

HUBUNGAN SELF EFFICACY IBU NIFAS DENGAN PEMILIHAN KB PASCA SALIN DI WILAYAH KERJA BLUD UPTD PUSKESMAS PATARUMAN 2 KOTA BANJAR

ABSTRAK

Latar Belakang: Keluarga Berencana (KB) pasca salin merupakan strategi kesehatan reproduksi yang penting untuk mencegah kehamilan berjarak dekat, namun cakupannya di Wilayah Kerja BLUD UPTD Puskesmas Pataruman 2 Kota Banjar masih rendah, dengan jumlah peserta KB baru pasca persalinan tahun 2025 hanya sebanyak 193 akseptor. Self efficacy ibu nifas diduga menjadi salah satu determinan psikologis penting yang memengaruhi keputusan pemilihan metode KB pasca salin, khususnya dalam hal pemilihan Metode Kontrasepsi Jangka Panjang (MKJP). **Tujuan:** Penelitian ini bertujuan untuk menganalisis hubungan self efficacy ibu nifas dengan pemilihan KB pasca salin di Wilayah Kerja BLUD UPTD Puskesmas Pataruman 2 Kota Banjar. **Metode:** Penelitian ini merupakan penelitian kuantitatif dengan desain observasional analitik menggunakan pendekatan cross-sectional. Populasi penelitian adalah seluruh ibu nifas di Wilayah Kerja BLUD UPTD Puskesmas Pataruman 2 Kota Banjar periode April–Juni 2026 sebanyak 169 orang. Sampel diambil dengan teknik total sampling berjumlah 70 responden. Self efficacy diukur menggunakan kuesioner General Self Efficacy Scale (GSES), sedangkan pemilihan KB pasca salin diukur melalui lembar checklist berdasarkan rekam medis dan wawancara. Analisis data menggunakan uji Chi-Square dengan Continuity Correction pada tingkat kepercayaan 95%. **Hasil:** Sebagian besar ibu nifas memiliki self efficacy rendah (65,7%) dan memilih KB pasca salin jenis Non MKJP (80,0%). Seluruh ibu nifas dengan self efficacy rendah (100,0%) memilih Non MKJP, sedangkan ibu nifas dengan self efficacy tinggi lebih banyak memilih MKJP (58,3%). Hasil uji statistik Chi-Square dengan Continuity Correction diperoleh nilai sebesar 29,995 dengan $p\text{-value} < 0,001$ ($p < 0,05$). **Kesimpulan:** Terdapat hubungan yang signifikan antara self efficacy ibu nifas dengan pemilihan KB pasca salin di Wilayah Kerja BLUD UPTD Puskesmas Pataruman 2 Kota Banjar. Ibu nifas dengan self efficacy tinggi cenderung lebih banyak memilih MKJP dibandingkan ibu nifas dengan self efficacy rendah.

Kata Kunci: Ibu Nifas, KB Pasca Salin, Self Efficacy

**THE RELATIONSHIP BETWEEN SELF EFFICACY OF POSTPARTUM
MOTHERS AND POSTPARTUM FAMILY PLANNING METHOD
CHOICE IN THE WORKING AREA OF BLUD UPTD PUSKESMAS
PATARUMAN 2, BANJAR CITY**

ABSTRACT

Background: Postpartum family planning (FP) is an important reproductive health strategy for preventing closely spaced pregnancies, yet its coverage in the working area of BLUD UPTD Puskesmas Pataruman 2, Banjar City, remains low, with only 193 new postpartum FP acceptors recorded in 2025. Postpartum mothers' self efficacy is suspected to be an important psychological determinant influencing the choice of postpartum contraceptive method, particularly the choice of Long-Acting Reversible Contraception (LARC). **Objective:** This study aimed to analyze the relationship between postpartum mothers' self efficacy and postpartum family planning method choice in the working area of BLUD UPTD Puskesmas Pataruman 2, Banjar City. **Methods:** This was a quantitative analytical observational study using a cross-sectional approach. The population consisted of all postpartum mothers in the working area of BLUD UPTD Puskesmas Pataruman 2, Banjar City, during the April–June 2026 period, totaling 169 mothers. A total sampling technique was used, yielding 70 respondents. Self efficacy was measured using the General Self Efficacy Scale (GSES) questionnaire, while postpartum family planning choice was assessed using a checklist based on medical records and interviews. Data were analyzed using the Chi-Square test with Continuity Correction at a 95% confidence level. **Results:** Most postpartum mothers had low self efficacy (65.7%) and chose Non-LARC methods (80.0%). All mothers with low self efficacy (100.0%) chose Non-LARC methods, whereas mothers with high self efficacy more often chose LARC methods (58.3%). The Chi-Square test with Continuity Correction yielded a value of 29.995 with a p-value < 0.001 ($p < 0.05$).

Conclusion: There is a significant relationship between postpartum mothers' self efficacy and postpartum family planning method choice in the working area of BLUD UPTD Puskesmas Pataruman 2, Banjar City. Postpartum mothers with high self efficacy tend to choose LARC methods more often than those with low self efficacy.

Keywords: Postpartum Mother, Postpartum Family Planning, Self Efficacy