
ANALYSIS OF CONTRACEPTIVE USE IN WOMEN OF FERTILE AGE IN LAHAT DISTRICT, SOUTH SUMATERA

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ABSTRACT

Background: One of the efforts to improve maternal health is through contraceptive services. The objective of the study was to analyze the use of contraceptives in the work area of the Lahat Regency Health Center, South Sumatera. **Methods:** The type of research is an analytical survey research with a cross-sectional design. This research was conducted in the Simpang III Pumu Health Center Working Area, Lahat Regency, South Sumatera, from May to July 2023. The sample was 169 women of childbearing age in the Simpang III Pumu Health Center Working Area, Lahat Regency. The sampling technique was a simple random method. **Results:** The results of the study showed that as many as 35.5% of women of childbearing age had used contraception, namely the majority in the non-risk age group, working. While factors related to the use of contraception are age group, education level, knowledge, family support, and officers. **Conclusion:** The dominant factor to determine the use of contraception is family support. It is necessary to conduct a counseling program for every family, especially those who have not yet participated in family planning.

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INTRODUCTION

Population problems in Indonesia are the large population and uneven population distribution, followed by other more specific problems, namely the relatively high fertility rate and mortality rate, especially in the group of mothers and children who are vulnerable groups. The Safe Motherhood Program is one of the government's strategies in reducing MMR, which consists of 4 pillars, namely family planning, antenatal care, clean and safe delivery, and essential obstetric services. The KB program has an important role in reducing the risk of maternal death through pregnancy prevention, delaying pregnancy age, and spacing pregnancies (BKKBN, 2023). One of the maternal health efforts to improve maternal health is contraceptive services. (Kemenkes RI, 2021). According to the World Health Organization (WHO), contraceptive use has increased in many parts of the world, especially in Asia and Latin America, and is lowest in sub-Saharan Africa.

Family planning is one of the strategies to reduce maternal mortality, especially for mothers with 4T conditions, namely, too young to give birth (under 20 years old). Too frequent births. Too close birth spacing. and too old to give birth (over 35 years old). Globally, among women who want to avoid pregnancy by using modern contraceptive methods, 77% and not using contraceptive methods ranged from 9% to 12% in 2021 (Aningsih & Irawan, 2022). The prevalence of fertile-age couples (PUS) participating in family planning was 57.4% in Indonesia in 2021 (Kemenkes RI, 2022). The coverage of active KB participants reached 81.4% (an increase from 2020 of 84.2%) in South Sumatra in 2021. In Lahat Regency, the coverage of active KB participants was 82.8% of the total PUS of 73,512 people in 2021 (Dinkes Provinsi Sumsel, 2022).

Indonesia is experiencing a population growth rate of 1.49% or an increase of 4.5 million people each year. This is not in accordance with the government's program in promoting the Family Planning (KB) program (Yusita et al., 2020). The high population growth rate will cause a high burden of development related to housing, clothing and food (Purwanti, 2020). In the post-pandemic period, there was a decrease in KB participants (Witono & Parwodiwiyono, 2020). This resulted in a surge in the birth of babies or what is called Baby Booms. The impact of this baby boom can increase cases of abortion. increase the risk of maternal and child mortality. malnutrition in pregnant women and fetuses. premature babies. and lack of affection and care because the child is unwanted (Yusita et al., 2020).

Baby Booms can be prevented if Women of Childbearing Age use birth control to overcome rapid population growth. The Indonesian government introduced the Family Planning (KB) program (Anggraini et al., 2023). The decision of KB acceptors to use contraception cannot be separated from three factors, namely predisposing, enabling and reinforcing which strengthen the occurrence of behavior (Oktavianah et al., 2023). These factors are education, knowledge, husband's support, access to health facilities and health socialization. age, occupation, income, number of children, support from health workers and health facilities (Pramudya et al., 2022). The results of the study in the Onembute Health Center working area of Konawe Regency showed that there was a significant relationship between knowledge, attitude and husband's support with the use of contraceptives (Andriani, 2022).

