

EFFECTIVENESS OF EDUCATION ON REPRODUCTIVE HEALTH IN IMPROVING KNOWLEDGE AND ATTITUDES TOWARD CHILD MARRIAGE PREVENTION AT THE ADOLESCENT POSYANDU IN TRUCUK

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Abstract

Family planning coverage at the Sadar Jaya Community Health Center in Siak Kecil Subdistrict, Bengkalis Regency, showed that out of 353 pregnant women, only 1 was an IUD user (IUD contraceptive use remained low compared to other non-MKJP contraceptives). This study aimed to examine the effect of counseling using leaflets on improving postpartum IUD family planning knowledge among third-trimester pregnant women. This was a pre-experimental study. The population comprised of all third-trimester pregnant women in May 2026, totaling 45 individuals; total sampling was used. Data analysis used the *t*-test. The results showed that prior to the education session, the majority (57.2%) of participants had adequate knowledge of postpartum IUD contraception. After the education session, the majority (66.7%) had good knowledge of postpartum IUD contraception. The effect of education using leaflets on the improvement of postpartum IUD knowledge among third-trimester pregnant women had a *p*-value of $0.000 < 0.05$. The conclusion of this study is that health education using leaflets has an effect on increasing knowledge of postpartum IUD family planning among pregnant women in their third trimester. Therefore, improve their knowledge and understanding, particularly in providing services to pregnant women, regarding postpartum IUD family planning for pregnant women in their third trimester.

Keywords: health education, media leaflets, knowledge, postpartum IUD

INTRODUCTION

Family Planning (FP) services are a strategic program for creating quality families and improving public health. Family planning issues, which encompass macro-level issues, refer to broad-scale challenges that impact family planning services systemically and across regions. These issues include the low National Family Planning Participation Rate, particularly for Long-Term Contraceptive Methods (MKJP). Despite the program's long history, MKJP use remains low in many regions (Zurizah, 2021).

Globally, the rate of unplanned births remains high, particularly in developing countries, due to unequal access to family planning information and services. WHO data shows that approximately 214 million women in developing countries have unmet family planning needs, increasing the risk of unwanted pregnancies, maternal and infant mortality, and exacerbating stunting. Furthermore, the lack of involvement of husbands of pregnant women in their third trimester in family planning is a global challenge in increasing family planning coverage. Good family planning has been proven to accelerate the reduction of stunting rates and support the achievement of SDG targets 3 (Health and Well-Being) and 5 (Gender Equality) globally (WHO, 2021).

The main population problem in Indonesia is high population growth. According to data from the Central Statistics Agency (BPS) in 2014, Indonesia's population reached 252,124,458. This number consisted of 126,921,864 males and 125,202,594 females (BPS, 2014). The population growth rate from 2010 to 2014 was 1.4%. This figure has decreased compared to 1.49% in 2000 to 2010. The government

launched a program to reduce the high population growth rate through the Family Planning (KB) program.

The number of new family planning participants in Indonesia nationally in 2025 was 533,067 people, most of the new family planning participants chose the Short-Term Contraceptive Method (Non MKJP) which was 81.83%. New family planning participants who chose the Long-Term Contraceptive Method (MKJP) were only 18.17%. The details of the contraceptive methods used based on the number above were injections for 278,333 people (52.21%), pills for 129,880 people (24.36%), condoms for 27,996 people (5.25%), IUDs for 36,601 people (6.87%), MOW for 7,867 people (1.48%), implants for 51,843 people (9.73%), and MOP for 547 people (0.10%) (BKKBN, 2025).

Based on data in Bengkalis Regency in 2024 the number of PUS was 13,004 with 8,918 active family planning participants (68.59%). Data from the Sadar Jaya Community Health Center in 2024 showed that the number of women of childbearing age was 510, of which 353 used family planning and 157 did not use family planning. Details of injectable family planning acceptors were 226, implants 104, pills 7, condoms 0, MOP 0, MOW 15, and IUD 1. Based on the data obtained, it can be interpreted that IUD contraceptive users are still low compared to other contraceptives included in non-MKJP.

