



Optimizing the Knowledge of Couples of Reproductive Age on Contraceptive Methods through Family Planning Health Education at the Obstetrics and Gynecology Polyclinic of RS PKU 'Aisyiyah Boyolali

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ABSTRACT This Community Service (PKM) activity was motivated by the relatively low level of knowledge among couples of reproductive age (PUS) regarding contraceptive methods at the Obstetrics and Gynecology (Obgyn) Polyclinic of RS PKU 'Aisyiyah Boyolali. Limited understanding of the types, benefits, mechanisms of action, advantages and disadvantages, and side effects of contraceptive methods, coupled with prevalent myths in the community, may affect the appropriateness of contraceptive method selection, particularly long-term contraceptive methods. This activity aimed to improve the knowledge of couples of reproductive age regarding contraceptive methods so that they could select methods appropriate to their needs and health conditions. The methods used included family planning health education through interactive lectures, discussions, question-and-answer sessions, and the use of leaflets. The activity was conducted in three stages: preparation, consisting of coordination with partners and development of educational materials; implementation, consisting of an oral pre-test, a 10-minute interactive health education session, and an oral post-test; and evaluation. The educational materials covered types of contraceptive methods, their benefits, advantages and disadvantages, indications, and side effects. Evaluation was conducted quantitatively by comparing pre-test and post-test scores. The activity was considered successful if at least 80% of participants were able to correctly answer evaluation questions regarding the types, advantages, and side effects of long-term contraceptive methods. The outcomes of the activity included improved knowledge among couples of reproductive age and the availability of educational leaflets that can be used as an information resource for patients at the Obgyn Polyclinic.

Background: Penggunaan metode kontrasepsi yang tepat merupakan bagian penting dalam perencanaan keluarga dan kesehatan reproduksi pasangan usia subur (PUS). Namun, keterbatasan pengetahuan mengenai jenis, manfaat, kelebihan dan kekurangan, serta efek samping kontrasepsi, termasuk kontrasepsi jangka panjang, masih menjadi salah satu hambatan dalam pemilihan metode kontrasepsi yang sesuai. Selain itu, adanya mitos dan informasi yang kurang tepat di masyarakat dapat memengaruhi pengambilan keputusan PUS. Kegiatan ini bertujuan meningkatkan pengetahuan PUS mengenai metode kontrasepsi melalui pendidikan kesehatan keluarga berencana di Poliklinik Obgyn RS PKU 'Aisyiyah Boyolali.

Methods : The appropriate use of contraceptive methods is an important component of family planning and reproductive health among couples of reproductive age. However, limited knowledge regarding the types, benefits, advantages and disadvantages, and side effects of contraceptive

methods, including long-term contraceptive methods, remains one of the barriers to selecting an appropriate contraceptive method. In addition, myths and inaccurate information circulating in the community may influence decision-making among couples of reproductive age. This activity aimed to improve the knowledge of couples of reproductive age regarding contraceptive methods through family planning health education at the Obstetrics and Gynecology (Obgyn) Polyclinic of RS PKU 'Aisyiyah Boyolali.

Results : *The evaluation results showed an improvement in the knowledge of couples of reproductive age (PUS) following the health education intervention. The improvement in knowledge was demonstrated by comparing the oral pre-test and post-test scores. At least 80% of participants were able to correctly answer questions regarding the types, advantages, and side effects of long-term contraceptive methods. These findings indicate that family planning health education was effective in improving the knowledge of couples of reproductive age regarding the selection of appropriate contraceptive methods.*

Conclusion : *Family planning health education through interactive lectures, discussions, question-and-answer sessions, and the use of leaflets can improve the knowledge of couples of reproductive age regarding contraceptive methods, particularly long-term contraceptive methods. This activity can serve as a promotive effort to help couples of reproductive age understand and select contraceptive methods that are appropriate to their needs and health conditions. Continuous contraceptive education in healthcare facilities is recommended to enhance understanding and support appropriate contraceptive decision-making.*

KEYWORDS

Family Planning, Couples of Reproductive Age, Contraception, Health Education, Obstetrics and Gynecology (Obgyn).

