

THE RELATIONSHIP BETWEEN HEALTH EDUCATION AND PREGNANT WOMEN'S KNOWLEDGE AND ATTITUDES REGARDING POSTPARTUM FAMILY PLANNING AT THE ANNASR CISAUK MAIN CLINIC, TANGERANG REGENCY IN 2023

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Abstract

Background: the use of birth control during postpartum before 6 weeks or 42 days will be able to prevent unwanted pregnancy. Knowledge and attitudes are factors that influence the use of birth control after childbirth. One effort to increase mothers' knowledge and attitudes about postpartum family planning is through health education provided both through classes for pregnant women and during third-trimester counseling visits. Objective: to determine the relationship between health education and the knowledge and attitudes of pregnant women regarding postpartum family planning at the Annasr Cisauk Main Clinic, Tangerang Regency in 2023. Research method: quantitative analysis with cross-sectional design. The research sample was 52 third-trimester pregnant women using an accidental sampling technique. The research instrument used a questionnaire. The data is primary data analyzed using the chi-square test. Research results: univariate analysis showed that the majority of pregnant women received health education about postpartum family planning, 67.3%, with good knowledge 63.5% and positive attitudes 69.2%. The results of the bivariate analysis showed a relationship between health education and pregnant women's knowledge ($p\text{-value} = 0.000$) and pregnant women's attitudes ($p\text{-value} = 0.006$) regarding postpartum family planning. Conclusions and Suggestions: there is a relationship between health education and pregnant women's knowledge and attitudes about postpartum family planning. Midwives are expected to provide health education to all pregnant women in the third trimester regarding the use of birth control contraceptives after giving birth before 42 days so that after giving birth the mother will consciously want to use them as an effort to shorten pregnancy.

Keywords: Attitudes, Health Education, Knowledge, Pregnant Women, Postpartum Family Planning

Introduction

Family Planning (KB) is an effort to regulate the birth of children, the distance and the best age to get offspring, regulate pregnancy, through promotion, security and understanding assistance with freedom of conception to form a quality family. The Family Planning (KB) program was completed, among others, to regulate the number of births or birth space. The need for the use of family planning varies, one of which is post-saline family planning (Masruroh and Laili, 2018).

Postpartum family planning is the utilization of prophylactic techniques during the postpartum period for 42 days after delivery as a stage to prevent losing the opportunity to organize a family. Postpartum family planning is essential to prevent untimely and closely spaced pregnancies after childbirth as closely spaced pregnancies increase the risk of maternal morbidity and poor infant outcomes including preterm birth, low birth weight and small for gestational age (Handayani, 2021).

Postpartum family planning programs are not only carried out in Indonesia but in all countries. The achievement of postpartum family planning in 2020 in Zimbabwe (45%), Lesotho (36%), and Honduras (23%) while the achievement of postpartum family planning in Indonesia reached 19% (Yuhedi, et al., 2021). The proportion of the first time receiving family planning services after childbirth in 2021 among women aged 10-54 years according to characteristics in Banten Province was > 42 days after delivery 75.82%, but < 42 days after delivery 24.18%. This shows that the proportion of postpartum family planning in Banten Province is only 24.18%. In Tangerang District, the coverage of active family planning participants is only 40% - < 50% with a total achievement of PP family planning of only 22.9% (Banten Provincial Health Office, 2022).

Postpartum family planning has an important role in reducing MMR and TFR, during the postpartum period the return of the mother's fertile period is difficult to predict, the mother has a high probability of having an unwanted pregnancy, with the use of family planning during the postpartum period before 6 weeks or 42 days will be able to prevent unwanted pregnancies (Mahmudah and Indrawati, 2021).

Pengetahuan dan sikap merupakan faktor yang mempengaruhi penggunaan KB pasca persalinan. Penelitian yang dilakukan oleh Afriambarwati (2019) dengan judul faktor-faktor yang mempengaruhi penggunaan KB pasca persalinan metode kontrasepsi jangka panjang menyampaikan bahwa ada beberapa hal yang berhubungan dengan penggunaan KB pasca persalinan diantaranya adalah pengetahuan, sikap, dan pendidikan kesehatan tentang KB pasca persalinan MKJP dari tenaga kesehatan.