From a preliminary study conducted on January 6, 2026, by interviewing 10 pregnant women who made ANC visits in the third trimester at the Sadar Jaya Community Health Center in Bengkalis Regency, it was found that all 10 women had insufficient knowledge about postpartum IUD contraception, with the reason that they had never received counseling about postpartum IUDs, only understanding that IUD installation was carried out after the postpartum period ended.

The Indonesian government has established a program to reduce population growth, namely the Family Planning (KB) program. The National Population and Family Planning Agency (BKKBN) stated that the government's commitment, as outlined in Family Planning 2030, serves as a reference for strengthening Family Planning (KB) and Reproductive Health (Kespro) services in Indonesia. Bringing Indonesia to the global level through Family Planning 2030 can further reduce the number of unmet needs for family planning in the community. The most dominant contraceptive use among those of childbearing age in Indonesia is injectable contraception (59.9%), much higher than other methods. This method is a short-term contraceptive method and is highly effective in controlling pregnancy. This method is lower than long-term contraception, where postpartum contraceptive use (0-42 days) is still low (BKKBN, 2021).

Factors influencing postpartum family planning choices include knowledge, counseling, attitudes, and husband's support. Lack of knowledge about postpartum family planning contributes to low participation among postpartum mothers, highlighting the importance of efforts to increase understanding of postpartum family planning. Information provided by health workers includes guidance on how couples choose the appropriate contraceptive method, assisting couples in using the appropriate method, and explaining the advantages and disadvantages of the chosen method (Velinda et al., 2022).

Counseling, or communication, information, and education (IEC), is conducted to facilitate public access to information about contraceptive methods they plan to use. Several media are used in the IEC implementation process, and the selection of the right media will influence its success. Leaflets, a folded sheet containing a wealth of health information, can be used to facilitate health counseling (BKKBN, 2021).

A leaflet is a piece of paper with pictures and writing (usually more writing) on both sides of the paper and folded so that it is small and practical to carry, with A4 size folded in three. This media contains ideas directly to the point and explains how to take action briefly. A leaflet is a small sheet of paper containing a printed message to be distributed to the public as information about a thing or event. According to the Merriam-Webster dictionary, a leaflet is a printed sheet, generally folded, which is expected for distribution. Leaflets are generally only used by companies to advertise or disseminate a product that exists in the company so that the public has an attraction to the company's product (Bernadetha, 2020).

This aligns with the results of research conducted by Karlinah (2023) on the effect of health education using leaflets on mothers' knowledge about IUDs. A p-value of 0.000 was obtained, indicating an effect of health education on mothers' knowledge about IUDs. Midwives and other healthcare workers

are expected to consistently provide health education, particularly about IUDs, to improve women of childbearing age's knowledge about IUDs.

In addition, according to research conducted by Siregar (2024), a significant relationship was also found between knowledge ($p = 0.021$) and the role of health workers ($p = 0.030$) with the choice of IUD contraceptives. The results of the bivariate study showed a significant relationship between knowledge and the choice of IUD contraceptives. The same finding was also found by Qoimah (2023), which showed that there was an effect of audio-visual education on the knowledge and interest of mothers using MKJP in the work area of the Labanan Health Center in 2022 based on the Wilcoxon Test with a p -value = 0.000 ($P < 0.05$).

The public is not yet fully aware of family planning, even though the government has tried various programs to attract public sympathy and participate in making the family planning program a success. The influence of counseling using leaflets to influence public attitudes. Leaflets were chosen as a medium for counseling because the information/messages in the leaflets are written in concise language, so they are easy to understand in a short time. Based on the description above, the author is interested in conducting research on the influence of counseling using leaflets on increasing knowledge of postpartum IUD contraception among pregnant women in the third trimester at the Sadar Jaya Community Health Center, Siak Kecil District, Bengkalis Regency.