A preliminary study at Simpang III Pumu Health Center, Lahat Regency, found that mothers' interest in using family planning is still low. Based on the results of interviews with 5 WUS mothers. two of them stated that they did not understand the importance of using family planning. Based on the above, the researcher is interested in conducting research on the analysis of the use of contraceptives in the Work Area of Simpang III PUMU Health Center, Lahat Regency. The purpose of this study was to analyze the contraceptives use in the Work Area of the Lahat Regency Health Center, South Sumatra.

METHODS

This study is an analytical survey with a cross-sectional design. This study was conducted in the Simpang III Pumu Health Center Working Area, Lahat Regency, South Sumatra, from May to July 2023. The population in this study were all fertile couples in the Simpang III Pumu Health Center Working Area, Lahat Regency, with a sample size of 169 people. The sampling technique was simple random sampling. Data were collected through interviews. using a questionnaire that had been tested for validity and reliability. Furthermore, the data were analyzed using univariate methods. bivariate chi-square test and multivariate with multiple logistic regression test.

RESULTS

The results of data processing and analysis are presented in the table below:

Table 1
Frequency Distribution of Contraceptive Use and Respondent Characteristics in the Simpang III Pumu Health Center Work Area, Lahat Regency in 2023

Variables	Jumlah	Persentase (%)
Use of Contraception		
- No	60	35.5
- Yes	109	64.5
Age Group		
- At Risk (< 20 years dan > 35 years)	37	21.9
- No Risk (> 20 years dan < 35 years)	132	78.1
Education Level		
- Low	65	38.5
- High	105	61.5
Occupation		
- No	110	65.1
- Yes		
Knowledge		
- Not Good	62	36.7
- Good	107	63.3
Parity Status		
- High Multipara (> 3)	52	30
- Low Multipara (2-3)	117	69.2
Officers support		
- Not Goot	52	30.8
- Good	117	69.2
Family Support		
- Not Good	54	32
- Good	115	68
Exposure to information		
- No	97	57.4
- Yes	72	42.6

Table 1 shows that the majority of respondents have used contraception, most of them are of a non-risk age and highly educated, and most of them have not been exposed to information.

Table 2
The Relationship Between Respondent Characteristics and the Use of Contraception in the Work Area of Simpang III Pumu Health Center, Lahat Regency in 2023 (n = 169)

Variables	Use of Contraception				Total		<i>p value</i>	OR
	No		Yes		n	%		
	n	%	n	%				
Age Group								
- At Risk (< 20 Years dan > 35 Years)	19	51.4	18	48.6	37	100	0.037	2.343
- No Risk (> 20 s.d 35 years)	41	31.1	91	68.9	132	100		
Education Level								
- Low	30	46.2	35	53.8	65	100	0.034	2.114
- High	30	28.8	74	71.2	104	100		
Occupation								
- No	18	30.5	41	69.5	59	100	0.409	0.711
- yes	42	38.2	68	61.8	110	100		

Knowledge								
- Not Good	30	48.4	32	51.6	62	100	0.013	2.406
- Good	30	28.0	77	72.0	107	100		
Parity status								
- High Multipara	12	23.1	40	76.9	52	100	0.038	0.431
- Low Multipara	48	41.0	69	59.0	117	100		
Exposure of Infomation								
- No	5	36.1	62	63.9	97	100	0.984	1.061
- Yes	25	34.7	47	65.3	72	100		
Family Support								
- Not Good	28	51.9	26	48.1	54	100	0.004	2.793
- Good	32	27.8	83	72.2	115	100		
Officers Support								
- Not Good	25	48.1	27	51.9	52	100	0.035	2.169
- Good	35	29.9	82	70.1	117	100		

Variables related to contraceptive use are age group, education level, knowledge, parity status, family support and officers support.

Table 3
Final Model of Multiple Logistic Regression

Variables	B	S.E.	Wald	Sig.	Exp(B)
Age Group	0.811	0.416	3.803	0.051	2.250
Education Level	0.855	0.369	5.350	0.021	2.350
Knowledge	0.952	0.369	6.666	0.010	2.590
Parity	-0.824	0.416	3.926	0.048	.439
Family Support	1.039	0.377	7.585	0.006	2.827
Officers Support	0.937	0.384	5.944	0.015	2.552
Constant	-5.578	1.693	10.853	0.001	0.004

Table 3 explains that after being controlled, there are several independent variables that are meaningful/significant. because the p-value is smaller than alpha, which is 0.05. namely: education, knowledge, parity, age, family support, and officer support. while age is confounding. The results of the multivariate analysis show that the family support variable is the most dominant variable because the OR value is the largest, namely 2,827.

