

FAKTOR YANG BERHUBUNGAN DENGAN PEMILIHAN METODE KONTRASEPSI JANGKA PANJANG PADA WANITA USIA SUBUR DI DESA AWASSAGARA KABUPATEN GARUT TAHUN

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ABSTRAK

Pendahuluan: Penggunaan Metode Kontrasepsi Jangka Panjang (MKJP) di Desa Awassagara masih lebih rendah dibandingkan metode kontrasepsi non-MKJP, meskipun MKJP memiliki efektivitas tinggi dalam mencegah kehamilan. Rendahnya penggunaan MKJP diduga dipengaruhi oleh berbagai faktor, di antaranya usia, paritas, dan dukungan suami. **Tujuan:** mengetahui hubungan usia, paritas, dan dukungan suami dengan pemilihan Metode Kontrasepsi Jangka Panjang (MKJP) pada wanita usia subur di Desa Awassagara Kabupaten Garut Tahun 2026. **Metode:** penelitian menggunakan metode kuantitatif dengan desain analitik observasional pendekatan *cross-sectional*. Sampel penelitian berjumlah 87 wanita usia subur yang dipilih menggunakan teknik *simple random sampling*. Pengumpulan data dilakukan menggunakan kuesioner, sedangkan Analisis data meliputi analisis univariat dan bivariat. Analisis bivariat dilakukan menggunakan uji Chi-Square dan uji exact Fisher-Freeman-Halton sesuai dengan pemenuhan asumsi analisis, dengan tingkat signifikansi $\alpha = 0,05$. **Hasil:** Penelitian menunjukkan bahwa sebagian besar responden berusia 20–35 tahun (59,8%), multipara (66,6%), memperoleh dukungan suami (66,7%), dan menggunakan MKJP (50,6%). Analisis bivariat menunjukkan terdapat hubungan yang bermakna antara usia ($p=0,025$), paritas ($p=0,014$), dan dukungan suami ($p<0,001$) dengan pemilihan MKJP. **Kesimpulan:** bahwa usia, paritas, dan dukungan suami berhubungan signifikan dengan pemilihan MKJP pada wanita usia subur. Disarankan agar tenaga kesehatan meningkatkan edukasi dan konseling serta

melibatkan suami dalam program Keluarga Berencana guna meningkatkan penggunaan MKJP.

Kata kunci: Metode Kontrasepsi Jangka Panjang (MKJP), usia, paritas, dukungan

**FACTORS RELATED TO THE SELECTION OF LONG-TERM
CONTRACEPTIVE METHODS IN WOMEN OF CHILDBEARING AGE
IN AWASSAGARA VILLAGE, GARUT REGENCY IN 2026**

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ABSTRAK

Introduction: *The use of Long-Term Contraceptive Methods (MKJP) in Awassagara Village is still lower than non-MKJP contraceptive methods, although MKJP has high effectiveness in preventing pregnancy. The low use of MKJP is suspected to be influenced by various factors, including age, parity, and husband support.* **Objective:** *to find out the relationship between age, parity, and husband support with the selection of Long-Term Contraceptive Methods (MKJP) in women of childbearing age in Awassagara Village, Garut Regency in 2026.* **Methods:** *The research used a quantitative method with an observational analytical design of a cross-sectional approach. The research sample amounted to 87 women of childbearing age who were selected using a simple random sampling technique. Data collection was carried out using questionnaires, while data analysis included univariate and bivariate analysis using the Chi-Square test and exact Fisher-Freeman-Halton test with a significance level of 0.05.* **Results:** *The study showed that most respondents were aged 20–35 years (59.8%), multipara (66.6%), obtained husband support (66.7%), and used MKJP (50.6%). Bivariate analysis showed that there was a significant relationship between age ($p=0.025$), parity ($p=0.014$), and husband support ($p=0.001$) with MKJP selection.* **Conclusion:** *that age, parity, and husband support were significantly related to the selection of MKJP in women of childbearing age. It is recommended that health workers increase education and counseling and involve husbands in the Family Planning program to increase the use of MKJP.*

Keywords: *Long-Term Contraceptive Method (MKJP), age, parity, husband*

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