RESEARCH METHODS

This study was a pre-experimental study. Pre-experimental research is systematic, logical, and thorough in controlling conditions. This study analyzed the effect of leaflet-based counseling on increasing post-delivery IUD knowledge among pregnant women in their third trimester at the Sadar Jaya Community Health Center in Siak Kecil District, Bengkalis Regency.

The research began in May 2026 and the research location was carried out at the Sadar Jaya Community Health Center, Siak Kecil District, Bengkalis Regency. The population of this study was all third-trimester pregnant women at the Sadar Jaya Community Health Center, Siak Kecil District, Bengkalis Regency in May 2026 with a total of 42. The number of samples was 42 people, with the sampling technique used being total sampling. Independent variables: counseling and dependent variables: Knowledge of third-trimester pregnant women about postpartum IUD contraception. The research instrument used questionnaires and leaflets, while data collection used primary data. Statistical tests were conducted using paired sample T-tests with the help of a computer program, at a significance level of 0.05 or an error rate of 5%.

RESULTS AND DISCUSSION

Univariate Analysis

1. Respondent Characteristics Based on Age

Table 1. Frequency distribution of age pregnant women in their third trimester at the Sadar Jaya Community Health Center, Siak Kecil District, Bengkalis Regency in May 2026

Age	Frequency	Percentage (%)
<20	0	0
20-35	28	66.7
>35	14	33.3
Total	42	100

(Source: Primary Research Data, 2026)

Based on table 1, it can be seen that the majority (66.7%) of respondents are in the 20-35 year age group.

2. Respondent Characteristics Based on Education

Table 2. Distribution of frequency education pregnant women in their third trimester at the Sadar Jaya Community Health Center, Siak Kecil District, Bengkalis Regency in May 2026

Education	Frequency	Percentage (%)
Base	16	38.1
Intermediate	20	47.6
Tall	6	14.3
Total	42	100

(Source: Primary Research Data, 2026)

Based on table 2, it can be seen that the majority (53.1%) of respondents have secondary education.

3. Respondent Characteristics Based on Occupation.

Table 3. Distribution of job frequency pregnant women in their third trimester at the Sadar Jaya Community Health Center, Siak Kecil District, Bengkalis Regency in May 2026

Work	Frequency	Percentage (%)
Work	4	9.5
Doesn't work	38	90.5
Total	42	100

(Source: Primary Research Data, 2026)

Based on Table 3, it can be seen that the majority (90.5%) of respondents are unemployed.

4. Respondent Characteristics Based on Parity

Table 4. Frequency distribution parity pregnant women in their third trimester at the Sadar Jaya Community Health Center, Siak Kecil District, Bengkalis Regency in May 2026

Parity	Frequency	Percentage (%)
Primipara	32	76.2
Multipara	9	21.4
Grandemulti	1	2.4
Total	42	100

(Source: Primary Research Data, 2026)

Based on Table 4, it can be seen that the majority (76.2%) of respondents were primiparous.

5. Respondent characteristics based on knowledge before being given counseling

Table 5. Frequency distribution of knowledge before counseling Pregnant women in their third trimester regarding postpartum IUDs at the Sadar Jaya Community Health Center, Siak Kecil District, Bengkalis Regency in May 2026

Prior Knowledge	Frequency	Percentage (%)
Good	4	9.5
Enough	24	57.2
Not enough	14	33.3
Total	42	100

Source: Primary Research Data, 2026)

Based on Table 5, it can be seen that the majority (57.2%) of respondents have sufficient knowledge.

6. Respondent characteristics based on knowledge after being given counseling

Table 6. Frequency distribution knowledge after counseling Pregnant women in their third trimester regarding postpartum IUDs at the Sadar Jaya Community Health Center, Siak Kecil District, Bengkalis Regency in May 2026

After Knowledge	Frequency	Percentage (%)
Good	28	66.7
Enough	14	33.3
Not enough	0	0
Total	42	100

(Source: Primary Research Data, 2026)

Based on Table 6, it can be seen that the majority (66.7%) of respondents have good knowledge.