INTRODUCTION

The Family Planning (FP) program is an important effort to improve reproductive health and overall family well-being by regulating the number and spacing of births. The success of the FP program is influenced by the knowledge of couples of reproductive age (PUS) regarding the various available contraceptive methods. Adequate knowledge enables couples of reproductive age to understand the benefits, mechanisms of action, advantages, disadvantages, and potential side effects of each method, allowing them to select a contraceptive method that is appropriate for their health conditions and family needs. (Kemenkes RI, 2023). However, in practice, some couples of reproductive age still have limited knowledge regarding contraceptive methods. In addition, myths and misconceptions about contraceptive use may continue to influence decision-making regarding family planning. Data from the National Population and Family Planning Board (BKKBN) indicate that contraceptive use is still predominantly characterized by short-term methods, while the utilization of long-term contraceptive methods (LTCMs) still needs to be improved (BKKBN, 2023). This condition highlights the importance of providing health education that is easy to understand and tailored to the needs of couples of reproductive age. Health education is a promotive strategy that can be used to improve public knowledge and awareness regarding contraception. Providing information through direct communication enables participants to gain a better understanding of various

contraceptive options while also addressing myths and misconceptions. Siti et al. (2023) demonstrated that health education can improve the knowledge of couples of reproductive age regarding family planning (Siti et al., 2023). The World Health Organization 2022 also emphasizes the importance of providing accurate and comprehensive information to enable individuals to make informed decisions about contraception according to their needs. Nevertheless, most contraceptive education is conducted within research settings or general healthcare services, while education specifically targeting couples of reproductive age in Obgyn outpatient clinics through the use of leaflets and direct interaction still needs further development (WHO, 2022).

Based on observations at the Obgyn Polyclinic of RS PKU 'Aisyiyah Boyolali, some patients who are couples of reproductive age were still found to have limited understanding of contraceptive options, their benefits, and potential side effects. Some patients also obtained information from other people's experiences or social media, which may not always be consistent with accurate health information. This condition indicates a gap between the availability of contraceptive services and the understanding of couples of reproductive age in selecting appropriate contraceptive methods. The novelty of this community service activity lies in the implementation of family planning education delivered directly to couples of reproductive age at the Obgyn Polyclinic through a combination of interactive lectures, discussions, question-and-answer sessions, and leaflet-based education, with knowledge evaluated through pre-tests and post-tests. This approach is expected to provide more targeted information while helping participants understand contraceptive options according to their needs and health conditions.

This community service activity aimed to improve the knowledge of couples of reproductive age regarding contraceptive methods through family planning health education at the Obgyn Polyclinic of RS PKU 'Aisyiyah Boyolali. Improved knowledge is expected to support appropriate contraceptive decision-making and contribute to better reproductive health and the success of the family planning program.

MATERIALS AND METHOD

Activity Design and Setting

This Community Service (PKM) activity employed a health education approach using interactive lectures, discussions, question-and-answer sessions, and educational media in the form of leaflets and posters. The activity was conducted at the Obstetrics and Gynecology (Obgyn) Polyclinic of RS PKU 'Aisyiyah Boyolali, targeting couples of reproductive age (PUS) who visited the polyclinic. The activity was structured into three stages: preparation, implementation of health education, and evaluation.

Activity Participants

The participants were couples of reproductive age (PUS) who were receiving healthcare services at the Obstetrics and Gynecology (Obgyn) Polyclinic of RS PKU 'Aisyiyah Boyolali and were willing to participate in the educational activity. The hospital supported the implementation of the activity by providing the educational venue and assisting in identifying and directing patients who met the target criteria.

