

# Determinan Penggunaan Alat Kontrasepsi Intra Uterine Device (IUD) pada Tenaga Kesehatan Pemberi Layanan KB = Determinants of Intrauterine Device Contraception use Among Health Workers Providing Family Planning Services

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## Abstrak

Intra Uterine Device (IUD) atau alat kontrasepsi dalam rahim merupakan salah satu metode kontrasepsi jangka panjang. Penggunaan IUD di Indonesia masih tergolong sedikit dan hanya 8.35%. Berdasarkan dari rencana strategis BKKBN, target penggunaan MKJP sebesar 28.39% pada tahun 2024. Salah satu fokus strategi dengan komunikasi, informasi, edukasi (KIE) serta konseling KB. Tenaga kesehatan berperan dalam pelayanan program KB dengan meningkatkan sikap dan perilaku terhadap perencanaan keluarga yang lebih baik, serta menjadi role model. Penelitian ini bertujuan untuk mengidentifikasi determinan yang mempengaruhi penggunaan IUD di kalangan tenaga kesehatan. Penelitian ini merupakan penelitian kuantitatif dengan desain cross-sectional, melibatkan 110 responden tenaga kesehatan wanita berusia 20-49 tahun yang bekerja di Jakarta, dan merupakan pengguna KB aktif IUD. Analisis data dilakukan secara univariat dan bivariat menggunakan uji chi-square. Hasil penelitian menunjukkan bahwa 75% responden tenaga kesehatan merupakan pengguna baru IUD. Hasil menunjukkan terdapat hubungan signifikan antara usia ( $p < 0.001$ ), paritas ( $p = 0.002$ ), sikap ( $p = 0.031$ ), efek samping penggunaan IUD ( $p = 0.041$ ), dan dukungan pasangan ( $p = 0.045$ ) dengan penggunaan IUD. Namun, tidak ditemukan hubungan signifikan antara jenis IUD ( $p = 0.326$ ) dan biaya KB ( $p = 0.364$ ) dengan penggunaan IUD pada tenaga kesehatan. Penelitian ini menyimpulkan bahwa faktor usia, paritas, sikap, dukungan pasangan, dan efek samping berpengaruh terhadap penggunaan IUD di kalangan tenaga kesehatan.

.....Intra Uterine Device (IUD) is a long-term contraceptive method. The usage of IUD in Indonesia remains low at only 8.35%. According to the strategic plan of the National Population and Family Planning Board (BKKBN), the target for the use of Long-Acting Contraceptive Methods (MKJP) is 28.39% by 2024. One of the strategic focuses is on information, education, communication (IEC), and family planning counseling. Health workers play a crucial role in providing family planning services by improving attitudes and behaviors towards better family planning, as well as serving as role models. This study aims to identify the determinants affecting IUD usage among health workers. This research is a quantitative study with a cross-sectional design, involving 110 female health worker respondents aged 20-49 years who work in Jakarta and are active IUD users. Data analysis was conducted using univariate and bivariate analyses with chi-square tests. The results show that 75% of health worker respondents are new IUD users. The findings reveal significant relationships between age ( $p < 0.001$ ), parity ( $p = 0.002$ ), attitude ( $p = 0.031$ ), side effects of IUD use ( $p = 0.041$ ), and partner support ( $p = 0.045$ ) with the use of IUD. However, no significant relationship was found between the type of IUD ( $p = 0.326$ ) and contraceptive cost ( $p = 0.364$ ) with the use of IUD among health workers. This study concludes that age, parity, attitude, partner support, and side effects significantly influence IUD usage among health workers.