Bivariate Analysis

1. The effect of counseling using leaflets on increasing knowledge of postpartum IUD contraception in pregnant women in the third trimester

Table 7. PinfluenceCounseling using leaflets to increase knowledge of postpartum IUD contraception among pregnant women in the third trimester at the Sadar Jaya Community Health Center, Siak Kecil District, Bengkalis Regency in May 2026

Variables	Knowledge after						Total	
	Before		Enough		Not enough			
	F	%	f	%	f	%	F	%
Good	4	100	0	0	0	0	4	100
Enough	24	100	0	0	0	0	24	100
Not enough	0	0	14	100	0	0	14	100

From table 7 above, it can be seen that the cross tabulation showed that knowledge before being given counseling was good and after being given counseling was good for 4 respondents (100).%). Knowledge before being given counseling was sufficient and after being given counseling was good for 24 respondents (100).%). Knowledge before being given counseling was lacking and after being given counseling was sufficient for 14 respondents (100).%).

2. T-Test

Table 8. T-Test

a. Tests of Normality				
Knowledge after	Statistics	df	Signification	
Prior knowledge Good	.637	28	.000	
Enough	.418	14	.000	

From the results of statistical tests with the help of a computer program, a p value of $0.000 < 0.05$ was obtained, meaning that there was an influence of counseling using leaflet media on increasing knowledge of postpartum IUD contraception among pregnant women in the third trimester at the Sadar Jaya Community Health Center, Siak Kecil District, Bengkali Regency.

DISCUSSION

Level of knowledge of pregnant women in the third trimester about postpartum IUD contraception before counseling

Of the 42 respondents surveyed, the majority (57.2%) had sufficient knowledge. This is because the majority (53.1%) of respondents had secondary education. Therefore, educational level influences a person's understanding of something.

According to Notoatmodjo (2018), knowledge can be influenced by many factors, one of which is education level. The higher a person's education, the greater their knowledge, and vice versa.

Knowledge is the result of "knowing" that occurs after someone senses a particular object. Knowledge or cognitive is a very important domain for forming a person's actions or overt behavior (Notoatmodjo, 2018). According to Febrianti (2018) in her research, knowledge is the basis for someone to do/determine when starting something. Because the more knowledge gained, the easier it is for someone to open up insights about their health. Someone who has a high level of knowledge tends to behave healthily and is aware of health maintenance and health well-being, including using contraceptives that are suitable, appropriate, and effective for the mother and family.

From the research results above, it can be concluded that the level of education of pregnant women in their third trimester influences their knowledge about postpartum IUD contraception. Therefore, the higher the level of education of pregnant women in their third trimester, the better their knowledge about postpartum IUD contraception. Therefore, it is necessary to improve the understanding of pregnant women in their third trimester about postpartum IUD contraception, especially those with limited knowledge, through education.

Level of knowledge of pregnant women in the third trimester about postpartum IUD contraception after counseling

Of the 42 respondents surveyed, the majority (66.7%) had good knowledge. This is because the majority (66.7%) of respondents were aged 20-35. Therefore, their relatively young age may mean they have lower emotional intelligence compared to adults, especially regarding their understanding of postpartum IUD contraception.

According to Notoatmodjo (2018), mothers in the early adulthood age group (20-35 years old) tend to behave well. This is because this age group is considered mature, with mature thinking, extensive experience, and decision-making skills. The more mature a person is, the more life experience they have and the easier it is to accept behavioral changes.

From the research results above, it can be concluded that the age of pregnant women in their third trimester influences their knowledge about postpartum IUD contraception after receiving counseling. Therefore, the more productive pregnant women in their third trimester, the easier it is for them to absorb information about postpartum IUD contraception. Therefore, even with insufficient knowledge and in early or late adulthood, counseling should continue to be provided to increase their knowledge about postpartum IUD contraception.