Educational Media and Materials

The educational media used in the activity consisted of leaflets and posters. The educational materials were developed based on literature related to family planning and contraception. The materials covered the definition of family planning, the objectives and benefits of family planning, and various contraceptive methods, including injectable contraceptives, oral contraceptive pills, implants, intrauterine devices (IUDs), female

sterilization (MOW), and male sterilization (MOP), as well as the advantages, disadvantages, and side effects of each method.

Stages of Activity Implementation

The preparation stage included coordination with RS PKU 'Aisyiyah Boyolali, particularly the Obgyn Polyclinic, to determine the time and venue of the activity, identify the target participants, develop educational materials, and prepare educational media in the form of leaflets and posters.

The implementation stage began with an oral pre-test to assess the participants' initial level of knowledge regarding contraceptive methods. Health education on family planning and contraceptive methods was then provided through interactive lectures supported by leaflets and posters. The educational session was followed by discussions and question-and-answer sessions, allowing participants to clarify information, including myths and misconceptions about contraception. After the education session, an oral post-test was conducted to assess changes in participants' knowledge.

The evaluation stage was conducted by comparing the pre-test and post-test results and observing participants' engagement throughout the educational process. The evaluation also included participants' responses to the educational materials and media used.

Data Collection and Analysis

Participants' knowledge data were obtained through oral questions administered before and after the educational session. The pre-test and post-test results were recorded, compiled, and compared to determine changes in participants' knowledge following the health education intervention. The success of the activity was determined based on the improvement in post-test results compared with the pre-test results. The success criterion was established as at least 80% of participants being able to correctly answer questions regarding the types, advantages, and side effects of contraceptive methods, particularly long-term contraceptive methods.

Program Sustainability

The sustainability of the activity is supported through the continued use of leaflets as an information resource for patients and the integration of family planning education into routine services at the Obgyn Polyclinic. Regular health education provided by healthcare professionals is also recommended to maintain and improve the knowledge of couples of reproductive age regarding the selection of appropriate contraceptive methods.

RESULTS

The Community Service (PKM) activity was conducted at the Obstetrics and Gynecology (Obgyn) Polyclinic of RS PKU 'Aisyiyah Boyolali, targeting couples of reproductive age (PUS). Knowledge was evaluated through oral pre-tests and post-tests following the provision of health education on family planning and contraceptive methods. The evaluation results showed an improvement in participants' knowledge after the educational intervention. Most participants were able to understand the types of contraceptive methods, their advantages, and the side effects of long-term contraceptive methods. Based on the post-test results, the average proportion of participants who correctly answered the evaluation questions reached 84%, thereby meeting the predetermined success criterion of at least 80% of participants answering the questions correctly. Details of the participants' knowledge achievement are presented in Table 1.

Table 1. Participants' Knowledge Evaluation Results After Health Education

No.	Knowledge Indicator	Number of Participants Answering Correctly (n)	Percentage (%)	Target (%)	Interpretation
1	Types of contraceptive methods	22	88	≥80	Achieved
2	Advantages of contraceptive methods	21	84	≥80	Achieved
3	Side effects of long-term contraceptive methods	20	80	≥80	Achieved
	Average	21	84	≥80	Achieved

Table 1 shows that all knowledge indicators achieved the predetermined success target. The percentage of participants who answered the questions correctly ranged from 80% to 88%, with an average achievement of 84%. These findings indicate that health education delivered through interactive lectures, discussions, question-and-answer sessions, as well as the use of leaflets and visual media, can improve participants' understanding of contraceptive methods, particularly long-term contraceptive methods.

DISCUSSION

The improvement in participants' knowledge following the health education indicates that education is a relevant promotive approach to strengthen the understanding of couples of reproductive age (PUS) regarding contraceptive methods. Providing information directly enables participants to receive structured explanations of contraceptive options while also clarifying previously misunderstood information. This improvement in understanding is important because knowledge of the types, benefits, mechanisms of action, advantages, disadvantages, and side effects of contraceptive methods provides a basis for couples of reproductive age to consider methods that are appropriate to their needs and health conditions.

