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INCREASING KNOWLEDGE OF FERTILE AGE COUPLES ABOUT CONTRACEPTION METHODS THROUGH HEALTH EDUCATION USING LEAFLET MEDIA

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Abstract

The Family Planning (FP) program plays a crucial role in regulating birth spacing and supporting maternal and child health, but knowledge of reproductive age couples (PUS) regarding various contraceptive methods is still limited, particularly in rural areas. This community service activity aims to improve the knowledge of PUS at TPMB Novani Elkhapi, Kemu Ulu Village, Pulau Beringin District, South OKU Regency regarding various contraceptive methods through leaflet-based counseling. The activity was conducted in 30 PUS using interactive lecture, discussion, and question and answer methods, with a pretest-posttest instrument to measure the effectiveness of education. Data analysis used a Paired T-Test with SPSS. The results showed an average knowledge score increased from 54.833 (pretest) to 87.000 (posttest), or an increase of 58.66%, with all participants (100%) achieving the good category in the posttest. The statistical test results showed t = 69.913 and p = 0.000 (p < 0.05), which proved a statistically significant increase in knowledge. The level of participant satisfaction with the activity reached 93.0% (very satisfied). Leaflet-based counseling has been proven effective in increasing the knowledge of women in the family planning program (PUS) about contraception and is recommended as a tool for ongoing family planning counseling at TPMB.

Keywords: Contraception; Leaflet; Childbearing Couples; Community Service; Knowledge

INTRODUCTION

The Family Planning (FP) Program is a strategic initiative aimed at improving family welfare and reducing fertility rates in Indonesia. Contraception, as an integral part of the program, plays a crucial role in regulating birth spacing, preventing unwanted pregnancies, and supporting maternal and child health (Ministry of Health, 2022). The global use of modern contraception has helped reduce the risk of maternal mortality and improve the quality of life for women of reproductive age (WHO, 2023).

The 2023 Indonesian Health Survey (SKI) recorded that the prevalence of modern contraceptive use among couples of childbearing age (PUS) reached 57.2%, but significant knowledge gaps remain regarding contraceptive options, particularly in rural areas. This low level of public awareness of available contraceptive options contributes to the still-high rate of unplanned pregnancies, accounting for approximately 17.4% of all pregnancies in Indonesia (BKKBN, 2023). According to BKKBN data (2023), the number of couples of childbearing age (PUS) in Indonesia reached 68.1 million, but only approximately 64.2% actively used contraceptives (Wahyuni et al., 2024).

The Novani Elkhapi Family Planning Center (TPMB) in Kemu Ulu Village, Pulau Beringin District, South Ogan Komering Ulu Regency, South Sumatra Province, exhibits a similar situation. A preliminary study of 30 women with reproductive health problems (PUS) showed that 70% were only familiar with injectable and birth control pills, while only 20% understood IUDs, and less than 10% knew about implants or other long-term contraceptive methods. Approximately 40% of PUS had never received comprehensive family planning counseling, so their choice of contraceptive method was influenced more by recommendations from fellow residents than standardized medical advice. This situation is exacerbated by persistent myths and misunderstandings surrounding contraceptive use in rural communities (Lestari & Fitriani, 2024).

Leaflets are an effective and efficient communication, information, and education (IEC) medium used in health education activities because they present information visually, are easy to understand, and can be taken home for further study (Susanti et al., 2024). Research by Oktaviani et al. (2023) shows that education using leaflets increases the knowledge of women with reproductive health issues (PUS) about contraception by 65% compared to lectures without visual media. Based on these issues, this community service activity aims to increase the knowledge

of women with reproductive health issues (PUS) about various contraceptive options through education using leaflets, so that women with reproductive health issues can make more informed and responsible decisions in choosing contraceptive methods according to their health conditions and family needs.

LITERATURE REVIEW

Contraception can be classified into several types based on their working mechanism, including: (1) Long-Term Contraceptive Methods (LCMs) which include Intrauterine Devices (IUDs), implants, tubectomy, and vasectomy; (2) short-term hormonal contraception which includes birth control pills, birth control injections, and patches; (3) barrier methods such as condoms; and (4) natural methods such as the Lactational Amenorrhea Method (LAM) and coitus withdrawal. Each method has different advantages, disadvantages, effectiveness, as well as indications and contraindications (Prawirohardjo, 2021; Affandi et al., 2022).

Several previous studies support the effectiveness of leaflets as a medium for reproductive health education. Susanti et al. (2024) confirmed that leaflet-based counseling significantly improved the knowledge and attitudes of women with reproductive health problems (PUS) regarding contraceptive method selection because the leaflets presented visual information that was easy to understand and could be reviewed independently at home. Wahyuni et al. (2024) also highlighted various factors influencing contraceptive method choice among PUS, including limited access to information. Meanwhile, Lestari & Fitriani (2024) found that health education significantly increased the knowledge of PUS regarding contraceptive methods in rural areas.