Many efforts have been made by the government to increase the number of postpartum family planning, namely by compiling guidelines for postpartum family planning services which include postpartum family planning service guidelines, curriculum for postpartum family planning training and Training Of Trainers for trainers (ToT) in providing training to health workers providing birth control services. One of the efforts to improve mothers' knowledge and attitudes about postpartum birth control, the government created a program on postpartum birth control health education which was provided both through classes for pregnant women and during counseling for third trimester visits. Health education about postpartum family planning is also provided by health workers through the Childbirth Planning and Prevention of Complications (P4K) Program, Pregnant Women Class and integrated antenatal services. In P4K there is a labor mandate that contains postpartum birth control, mothers will sign and commit to using postpartum birth control. During antenatal care, mothers will get counseling about postpartum birth control from health workers (Marmi, 2020).

The results of a previous study conducted by Farhany (2020) showed that 76.9% of respondents had received health education about postpartum birth control from health workers during ANC and pregnant women classes. Mothers who have received health education from health workers have more good knowledge, namely 65% compared to respondents who do not get health education. Mothers who have received health education from health workers have more positive attitudes, namely 66.7% compared to respondents who do not get health education. The results of the bivariate test showed a positive relationship between health education provided by health workers with knowledge ($p = 0.017$) and attitudes of pregnant women about postpartum birth control ($p = 0.003$).

Based on data at the Annasr Cisauk Main Clinic, Tangerang Regency, in 2021 postpartum birth control users were 25.3%, while in 2022 postpartum birth control users were 24.1%. When viewed from 2021 and 2022, coverage for the use of postpartum birth control has decreased. The results of a preliminary study conducted at the Annasr Cisauk Main Clinic, Tangerang Regency by interviewing 10 pregnant women, 4 pregnant women were interested in becoming acceptors of postpartum birth control for the reason that they already knew the benefits and effects of not using postpartum birth control through health education, while 6 mothers were not interested in becoming postpartum birth control

acceptors because they did not know the importance of postpartum birth control and so far mothers had not received Health education is related to postpartum birth control.

Based on this preliminary study, researchers are interested in conducting a study entitled "The Relationship of Health Education with Knowledge and Attitudes of Pregnant Women About Postpartum KB at the Annasr Cisauk Main Clinic, Tangerang Regency in 2023".

Method

The design of this research is quantitative analytical research with a cross sectional design

The time of the research was carried out in November-December 2023. The research location was carried out at the Annasr Cisauk Main Clinic, Tangerang Regency. The population in the study were all third trimester pregnant women who visited the Annasr Cisauk Main Clinic, Tangerang Regency in August-October and were recorded in the medical record data as 108 respondents. The sampling technique used was accidental sampling because the researcher distributed questionnaires to each respondent so that a sample of 52 respondents was taken.

Data was collected by the researcher directly from the first source, namely the results of a questionnaire with respondents regarding the relationship between health education and the knowledge and attitudes of pregnant women regarding postpartum family planning. The independent variable in this research is health education about postpartum family planning. The dependent variable in this research is the knowledge and attitudes of pregnant women regarding postpartum family planning.

Data collection questionnaires were carried out using instruments in the form of questionnaires. The questionnaire used in this study used a closed questionnaire with structured questions asked directly to the subject, the subject just had to choose the answers provided.

Data processing was carried out univariately and bivariately with the Chi Square test using the SPSS program.

Research Results

Table 1. Frequency Distribution of Health Education, Knowledge, and Attitude of Pregnant Women on Postpartum Family Planning

Health Education	Frequency (f)	Percentage (%)
Get health education	35	67,3
Did not get health education	17	52,7
Knowledge about postpartum family planning	Frequency (f)	Percentage (%)
Good	33	63,5
Not good	19	36,5
Attitude about postpartum family planning	Frequency (f)	Percentage (%)
Positive	26	69,2
Negative	16	30,8
Jumlah	52	100

Based on the results of the study in table 1, it is known that out of 52 pregnant women, most of them received health education as many as 35 people (67.3%). It is known from 52 pregnant women that most of them have good knowledge about postpartum family planning as many as 33 people (63.5%). It is known from 52 pregnant women that most of them have a positive attitude about postpartum family planning as many as 26 people (69.2%).