DISCUSSION

From the research results, it was found that the majority of fertile couples have used birth control at the age of 20-35 years; statistically, age is related to the use of birth control. Age 20-35 years has a 2,343 times chance of using birth control. Age is the length of time lived or since birth. Age is very important in determining the health of the mother. The mother is said to be at high risk if the pregnant mother is under 20 years old or over 35 years old. Age is useful for anticipating the diagnosis of health problems and the actions taken (Walyani, 2017). The older a person is, the more their maturity level will be trusted than someone who is not yet mature enough. If a person's maturity is high enough, then their thinking pattern will be more mature. Mothers who are of productive age will think more rationally and maturely about the importance of having a pregnancy check-up and have a higher level of motivation in having their pregnancy checked (Walyani, 2017).

Maternal deaths that occur in pregnant women who give birth at the age of under 20 years are 2-5 times higher than maternal deaths that occur at the age of 21-35 years (Prawirohardjo, 2014). Maternal deaths increase again after the age of 35 years. Pregnancy at a young age or adolescence (under 20 years) will result in fear of pregnancy and childbirth. This is because at that age the mother may not be ready to have children and the mother's reproductive organs are not ready for pregnancy, while old age (over 35 years) will cause anxiety about pregnancy and childbirth and the mother's reproductive organs are too old to get pregnant. Age greatly determines the health status of the mother. Mothers are said to be at high risk if the pregnant mother is under 20 years old or over 35 years old (Padila, 2014). Age under 20 years is feared to have a risk of

complications that are closely related to women's reproductive health. over 35 reproduction, and cases of maternal death are higher in mothers who are pregnant at a high-risk age.

A person's age is one of the factors that influences someone to make changes in health behavior. Age affects a person's ability to understand and think (Lawrence Green, 2016). The older the age, the more the ability to understand and think. so that the knowledge gained is getting better. This is a result of experience and maturity of the soul (Notoatmodjo, 2016). Based on research conducted by Juwahir (2011), the scope of those aged 20-35 years (not resti) mostly carried out pregnancy checks according to standards (> 4 times) compared to those aged <20 or >35 years (resti) (Walyani, 2017).

This study is in line with the results of the study that obtained a p-value of 0.282, which means there is no relationship between age and contraceptive use services. Respondents who have poor behavior in using contraceptives are mostly found in the high-risk age group of 47.2%, compared to the low-risk age group of 33.9%. The best age for women to get pregnant is between 20 and 35 years because at this time the reproductive organs are ready and mature enough to conceive a fetus and give birth to a child. While women who are >35 years old. The use of contraception is very necessary to prevent pregnancy because it prevents high-risk pregnancies. Based on the research results, supporting theories, and previous research, the researcher assumes that age affects a person's ability to understand and think. The older a person is, the more their ability to understand and think will develop. so that the knowledge gained is getting better. This is a result of experience and maturity of the soul.

Statistical analysis of the relationship between education and the use of family planning in the Simpang III Pumu Health Center Work Area, Lahat Regency, in 2023 found that respondents who used family planning were 91 respondents (68.9%) who had high education. The results of the statistical test obtained a P value of 0.034, meaning that there is a relationship between education and the use of family planning in the Simpang III Pumu Health Center Work Area, Lahat Regency, in 2023. The results of the analysis also obtained an OR = 2.114, meaning that respondents with high education have a 2.114 times chance of using family planning. These results are reinforced by research conducted by Annisa Rahma in 2019, which stated that there was no significant relationship between education level factors and the choice of non-IUD contraception in female family planning acceptors aged 20-39 years. In a study conducted by Beyna Handayani, it was also stated that there was no significant relationship between education level and family planning participation. However, this is different from the research conducted by Anita, which stated that there was a significant relationship between education level and the choice of contraceptive methods.