Based on the literature review, a gap in implementation at small-scale primary health care facilities, such as Independent Midwife Practices (TPMB) in rural areas, appears to exist. These facilities have not yet implemented structured contraceptive education using specially designed print media. This community service initiative seeks to address this gap by providing leaflet-based educational interventions directly to the family planning (PUS) at the Novani Elkhapi TPMB.

METHOD

This Community Service (PKM) activity was implemented in the form of health education on various contraceptive methods for couples of childbearing age (PUS) at the Novani Elkhapi TPMB in Kemu Ulu Village, Pulau Beringin District, South Ogan Komering Ulu Regency, South Sumatra. The activity targeted PUS in the TPMB's work area, selected based on preliminary studies that indicated limited knowledge about contraceptive method options.

The activities were implemented directly through health education using a communicative and participatory approach, including interactive lectures, group discussions, and Q&A sessions. The primary learning medium used was a specially designed leaflet with an attractive, informative, and easy-to-understand appearance. This leaflet is effective in conveying visual information, can be taken home and studied independently, has an affordable production cost, and has been scientifically proven to improve the knowledge and attitudes of family planning program targets (Susanti et al., 2024; Wahyuni et al., 2024).

The activity was carried out in four stages: preparation, implementation, evaluation, and follow-up. In the preparation stage, the team identified the needs of the PUS, as well as preparing leaflets and pretest-posttest instruments. In the implementation stage, participants first completed a pretest questionnaire, then received counseling on the meaning of contraception and family planning, various contraceptive methods (IUDs, implants, birth control injections, birth control pills, condoms, tubectomy, vasectomy, and natural methods), the working mechanisms, advantages, disadvantages, effectiveness, indications, and contraindications of each method, and how to choose the right contraceptive method. Each participant received a leaflet as an information medium that they could review independently.

The instrument used was a pretest/posttest questionnaire consisting of 20 multiple-choice questions (score for each correct question = 5, maximum score 100) with the knowledge categories Good (≥76), Sufficient (56–75), and Poor (≤55). Evaluation was carried out through a posttest after the educational activity was completed. Pretest and posttest data were analyzed using the Paired T-Test statistical test with the help of SPSS v.26.0 to measure the significance of increased knowledge. Participant satisfaction with the activity was measured using a 25-item questionnaire with a 4-point Likert scale (1 = Very Dissatisfied, 4 = Very Satisfied), with the categories Very Satisfied (76–100%), Satisfied (51–75%), Dissatisfied (26–50%), and Very Dissatisfied (≤25%).

The activity was held on Tuesday, June 23, 2026 at 08.00–11.30 WIB, with a series of registration events, remarks, pretest, delivery of material and distribution of leaflets, question and answer session, posttest, distribution of door prizes, and closing.

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All participants were given an explanation of the purpose of the activity and provided verbal consent to participate before completing the questionnaire; the confidentiality of participant identities and data was fully maintained by the implementation team.

RESULTS AND DISCUSSION

A counseling session on various contraceptives was held on Tuesday, June 23, 2026, from 8:00–11:30 a.m. WIB (Western Indonesian Time) at the Novani Elkhapi Community Health Center (TPMB) in Kemu Ulu Village, Pulau Beringin District, South OKU Regency. Thirty couples of childbearing age (PUS) attended the event, exceeding the target of 20. The entire event proceeded according to the planned schedule.

Respondent Characteristics

Respondent characteristics (n=30) are shown in Table 1.

Table 1. Respondent Characteristics (n=30)

Characteristics	Category	n	%
Age	20–25 years	11	36.7
	26–30 years	12	40.0
	31–40 years	7	23.3
Number of children	Don't have children yet	5	16.7
	1–2 children	10	33.3
	3–4 children	15	50.0
Current birth control methods	Inject	5	16.7
	Pill	5	16.7
	Implant	5	16.7
	IUD	5	16.7
	Condom	5	16.7
	Not yet KB	5	16.6
Total		30	100.0

Knowledge Before and After Counseling

Knowledge assessment was conducted using 20 multiple-choice questions (score for each correct question = 5, maximum score 100), with categories of Good (≥76), Sufficient (56–75), and Poor (≤55). The frequency distribution of knowledge before and after the counseling is shown in Table 2.