Table 2: Relationship between Health Education and Pregnant Women's Knowledge about Postpartum Family Planning

Health Education	Women's Knowledge about Postpartum Family Planning				total		<i>P value</i>	OR CI (95%)
	Good		Less good					
	f	%	f	%	f	%		
Getting health education	29	82,9	6	17,1	35	100	0,000	15,708 (3,781-65,266)
Did not receive health education	4	23,5	13	76,5	17	100		
Total	33	63,5	19	36,5	52	100		

Based on table 2 shows that of the 35 pregnant women who received health education there were 29 (82.9%) with the knowledge of pregnant women about postpartum family planning is good, while of the 17 pregnant women who did not get health education there were 13 (76.5%) knowledge of pregnant women about postpartum family planning is not good. The results of the Chi-Square test obtained a p value = 0.000 < 0.05, which means that there is a significant effect of health education on the knowledge of pregnant women about postpartum family planning at the Annasr Cisauk Main Clinic, Tangerang Regency in 2023. The OR value is 15.708, so it can be stated that pregnant women who get health education have a 15.708 times chance of pregnant women's knowledge about postpartum family planning is good compared to pregnant women who do not get health education.

Table 3. Relationship between Health Education and Pregnant Women's Attitude about Postpartum Family Planning

Health Education	Attitude of Pregnant Women about Postpartum Family Planning				total		P value	OR CI (95%)
	Positive		Negative					
	f	%	f	%	f	%		
Getting health education	29	82,9	6	17,1	35	100	0,006	6,905 (1,871- 25,488)
Did not receive health education	7	41,2	10	58,8	17	100		
Total	36	69,2	16	30,8	52	100		

Table 3 shows that out of 35 pregnant women who received health education there were 29 (82.9%) with positive attitudes of pregnant women about postpartum family planning, while out of 17 pregnant women who did not get health education there were 10 (58.8%) attitudes of pregnant women about postpartum family planning were negative. The results of the Chi-Square test obtained a p value = 0.006 < 0.05, which means that there is a significant effect of health education on the attitudes of pregnant women about postpartum family planning at the Annasr Cisauk Main Clinic, Tangerang Regency in 2023. The OR value is 6.905, so it can be stated that pregnant women who get health education have a chance of 6.905 times the attitude of pregnant women about postpartum family planning is positive compared to pregnant women who do not get health education.

Discussion

Frequency Distribution of Health Education for Pregnant Women about Postpartum Family Planning at the Annasr Main Clinic Cisauk, Tangerang Regency in 2023

Based on the results of the study, it was found that out of 52 pregnant women, most of them received health education as many as 35 people (67.3%).

Health education according to Ali (2021) is a component of health programs and planned medical programs in order to cause changes in behavior, individual groups and communities by making promotive and preventive efforts without neglecting curative and rehabilitative efforts. According to Mubarak and Chayatin (2021) health education aims to increase the knowledge, awareness, willingness and ability of the community to live healthy and actively participate in health efforts. The purpose of KBPP services is to regulate the spacing of pregnancies / births, and avoid unwanted pregnancies, so that each family can plan a safe and healthy pregnancy (Hidayat, 2020). According to Afriambarwati (2019) the determinants of contraceptive use are influenced by sociodemographic factors, sociopsychological factors and service-related factors. Knowledge and attitude is one of the factors associated with the selection of postpartum family planning.

In line with the results of Farhany's research (2020), most mothers who have received health education from health workers are 68%. Nurchasanah (2021) in her research showed the results of most of the m Researchers assume that most third trimester pregnant women get health education about postpartum family planning, this indicates that mothers already know about the benefits of using postpartum family planning, one of which is regulating pregnancy spacing, avoiding unwanted pregnancies and planning safe and healthy pregnancies. It is important for mothers to get health education because through health education, the mother's knowledge will increase, the mother will also realize and desire to use the postpartum family planning, for this reason, health workers are expected to provide comprehensive health education to pregnant women about postpartum family planning in order to increase awareness in the implementation of the selection of postpartum contraceptives.

Frequency Distribution of Pregnant Women's Knowledge about Postpartum Family Planning at the Annasr Main Clinic Cisauk, Tangerang Regency in 2023

Based on the results of the study, it was found that out of 52 pregnant women, most of them had good knowledge about postpartum family planning as many as 33 people (63.5%).

Knowledge is the result of knowing and this occurs after people have sensed a certain object. Most human sensing is obtained through the eyes and ears. Cognitive knowledge is a very important domain in shaping a person's actions (overt behavior) (Notoatmodjo, 2020). Budiman and Riyanto (2021) explain that the factors that influence cognitive knowledge are the following.