The effect of counseling using leaflets on increasing knowledge of postpartum IUD contraception in pregnant women in the third trimester

That of the 42 respondents in the cross tabulation of knowledge before being given counseling was good and after being given counseling was good, 4 respondents (100%). Knowledge before being given counseling was sufficient and after being given counseling was good for 24 respondents (100%). Knowledge before being given counseling was lacking and after being given counseling was sufficient for 14 respondents (100%).

From the results of statistical tests with the help of a computer program, a p value of $0.000 < 0.05$ was obtained, meaning that there was an influence of counseling using leaflet media on increasing knowledge of postpartum IUD contraception in pregnant women in the third trimester.

In accordance with the results of a study conducted by Karlinah (2023) on the effect of health

education using leaflets on mothers' knowledge about IUDs. A p-value of 0.000 was obtained, indicating that health education had an effect on mothers' knowledge about IUDs. Midwives and health workers are expected to consistently provide health education, particularly about IUDs, to improve women of childbearing age's knowledge about IUDs.

In addition, according to research conducted by Siregar (2024), a significant relationship was also found between knowledge ($p = 0.021$) and the role of health workers ($p = 0.030$) with the choice of IUD contraceptives. The results of the bivariate study showed a significant relationship between knowledge and the choice of IUD contraceptives. The same finding was also found by Qoimah (2023), which showed that there was an effect of audio-visual education on the knowledge and interest of mothers using MKJP in the work area of the Labanan Health Center in 2022 based on the Wilcoxon Test with a p-value = 0.000 ($P < 0.05$).

This is in accordance with Notoatmodjo's (2018) opinion, stating that the counseling methods used by community health center staff are tailored to the target behavioral elements to be changed, whether knowledge, attitudes, or actions. The counseling methods most frequently used by community health center staff to increase knowledge are lectures and question-and-answer methods.

Media is essential in health promotion because it facilitates the delivery of information and avoids misperceptions. Leaflets, posters, films, and PowerPoint presentations are examples of commonly used media, which are expected to engage the public and foster healthy lifestyles. Leaflets are a form of conveying health information or messages through folded sheets. The information can be in the form of sentences or images, or a combination of both. Leaflets have the advantage of adapting to the community's independent learning environment, allowing the public to view the content more relaxed, and allowing information to be shared with family and neighbors (Notoatmodjo, 2018).

Counseling is an educational activity carried out by disseminating messages and instilling confidence, so that the public is not only aware, knowledgeable, and understands, but also willing and able to carry out recommendations related to health, whether carried out individually, in groups, or as a whole. Similarly, increasing knowledge about postpartum IUDs can be achieved by distributing leaflets as a means of conveying family planning information. Adequate family planning information can increase contraceptive coverage.

CONCLUSION

This study shows that education using leaflets is effective in increasing the knowledge of pregnant women in their third trimester about postpartum IUD contraception at the Sadar Jaya Community Health Center, Siak Kecil District, Bengkalis Regency. Before the education, most respondents had a sufficient level of knowledge (57.2%), while after the education, the majority of respondents experienced an increase to the good category (66.7%). The results of the statistical analysis showed a p-value of 0.000 (< 0.05), which indicates a significant effect of education using leaflets on increasing respondents' knowledge. This finding reinforces the importance of utilizing simple, easy-to-understand educational media that can be studied independently to increase pregnant women's understanding of postpartum IUD contraception as an effective long-term contraceptive method.

However, this study has limitations due to its pre-experimental design without a control group, relatively small sample size, and single-site study, which limits the generalizability of the results. Furthermore, the study only measured changes in knowledge and did not evaluate changes in attitudes or decisions regarding postpartum IUD use. Practically, the results of this study can serve as a basis for community health centers and health workers to optimize family planning counseling programs by using leaflets as educational media during antenatal care. Future research is recommended to use a more robust experimental design with a control group, a larger sample size, and to examine the effectiveness of various educational media such as videos, digital applications, or a combination of media on knowledge, attitudes, and behavior regarding postpartum contraceptive choice.

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