Table 2. Frequency Distribution of Knowledge Before and After Counseling

Category	Pretest n	Pretest %	Posttest n	Posttest %	p-value
Good (≥76)	0	0.0%	30	100.0%	0,000
Enough (56–75)	11	36.7%	0	0.0%	
Less (≤55)	19	63.3%	0	0.0%	
Total	30	100.0%	30	100.0%	
Average Score	54.83	-	87.00	-	+58.66%

Paired T-Test Analysis

A summary of descriptive statistics of pretest and posttest scores is shown in Table 3. The Shapiro-Wilk normality test showed that the data were normally distributed ($p > 0.05$), so the parametric Paired T-Test was used.

Table 3. Summary of Descriptive Statistics of Pretest and Posttest Knowledge (n=30)

Variables	n	Mean	Elementary School	Min	Max	p-value
Pretest (Before Counseling)	30	54.83	6.76	45	65	
Posttest (After Counseling)	30	87.00	4.84	80	95	0,000

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Pretest and posttest data were analyzed using SPSS v.26.0. The results of the Paired T-Test are shown in Table 4.

Table 4. Summary of Paired T-Test Results for Pretest and Posttest of Contraceptive Knowledge

Measurement	Mean	Elementary School	SE Mean	Mean Difference	t	df	Sig. (2-tailed)
Pretest	54,833	6,757	1,234				
Posttest	87,000	4,842	0.884	-32,167	69,913	29	0,000*

Participant Satisfaction

The satisfaction survey was conducted using a 25-item questionnaire with 4-point Likert scale statements. The summary of participant satisfaction (n=30) is shown in Table 5.

Table 5. Summary of Participant Satisfaction Survey Results (n=30)

Assessment Aspects	Average Score	% Satisfaction	Category
Implementation of Activities (5 items)	3.71	92.8%	Very satisfied
Speakers/Resource Persons (5 items)	3.80	95.0%	Very satisfied
Media Leaflet (5 items)	3.76	94.0%	Very satisfied
Extension Material (5 items)	3.70	92.5%	Very satisfied
Overall Satisfaction (5 items)	3.64	91.0%	Very satisfied
Overall Average	3.72	93.0%	Very satisfied

Discussion

The results of the counseling activities showed that providing health education using leaflets significantly increased participants' knowledge. The average knowledge score increased from 54.833 (pretest) to 87.000 (posttest), or an increase of 32.167 points (58.66%). In the pretest, 11 respondents (36.7%) were in the sufficient category and 19 respondents (63.3%) were in the poor category. After the counseling, all 30 respondents (100%) were in the good category (score ≥76). The results of the Paired T-Test showed t = 69.913 with p = 0.000 (p < 0.05), which means the increase in knowledge was statistically significant.

This finding aligns with research by Oktaviani et al. (2023), which found that leaflet-based education increased women's knowledge of contraception by 65% compared to lectures without visual aids. Susanti et al. (2024) also confirmed that leaflet-based education significantly improved women's knowledge and attitudes regarding contraceptive method selection because the leaflets presented information in a visual format that was easy to understand and could be reviewed independently at home.

In terms of participant satisfaction, the average satisfaction level reached 3.72 on a scale of 4 (93.0%), falling into the very satisfied category. The presenter/resource person aspect received the highest satisfaction score (95.0%), indicating that participants felt the presenter delivered the material clearly and openly in answering questions. Not a single participant expressed dissatisfaction with any aspect of the assessment, indicating that all components of the activity ran well and satisfied participants.

The success of this activity was supported by several factors, including thorough preparation of materials and media, the active involvement of the TPMB midwives in mobilizing participants, the selection of an easily accessible time and location, and the use of simple and communicative language. All output targets set in the PKM proposal were achieved, with results exceeding the planned success indicators.

CONCLUSION

Community service activities in the form of counseling using leaflets for fertile couples (PUS) at TPMB Novani Elkhapi, Kemu Ulu Village, Pulau Beringin District, South Ogan Komering Ulu Regency, have proven effective in increasing the knowledge of PUS about various contraceptive methods. The average knowledge score increased significantly from 54.833 (pretest) to 87.000 (posttest), an increase of 32.167 points (58.66%), with all 30 participants (100%) achieving the good category in the posttest. The results of the Paired T-Test showed t = 69.913, df = 29, p = 0.000 (p < 0.05), which proved a statistically significant increase in knowledge. The level of participant satisfaction with the activity reached 93.0% (very satisfied category). The use of leaflets as an educational medium has proven effective and is recommended to be continued as a medium for family planning counseling at TPMB. For

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further researchers, it is recommended to conduct further research with a quasi-experimental or randomized controlled trial (RCT) design to measure the long-term impact of contraceptive education on contraceptive method selection behavior in PUS.

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