimantan, as an effort to increase public knowledge and awareness of the use of long-term contraceptive methods.

IMPLEMENTATION METHOD

This community service activity was carried out using the Action Research method with a participatory action program approach in the form of health education through counseling at PUS as many as 43 participants. The results of community service show that WUS knowledge at the UPTD Petung Health Center of North Penajam Paser Regency -East Kalimantan, on December 17, 2025.

DISCUSSION RESULTS

Community service activities carried out in Bahari Village through Health Education and knowledge enhancement carried out in December consisted of ± 43 people with the procedure programmed in table 1 as follows:

Table 1. Procedures for Community Service activities at the UPTD Petung Health Center, North Penajam Paser Regency

Yes	Description	Activities
1.	Title	Let's move on to the Mkip
2.	Program Partner Name	1. TPMB Chess Widayanti.S.Si.T.Bdn 2. TPMB Hermiati.S.ST.Bdn 3. TPMB Sannauly Novita Sinaga.S.Keb.Bdn Woman of Childbearing Age DKK Level I Dilli City Timor Leste City
3.	Proposing Team Leader a. Name b. NIM c. Departments/Groups d. Study Programs e. Faculty f. Areas of expertise	Chess Widayanti 261251006 -

	Office/phone/e-mail address	Postgraduate School of Public Health Health Sciences Public Health
4.	Proposing Team Members a. Number of Members b. Member's name/area of expertise Supervisor :	7 Members - Proverbs Said /Public Health - Anita/ Public Health - Widayanti Chess / Public Health - Hermiati / Public Health - Sannaully Novita Sinaga/ Public Health - M. Ikhwanus Shofa / Public Health - Alexandria da Silva / Public Health • Dr. Sigit Ambar Widyawati, S.KM., M.Kes. • Dr. Ummu Muntamah, S.Kp.,Ns., M.Kes
5.	Activity/Partner Location a. Partner Regions b. City c. Province Distance from PT to Partner Location (km)	1. TPMB Chess Widayanti.S.Si.T.Bdn 2. TPMB Hermiati.S.ST.Bdn 3. TPMB Sannaully Novita Sinaga.S.Keb.Bdn 4. Woman of Childbearing Age DKK Level 1 Dilli City Timor Leste City Penajam Paser Utara East Kalimantan
6.	Externally produced	Increasing the Knowledge & Attitude of Women of Childbearing Age Regarding the MKJP Family Planning Method (Long-Term Contraceptive Method)
7.	Implementation Period	1 day (17 December 2025, simultaneously at 2 points)
8.	Total Cost	IDR 1,500,000

This service began with remarks from the UPTD Petung Health Center of North Penajam Paser Regency who expressed the hope that activities like this would continue because it was very helpful to educate the community, the service was then continued with the delivery of material on the use of MKJP because the Pre-test had been carried out directly to each family during data collection on December 17, 2025. And ended with the giving of a post test questionnaire presented in table 2 as follows:

Table 2. The Level of Public Knowledge about the Use of MKJP at the UPTD Petung Health Center, North Penajam Paser Regency

Knowledge	Loans		Post tests	
	n	%	n	%
Understand	36	82,94	42	99,41
Don't understand	7	17,06	1	0,59
Quantity	43	100	43	100,00

Based on table 2, it shows that the knowledge of mothers and WUS about the use of MKJP before being given health counseling is 17.06% who do not understand about the use of MKJP and after counseling activities the level of knowledge of mothers and WUS who do not understand becomes 0.59%. The implementation of PKM activities is carried out by the method of lectures and questions and answers between the audience and the presenters, the material discussed is related to MKJP. The audience seemed eager to find out the information provided, and some of the audience asked questions about Community Service and conveyed work programs and activity implementation plans to the local apparatus, as well as the community so that the implementation of activities can run smoothly and efficiently and MKJP and implement it.