In line with the results of Farhany's research (2020), mothers who have received health education from health workers have more good knowledge, namely 65% compared to respondents who do not receive health education. Likewise, the results of research by Nurchasanah (2021) in her research showed the results of most mothers' knowledge in the good category choosing the right contraceptive method as many as 11 people (52.3%). The results of further research conducted by Primarani (2023) showed the results of most with good knowledge of 65.4%.

Researchers assume that most mothers have good knowledge about postpartum family planning, this can be seen from the results of the study that most mothers already know about the installation of postpartum IUDs are contraceptives that are installed in the mother's uterus after the placenta or placenta is born; Mothers also know the purpose of using postpartum family planning is to prevent pregnancy after childbirth. The existence of knowledge - the mother caused by several factors including the mother has received information from health workers through health education about the postpartum family planning, thus making the mother know it and can answer what the purpose of the benefits and when to

use the family planning. Health workers in this case have a high contribution to efforts to increase maternal knowledge, especially about postpartum family planning.

Frequency Distribution of Pregnant Women's Attitudes about Postpartum Family Planning at the Annasr Main Clinic Cisauk Tangerang Regency in 2023

Based on the results of the study, it was found that out of 52 pregnant women, most of them had a positive attitude about postpartum family planning as many as 26 people (69.2%).

A person's attitude in terms of health problems is a process of assessing people on matters relating to health maintenance, namely how a person assesses ways of maintaining and behaving a healthy life, attitudes towards illness and disease and attitudes towards environmental health, namely a person's assessment of the influence of the environment on their health (Maika and Kuntohadi, 2019). The application of postpartum contraception is very important because the return of women's fertility in the postpartum state is unexpected and can sometimes occur before the arrival of menstruation even in breastfeeding women (Handayani, 2021). Various factors that can influence attitude formation according to Azwar (2021) include personal experience, the influence of people who are considered important, cultural influences, mass media, educational institutions, emotional factors, and knowledge.

In line with the results of previous research conducted by Setiawati (2020), the results showed that most mothers had a positive attitude about postpartum family planning of 68.7%. The results of other studies conducted by Riawanti and Pusparini (2018) in their research showed that most pregnant women had a positive attitude about postpartum family planning selection of 65.4%. Likewise, the results of Primarani's research (2023) showed the results of most respondents having a positive attitude about the selection of postpartum family planning by 72.3%.

Researchers assume that most pregnant women have a positive attitude this is due to the mother's good knowledge about postpartum family planning. This can be seen from the results of the questionnaire that the mother agrees if the installation of birth control after childbirth does not interfere with breast milk production, contraceptives that are safe to use after childbirth include implants / IUD / MOP / MOW, the release can be opened at any time, does not affect the function of sexuality, and the absence of pain. The mother's positive attitude is partly due to the fact that she has received health education from health workers about postpartum family planning, personal experience, and support from her husband which makes her have a positive attitude about the use of family planning.

Relationship between Health Education and Pregnant Women's Knowledge about Postpartum Family Planning at Annasr Main Clinic Cisauk, Tangerang Regency in 2023

Based on the study, the p value = 0.000 < 0.05, which means that there is a significant effect of health education on the knowledge of pregnant women about postpartum family planning at the Annasr Cisauk Main Clinic, Tangerang Regency in 2023. The OR value is 15.708, so it can be stated that pregnant women who get health education have a 15.708 times chance of pregnant women's knowledge about postpartum family planning is good compared to pregnant women who do not get health education.

According to Afriambarwati (2019) the lack of knowledge in prospective acceptors greatly affects the use of postpartum contraception. One of the efforts to increase knowledge is through health education. Health education according to Ali (2021) is a component of a planned health program and medical program to cause changes in behavior, individual groups and communities by making promotive and preventive efforts without neglecting curative and rehabilitative efforts. According to Mubarak and Chayatin (2021) through health education, it can increase the knowledge, awareness, willingness and ability of the community to live healthy and actively participate in health efforts. Knowledge about postpartum contraception influences the mother's mindset in choosing contraception whether it is in accordance with her conditions and needs, and one of the reflections can take the form

of interest in contraceptive use before the selection phase as a means of contraception (Handayani, 2021).

