

EDUCATION ABOUT LONG-TERM CONTRACEPTION METHODS FOR WOMEN OF FERTILE AGE THROUGH VIDEO MEDIA

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SUMMARY

Background; Contraception is an effort to delay or plan pregnancy, and reduce the risk of pregnancy at a young age or in older women who have higher health risks. The results of the National Socio-Economic Survey (SUSENAS) in 2023 showed that the use of long-term contraceptive methods in Indonesia only reached 10.2% of the community preferring to use short-term contraceptive methods. A factor that influences the selection of contraceptives is age. Through the education process, individuals gain knowledge and skills. **Objective;** As an information medium to increase knowledge in women of childbearing age about the Long-Term Contraceptive Method (MKJP). **Method;** Preparation of videos using Capcut, canva, animaker, inshoot applications that contain images and descriptions of MHJP and its benefits. **Results;** The output obtained is an animated video entitled "Let's Get to Know Long-Term Contraceptive Methods and Their Benefits" with a duration of 3 minutes 46 seconds and a file size of 435,2 GB. It has been tested with 3 women of childbearing age. **Conclusion;** The animated video entitled "Let's Get to Know Long-Term Contraceptive Methods and Their Benefits" can be used as a media for women of childbearing age regarding contraceptive selection.

Keywords: Education, Contraception, Video