Based on the previous studies, it can be seen that there is not always a significant relationship between education level and the use of contraceptive methods. This can be influenced by the characteristics and number of respondents from each study, which are different. In this study, one of the characteristics of respondents is based on the reason for family planning. The most common reason for using contraceptive methods is that they no longer want to have children.

Education is one of the basic human needs that is very necessary to develop oneself. The higher the level of education, the easier it is to accept and develop knowledge and technology. According to Lawrence Green (2016). The level of education is a predisposing factor for someone to behave so that educational background is a very basic factor in motivating someone towards health behavior and a person's learning reference. Mother's education The level of education greatly influences how someone acts and seeks causes and solutions in their lives. People who are highly educated will usually act more rationally. Therefore, people who are educated will be more receptive to new ideas. Likewise, mothers who are highly educated will check their pregnancies regularly in order to maintain the health of themselves and their unborn children (Walyani, 2017).

In pregnant women with low levels of education, sometimes when they do not get enough information about their health, they do not know how to carry out good pregnancy care and this also affects their pregnancy visits (Romauli. 2015). According to the results of the study, it shows that there is a significant relationship between education and the use of intrauterine contraceptives (IUDs). A person with an education will have broad and high thinking about the information obtained compared to someone with a low education (Agustina et al., 2021). Based on the results of the study. supporting theories and previous studies. the researcher's assumption that the level of education is a predisposing factor for someone to behave so that educational background is a very basic factor in motivating someone towards health behavior and a person's learning references. The mother's education level greatly influences how a person acts and seeks causes and solutions in his life.

Statistical analysis of the relationship between work and the use of family planning in the Simpang III Pumu Health Center Work Area, Lahat Regency, in 2023 found that respondents who used family planning were 68 respondents (61.8%) who worked. The results of the statistical test obtained a P value of 0.409, meaning that there is no relationship between work and the use of family planning in the Simpang III Pumu Health Center Work Area, Lahat Regency, in 2023.

Work will broaden a person's knowledge so that they get a lot of information to make it easier for someone to determine effective and efficient contraception, namely MKJP (Budiarti et al. 2017). This is in accordance with previous studies that job characteristics have no relationship to contraceptive methods (Wulandari et al., 2014; Lakew et al., 2013). Work is an activity outside the house or inside the house except for routine household work. Employment status will make it easier for someone to get health services (L. Green, 2016). A pregnant woman may do daily work as long as it does not cause discomfort. For working women. She may continue to go in until she is about to give birth. Work should not be forced so that there is sufficient rest for approximately 8 hours per day. A pregnant woman may do daily work as long as it does not cause discomfort (Walyani, 2017).

In some communities in Indonesia, work is an important thing that must be a priority because it is related to income that can be used to meet living needs. This is a model that has developed, especially in developed countries like Indonesia. In communities with lower middle class economies, the behavior of making work a priority is a natural thing, considering that so far the best service to the community, especially in communities with lower middle class economies. This will directly reduce the motivation of pregnant women to make antenatal care visits (Kurnia et al. 2013). The previous study found that mothers who do not work mostly do pregnancy checks according to standards (more than 4 times) compared to mothers who work (Walyani, 2017). Based on the results of the study, supporting theories, and previous studies, the researcher's assumption is that work is an activity outside the home or inside the home except for routine household work. Employment status will make it easier for someone to get health services.

Statistical analysis of the relationship between knowledge and use of family planning in the work area of Simpang III Pumu Health Center, Lahat Regency, in 2023 found that 77 respondents (72.0%) who used family planning had good knowledge. The results of the statistical test obtained a P value of 0.013, meaning that there is a relationship between knowledge and use of family planning in the work area of Simpang III Pumu Health Center, Lahat Regency, in 2023. The results of the analysis also obtained an OR value = 2.406, meaning that respondents with good knowledge have a 2.406 times chance of using family planning. Knowledge is the result of "knowing," and this happens after people sense a particular object. Sensing occurs through the five human senses, namely the senses of sight, hearing, smell, taste, and touch. Most human knowledge is obtained through the eyes and ears (Wawan. et al. 2017).