In line with the results of Farhany's research (2020), it shows that there is a positive relationship between health education provided by health workers and knowledge ($p = 0.017$). Likewise, the results of Nurchasanah's research (2021) in her research showed that there was a relationship between the level of knowledge and the choice of postpartum contraceptive methods $p = 0.048$. The results of further research conducted by Primarani (2023) obtained a value of $p = 0.001$, so H_a is accepted, meaning that health promotion with videos is effective in increasing the knowledge of third trimester pregnant women in choosing postpartum contraceptive methods at the UPTD Puskesmas I Health Office, East Denpasar District.

Researchers assume that there is a relationship between health education and mothers' knowledge about postpartum family planning, this is because through health education about postpartum family planning, mothers will know about what postpartum family planning is, the benefits of using postpartum family planning, when to use it and what types are used during postpartum. Through health education, it can increase the knowledge, awareness, willingness and ability of mothers to use postpartum family planning. It would be nice if health workers provide health education to pregnant women in trimester 3 about postpartum family planning in order to increase the knowledge and awareness of mothers to use it after childbirth without coercion.

Relationship between Health Education and Pregnant Women's Attitudes about Postpartum Family Planning at Annasr Cisauk Main Clinic, Tangerang Regency in 2023.

Based on the study, the $p\text{-value} = 0.006 < 0.05$, which means that there is a significant effect of health education on the attitude of pregnant women about postpartum family planning at the Annasr Cisauk Main Clinic, Tangerang Regency in 2023. The OR value is 6.905, so it can be stated that pregnant women who get health education have a chance of 6.905 times the attitude of pregnant women about postpartum family planning is positive compared to pregnant women who do not get health education.

Attitude is one of the predisposing factors to realize behavior, good knowledge makes a person believe and form an attitude towards something, it is hoped that good knowledge will make a person's attitude towards something good too (Azwar, 2021). According to Ali (2021), through health education, a conducive atmosphere can be created where individuals, families, groups and communities change their attitudes and behavior. Through health education, it can help a person's process by acting individually or collectively, to make decisions based on knowledge about things that affect their personal health and others to improve the community's ability to maintain their health and not only associate themselves with improving knowledge, attitudes and practices but also increase or improve the environment (both physical and non-physical) in order to maintain and improve health with full awareness (Nursalam & Efendi, 2020).

In line with the results of research conducted by Setiawati (2020) there is an effect of health education using audiovisual media on attitudes with a significant value of 0.000 ($P < 0.05$). Riawanti and Pusparini (2018) in their research showed the results that through health education can influence pregnant women in determining their attitude to use postpartum family planning. Likewise, the results of Primarani's research (2023) showed the results of health promotion with videos effectively improving the attitudes of third trimester pregnant women in choosing postpartum contraceptive methods.

Researchers assume that there is a relationship between health education and the attitude of pregnant women about postpartum family planning, this is because through health education, mothers can find out about postpartum family planning so that it can change the attitudes and behavior of mothers, especially regarding the selection of postpartum family planning. Through health education, mothers can make decisions according to what mothers know when they get information related to postpartum family planning. Health education in this case is related to postpartum family planning if

carried out routinely, especially for pregnant women in trimester 3, it can increase the mother's awareness to use the cable after giving birth which has an impact on increasing the coverage of contraceptive use so as to improve family health and welfare.

Pregnant women are expected to have high awareness in choosing and using postpartum birth control before 42 days postpartum which is effective in preventing untimely and closely spaced pregnancies due to the risk of maternal morbidity and poor infant outcomes including premature birth, low birth weight and small for gestational age.

Future researchers are expected to examine more factors associated with the selection of postpartum birth control with different variables and a larger sample in order to serve as a guide in future studies.

Conclusion

Most pregnant women at Annasr Cisauk Main Clinic, Tangerang Regency in 2023 received health education (67.3%), knowledge (63.5%), and attitude (69.2%) about postpartum family planning. There is a relationship between health education and knowledge ($p\text{-value} = 0.000$) and attitude ($p\text{-value} = 0.006$) of pregnant women about postpartum family planning at Annasr Cisauk Main Clinic, Tangerang Regency in 2023.

Advice

Midwives are expected to provide health education to all third-trimester pregnant women related to the use of postpartum contraceptives before 42 days which is done either during pregnancy checks, pregnant women's classes, or through various media such as leaflets, videos as well as WhatsApp media so that after childbirth the mother consciously wants to use it as an effort to span pregnancy.

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