The use of interactive lectures combined with leaflets and question-and-answer sessions can support the process of information acquisition. Lectures provide systematic explanations, while discussions allow participants to share their experiences and ask questions related to their individual circumstances. Leaflets also serve as supporting media that enable participants to review information about contraception after the activity has been completed. These findings are consistent with previous research (Istiqomah et al., 2022) which showed that education using leaflet media can improve women of reproductive age's knowledge regarding IUD contraception. The study found a significant difference in knowledge levels among participants who received education using leaflets.

The findings of this activity are also consistent with the study by Degan et al. (2024) on health education using audiovisual media to improve knowledge regarding contraceptive method selection among women of reproductive age. The study demonstrated that health education supported by educational media could improve participants' knowledge regarding the selection of contraceptive methods. The similarity of these findings further supports that the use of educational media combined with direct information delivery can help participants better understand contraceptive-related information. In this community service activity, the combination of interactive lectures, leaflets, discussions, and question-and-answer sessions also provided participants with opportunities to obtain information while clarifying myths and misconceptions regarding contraception. (Degan et al., 2024)

The improvement in understanding, particularly regarding long-term contraceptive methods, has important implications for family planning services. Methods such as IUDs and implants have specific characteristics, benefits, side effects, and clinical considerations that need to be understood before use. Direct education provides participants with an opportunity to obtain clarification regarding the safety and side effects of contraceptive methods and to distinguish evidence-based health information from myths circulating in the community. This supports the principle of *informed choice*, whereby individuals receive adequate information to make decisions about contraceptive methods based on their needs, preferences, and health conditions.

The participants' enthusiasm during the discussion demonstrated a need for accessible and communicative reproductive health information. Participants actively asked questions about contraceptive method selection, the side effects of hormonal contraception, and the safety of long-term contraceptive methods. This indicates that education in healthcare facilities serves not only as a means of delivering information but also as a platform for two-way communication between healthcare professionals and the community. In the context of services at the Obgyn Polyclinic of RS PKU 'Aisyiyah Boyolali, contraceptive education can support the counseling process, enabling couples of reproductive age not only to become aware of various contraceptive options but also to understand the factors that should be considered when selecting a contraceptive method.

From a practical perspective, this activity demonstrates that contraceptive education can be integrated into routine services at the Obgyn Polyclinic by utilizing leaflets as an information resource that participants can take home. Continued education by healthcare professionals is necessary to ensure that the information received by participants is not limited to a single educational session. Regular education can serve as a strategy to expand access to information about contraception, particularly long-term contraceptive methods.

This activity has several limitations. Knowledge was evaluated immediately after the educational intervention; therefore, the evaluation could not determine whether the improvement in knowledge would be sustained over the long term or result in changes in contraceptive selection and use. In addition, the evaluation was conducted using oral pre-tests and post-tests, meaning that the results primarily reflected immediate changes in knowledge following the intervention. Future activities should incorporate follow-up evaluations to assess the sustainability of knowledge and changes in contraceptive decision-making or use.

CONCLUSION

Community Service (PKM) activities through family planning health education can improve the knowledge of couples of reproductive age regarding contraceptive methods at the Obstetrics and Gynecology (Obgyn) Polyclinic of RS PKU 'Aisyiyah Boyolali. Education delivered through interactive lectures, discussions, question-and-answer sessions, as well as the use of leaflets and visual media, helped participants understand the types, benefits, advantages, side effects, and considerations involved in selecting contraceptive methods, particularly long-term contraceptive methods. The evaluation results showed that the participants' knowledge achievement met the predetermined success criterion, namely that at least 80% of participants were able to answer the evaluation questions correctly. Regular contraceptive education should be integrated into routine services at the Obgyn Polyclinic to maintain access to information and support

appropriate contraceptive decision-making according to the needs and health conditions of couples of reproductive age.

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