

POCKETBOOK MEDIA AS A MEANS OF INCREASING KNOWLEDGE
OF COUPLES OF CHILDBEARING AGE IN SELECTION OF TERM
CONTRACEPTIVE METHODS LONG

Anik Dwi Lestari¹, Asti Nurhayati²

anikdwilestari.students@aiska-university.ac.id

'Aisyiyah University Surakarta

SUMMARY

Background: The level of use of Long-Term Contraceptive Methods (MKJP) among Couples of Childbearing Age (PUS) is still relatively low. This is due to a lack of knowledge, as well as a lack of access to accurate and sustainable information. Therefore, an effective educational approach is needed, one of which is through Communication, Information, and Education (KIE) activities using pocketbook media. **Purpose:** This pocket book aims to provide information to the public, especially for couples of childbearing age, in increasing knowledge and choosing long-term contraceptive methods to obtain efficient contraception. **Method:** Using pocket book media that can provide complete, concise, and easy-to-understand information about the types of MKJP, its benefits, how it works, and its side effects, tested on 3 respondents. **Results:** The media produced from KIE is in the form of pocket books that can be read directly by Couples of Childbearing Age (PUS). **Conclusion:** KIE activities using pocketbook media are an effective and efficient educational method for providing information and knowledge about Long-Term Contraceptive Methods (MKJP), especially for Couples of Childbearing Age (PUS). It is hoped that this activity can support the achievement of the Family Planning program targets and improve the quality of people's reproductive health.

Keywords: Long-Term Contraceptive Methods, Couples of Childbearing Age