Knowledge itself is influenced by formal education factors. Knowledge is closely related to education, where it is expected that with higher education, the person's knowledge will be even broader. However, it should be emphasized. It does not mean that someone with low education absolutely has low knowledge. This is because increasing knowledge is not absolutely obtained from formal education alone but can be obtained through non-formal education. A person's knowledge of an object contains two aspects, namely positive and negative aspects (Wawan et al. 2017). The results of this study found that out of 52 respondents who had less knowledge, 46 people (88.5%) did not use IUD contraception. While the results of the statistical test showed a relationship between knowledge and the use of IUD contraception (Lubis et al. 2023).

The results of this study support Poedjawijatna's theory (2018) that knowledge has its own influence on individuals. Many uses of human knowledge for their daily lives, especially general knowledge, are very useful for human life for their daily needs because humans only dare to act on the basis of the knowledge they gain. Based on the results of the study, supporting theories, and previous studies, the researcher's assumption that knowledge itself is influenced by formal education factors. Knowledge is very closely related to education, where it is hoped that with higher education, the person's knowledge will be broader.

Statistical analysis of the relationship between parity and the use of family planning in the work area of Simpang III Pumu Health Center, Lahat Regency, in 2023 found that respondents who used family planning were 69 respondents (59.0%) with high parity. The results of the statistical test obtained a P value of 0.038, meaning that there is a relationship between parity and the use of family planning in the work area of Simpang III Pumu Health Center, Lahat Regency, in 2023. The results of the analysis also obtained an OR value of 0.431, meaning that respondents with high parity have a 0.431 times chance of using family planning. Parity is the number of live births experienced by a woman. (BKKBN. 2006). For mothers who are pregnant for the

first time. Antenatal care is something new, so they have high motivation to check their pregnancy at health services. On the other hand, mothers who have given birth more than once assume that they already have experience, so they are not motivated to check their pregnancy (Sarwono, 2021).

Parity is the number or amount of childbirth experienced by the mother, either live birth or stillbirth. Parity 2 to 3 is the safest parity in terms of maternal mortality. Mothers with high parity of more than 3 have a high maternal rate because endometrial disorders can occur. The cause of endometrial disorders is repeated pregnancies. While the first parity is at risk because the uterus is receiving the results of conception for the first time and the flexibility of the uterine muscles is still limited for fetal growth (Winkjosastro, 2010). In a study conducted by Alemayehu. Women who have children >2 have a 3 times greater chance compared to women who have children <2, as evidenced by the OR value of 2.7 and CI 1.4-5.1 (Alemayehu et al., 2012).

The results of this study are in line with Erman's study conducted in Palembang. Parity does not affect the choice of contraception with long-term methods. It was explained that there was no significant relationship between parity and the use of MKJP (Erman & Elviani, 2012). This study contradicts the theory that the number of children is related to the interest in MKJP. Mothers who have 2 or more children tend to be interested in using MKJP because mothers start to think about stopping having children, especially if the mother is at an unproductive age, because the mother starts to think about the risk of childbirth (BKKBN, 2010).

The results of the chi-square test of the relationship between parity and the use of long-term contraceptive methods (MKJP). obtained a significance of 0.023 and less than 0.05, it can be concluded that H_0 is rejected. This means that there is a relationship between parity and the use of long-term contraceptive methods (MKJP). (Aningsih & Irawan, 2022b). Based on the results of the study, supporting theories, and previous studies. researcher assumptions For mothers who are pregnant for the first time. Antenatal care is something new so that they have high motivation in checking their pregnancy at health services.

Statistical analysis of the relationship between exposure to information and the use of family planning in the work area of Simpang III Pumu Health Center, Lahat Regency, in 2023 found that 69 respondents (59.0%) who used family planning were not exposed to information. The results of the statistical test obtained a P value of 0.984, meaning that there is no relationship between exposure to information and the use of family planning in the work area of Simpang III Pumu Health Center, Lahat Regency, in 2023. Information can be interpreted as a notification from someone. usually carried out by health workers. This approach is usually used to raise public awareness of an innovation that influences behavior. usually through mass media (Saifudin. A. 2021).