The evaluation of community service activities was carried out with a post-mortem questionnaire which showed an increase in public knowledge about the use of MKJP. Based on the results of the evaluation, the level of knowledge of the mother and WUS was reduced to 0.59%, which is quite good, this is proven by the mother and WUS can understand the use of long-term contraceptive methods (MKJP) as seen from the posttest results. Health promotion or counseling is a process to empower the community through activities to inform, influence and help the community to play a more active role in supporting behavior and environmental change as well as maintaining and improving health (Lauwsen & Dwiana, 2019).

Health counseling is a form of educational intervention that aims to improve people's abilities through the learning process.

Through this activity, the public—especially mothers and couples of childbearing age—can obtain better information and understanding about reproductive health issues. The increase in knowledge gained from the education process is expected to form a more positive attitude towards health practices.

Changes in aspects of knowledge and attitudes can subsequently affect individual actions or behaviors so as to encourage the formation of better health behaviors (Fitriani & Samria, 2021).

The Long-Term Contraceptive Method (MKJP) is one of the contraceptive methods promoted by the government because it is considered to have a high level of effectiveness in preventing pregnancy. However, the level of use of MKJP in the community is still relatively low when compared to other contraceptive methods. This condition shows that the use of long-term contraceptive methods is not optimal among family planning acceptors.

On the other hand, short-term contraception is a method of contraception that is used in a relatively short period of time, generally less than three years. This method has the advantage that its use can be stopped at any time by the acceptor according to the need without the need for a surgical procedure. Therefore, short-term contraceptive methods are often an option for some couples of childbearing age because they are considered more practical and easy to use (Yuliarti et al., 2020).

The low utilization of long-term contraceptive methods is influenced by various interrelated factors. One of the main factors is the limited knowledge of family planning acceptors regarding the benefits and advantages of long-term contraceptive methods compared to other methods. In addition, the quality of family planning services also plays a role in influencing decisions to use MKJP, which includes the availability of contraceptives, the existence of trained health workers, and the technical medical capabilities of officers in providing optimal services.

In addition, the cost factor is also a consideration for some people, because long-term contraceptive method services are often considered to require higher costs than short-term contraceptive methods. Another factor that is no less important is the support from partners, especially husbands, which can influence women's decisions in choosing and using long-term contraceptive methods. Therefore, these various factors need to be considered in an effort to increase the use of MKJP in the community (Safitri, 2021).

Based on the 2024 SIGA national family planning program report, the average contraceptive services provided each month show variations between types of methods. The data noted that contraceptive services for IUDs are around 2 cases per month, implants are 10 cases, injections are 10 cases, and pills are around 5 cases.

These findings show that the use of long-term contraceptive methods is still relatively lower than other contraceptive methods.

In addition, data in the 2019 Health Profile of the Republic of Indonesia also shows that most active family planning participants prefer injectable contraceptive methods and pills as the main choice, with the proportion reaching more than 80%.

Both methods fall into the category of short-term contraception. Although relatively easy to use, short-term contraceptive methods have a lower level of effectiveness compared to long-term contraceptive methods, such as Intrauterine Devices (IUDs) and implants, which are known to have a higher level of effectiveness in preventing pregnancy (Ministry of Health of the Republic of Indonesia, 2019).



Figure 1. Opening of Community Service by the Supervisor and Head of the UPTD Petung Health Center



Figure 2. Filling Attendance Attendance & Delivery of Community Service Materials



Figure 3. Listening to Community Service Materials



Figure 4. Closing of the Final Documentation Session of Community Service

CONCLUSIONS AND SUGGESTIONS

Based on the results of community service activities in the work area of UPTD Petung Health Center, North Penajam Paser Regency - East Kalimantan, it can be concluded that the counseling participants, namely the mother and WUS, understand the knowledge and attitude of the mother in using MKJP. Based on the above conclusion, we give suggestions with the hope that the government of North Penajam Paser can provide further education related to the use of long-term contraceptive methods (MKJP).

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