

# Analisis Perilaku Penggunaan Metode Kontrasepsi Jangka Panjang (MKJP) Pada Pasangan Usia Subur (PUS) di Kabupaten Tuban Provinsi Jawa Timur Tahun 2014 = Analysis of the behavior the use of Long-term contraceptive Methods on Productive-age Couple at District of Tuban in East Java on 2014

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## Abstrak

[<b>ABSTRAK</b><br>

Salah satu upaya pemerintah dalam mengendalikan laju pertumbuhan penduduk dan menurunkan Angka Kematian Ibu (AKI) adalah melalui pelaksanaan program Keluarga Berencana (KB) bagi Pasangan Usia Subur (PUS). Diperlukan upaya strategis dalam rangka menurunkan AKI dan laju pertumbuhan penduduk serta meningkatkan angka kelangsungan berKB salah satunya seperti yang tertuang dalam RPJMN 2010-2014 yaitu melalui penggunaan Metode Kontrasepsi Jangka Panjang (MKJP). Tingkat pemakaian MKJP saat ini baru mencapai 10,6 persen sementara target nasional sebesar 12,9 persen.

Penelitian ini bertujuan untuk mengetahui perilaku penggunaan MKJP pada PUS di Kabupaten Tuban Provinsi Jawa Timur tahun 2014. Penelitian ini merupakan jenis penelitian kualitatif.

Hasil penelitian menunjukkan pola penggunaan kontrasepsi di Kabupaten Tuban belum sesuai dengan Pola Rasional Penggunaan Kontrasepsi yang dicanangkan oleh BKKBN. Pengetahuan tentang MKJP pada kelompok wanita PUS relative lebih baik dibanding dengan PUS Pria, hal ini disebabkan rendahnya informasi tentang MKJP terutama bagi PUS pria. kontrasepsi yang paling praktis menurut informan adalah jenis MKJP. Bagi PUS yang saat ini masih menggunakan non MKJP takut untuk beralih ke MKJP karena adanya rumor yang berkembang di masyarakat serta larangan dari suami.

Disarankan ke semua tenaga kesehatan lebih memotivasi PUS untuk menggunakan MKJP, meningkatkan pemberian KIE kepada PUS tentang MKJP, peningkatan partisipasi pria untuk lebih mendorong pasangannya menggunakan MKJP serta meningkatkan jumlah Petugas Penyuluh Keluarga Berencana (PLKB) di tiap Kabupaten agar dapat meningkatkan cakupan MKJP.

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<b>ABSTRACT</b><br>

One of the Government's efforts in controlling the rate of growth of the population and lower the mortality rate is through the implementation of a program for couples of fertile Age is family planning. Strategic efforts needed in an attempt to controlling the rate of growth of the population, lower the mortality rate and to increase the number of continuity use contraception one of them, as stated in the RPJMN 2010-2014 through the use of Long-term Contraceptive Methods. The level of discharging Long-term Contraceptive Methods currently new achieve 10 .6 percent while the national target of 12.9 percent.

This Research is aimed to know the behavior of the use of Long-term Contraceptive Methods on Productive-age in pairs at district of Tuban in East Java on 2014. This research is the kind of research qualitative.

The result showed using patterns of contraception in the district of Tuban not according to rational use contraception pattern that proclaimed by BKKBN. The knowledge of Long-term Contraceptive Methods woman in the reproductive-age couple relatively better than man it is caused by the lack of information about of Long-Term Contraceptive Methods especially for man in the productive-age couple, the most practical birth control according to the informants is a type of Long-Term Contraceptive Methods. For man in the productive-age couple who currently use of short-term contraceptive methods afraid to switch to Long-term Contraceptive Methods, because of the rumors that develops in social norms and prohibition of a husband. Suggested all health workers to more motivate on Productive-age couple to use of Longterm Contraceptive Methods, Increase the provision of KIE to all Productive-age couple about Long-term Contraceptive Methods, increased participation of man to further encourage her partner to use Long-term Contraceptive Methods and increase the number of family planning extension officers in each district to increase the coverage of Long-term Contraceptive Methods; One of the Government's efforts in controlling the rate of growth of the population and lower the mortality rate is through the implementation of a program for couples of fertile Age is family planning. Strategic efforts needed in an attempt to controlling the rate of growth of the population, lower the mortality rate and to increase the number of continuity use contraception one of them, as stated in the RPJMN 2010-2014 through the use of Long-term Contraceptive Methods. The level of discharging Long-term Contraceptive Methods currently new achieve 10 .6 percent while the national target of 12.9 percent.

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