Information about antenatal care can be obtained from print or electronic media or counseling by health workers. This information will increase the knowledge of pregnant women about the importance of carrying out antenatal care. so that it can encourage mothers to make regular antenatal care visits. Kassyou (2018) found that the role of the government in providing information about antenatal care greatly helps pregnant women obtain better information. The results of the analysis of the relationship between information exposure and IUD use were obtained. So it can be concluded that there is a relationship between information exposure and IUD use. From the results of further analysis, the OR value was obtained = 7.621 with 95% CI (2.341-24.803). This means that respondents who are less exposed to information are 7 times more likely not to use the IUD method compared to respondents who are exposed to information (Nency & Otu, 2022).

Statistical analysis of the relationship between family support and the use of family planning in the Simpang III Pumu Health Center work area, Lahat Regency, in 2023 found that 69 respondents (59.0%) who used family planning had good family support. The results of the statistical test obtained that there is a relationship between family support and the use of family planning in the Simpang III Pumu Health Center Work Area, Lahat Regency, in 2023. The results of the analysis also obtained an OR value = 2.793, meaning that respondents who have good family support have a 2.793 times chance of using family planning. Husbands and families play a very large role for pregnant women in supporting the behavior of pregnant women in utilizing health services (Tighe. 2020).

Research conducted by Sari (2021) states that there is a relationship between a husband's support and the motivation of pregnant women in checking their pregnancy (antenatal care). Good husband support can provide good motivation to the mother. The results of the analysis are that there is a relationship between a husband's participation in the use of IUDs. From the results of further analysis, the OR value was obtained = 4.424 with 95% CI (1.477-13.247). This means that the lack of a husband's participation has the potential to

make respondents not use IUDs 4 times compared to respondents who stated that their husband's participation was good (Nency & Otu, 2022). Based on the results of the study, supporting theories, and previous studies. researcher's assumptions Husbands and families have a very large role for pregnant women in supporting the behavior of pregnant women in utilizing health services. Good husband support can provide good motivation to the mother.

Statistical analysis of the relationship between officer support and the use of family planning in the Simpang III Pumu Health Center work area, Lahat Regency, in 2023 found that 69 respondents (59.0%) who used family planning had good officer support. The results of the statistical test obtained that there is a relationship between officer support and the use of family planning in the Simpang III Pumu Health Center Work Area, Lahat Regency, in 2023. The results of the analysis also obtained an OR value = 2.169, meaning that respondents who have good officer support have a 2.169 times chance of using family planning.

The role of family planning officers is mostly to be family planning officers who listen to respondents' complaints and provide good service. While the least support from health workers is providing counseling about the Family Planning program. This is proven by the large number of acceptors who admit that they have never participated in counseling or socialization about the family planning program so that the choice of family planning is only based on personal desires without a solid reason.

This study is in line with the results of Bakrie's study (2019) on Factors Related to the Selection of Contraceptive Methods in Women of Childbearing Age in the Rano-tana Weru Health Center Work Area. which states that there is no relationship between the support of family planning officers and the choice of contraception in women of childbearing age. Health worker support is included in subjective norms. A person's normative beliefs reflect the impact of subjective norms, which refer to a person's beliefs about how and what people who are considered important by the individual (referent persons) think and a person's motivation to follow this behavior (Emma et al., 2016).

Research Limitations

The limitations of this study are the number of samples and variables that are lacking so that it is necessary to add a large number of samples and variables to strengthen the results of the study. This study is still limited to quantitative research and has not been mixed methods.

CONCLUSION

The results of the study showed that the majority of respondents had used contraception, aged 20-35 years, worked, with low parity status, were not exposed to information, and only a small portion had poor knowledge, poor family and officer support. Contraceptive use is related to age, education, knowledge, parity status, family support and officer support. The results of the study showed that the majority of respondents had used contraception, were aged 20-35 years, worked, had low parity status, and were not exposed to information, and only a small portion had poor knowledge and poor family and officer support. Contraceptive use is related to age, education, knowledge, parity status, family support, and officer support. The dominant factor to determine the use of contraception is family support. It is necessary to conduct a counseling program for every family, especially those who have not yet participated in family planning.

CONFLICT OF INTEREST

There are no conflict of interest in this research.

AUTHOR CONTRIBUTIONS

The roles of all authors should be listed: NI: Conceptualization, Methodology, Software, MS.: Data curation, Writing- Original draft preparation. MI: Writing- Reviewing and Editing.

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