

GAMBARAN PENGETAHUAN IBU MENYUSUI TERHADAP ALAT KONTRASEPSI SELAMA LAKTASI DI DESA PONDOKREJO TEMPEL SLEMAN

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INTISARI

Latar Belakang: Jumlah penduduk dunia tahun 2013 sudah 7,2 miliar jiwa. Indonesia merupakan penyumbang jumlah penduduk terbesar di dunia. Usaha pemerintah menurunkan laju pertumbuhan penduduk melalui program keluarga berencana (KB). Metode kontrasepsi harus mulai digunakan pada *post partum* bulan ketiga dengan memilih kontrasepsi yang tidak mengganggu laktasi. Berdasarkan studi pendahuluan di Desa Pondokrejo Tempel Sleman. Hasil wawancara terhadap 14 (40%) ibu menyusui didapatkan 5 (14%) sudah menggunakan alat kontrasepsi, 5 (14%) ibu menyusui belum menggunakan alat kontrasepsi, 4 (11%) ibu masih dalam masa.

Tujuan penelitian: Mengetahui gambaran pengetahuan ibu menyusui terhadap alat kontrasepsi selama laktasi.

Metode: Penelitian ini merupakan penelitian *deskriptif* dengan pendekatan *cross sectional*. Pengambilan sampel dengan teknik total *sampling*. Besar sampel 35 ibu menyusui.

Hasil Penelitian: Berdasarkan hasil penelitian didapatkan pengetahuan ibu menyusui terhadap kontrasepsi selama laktasi di Desa Pondokrejo Tempel Sleman terdapat 57% (20 responden) berpengetahuan cukup, 26% (9 responden) berpengetahuan baik dan 17 % (6 responden) berpengetahuan kurang.

Kesimpulan: Berdasarkan hasil penelitian yang sudah dilakukan, pengetahuan ibu menyusui terhadap alat kontrasepsi selama laktasi di Desa Pondokrejo Tempel Sleman berpengetahuan cukup.

Kata Kunci: Pengetahuan, Ibu menyusui, Alat kontrasepsi selama laktasi.

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**DESCRIPTION OF NURSING KNOWLEDGE CONTRACEPTION DURING
LACTATION IN THE VILLAGE PONDOKREJO
TEMPEL SLEMAN**

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ABSTRAK

Background: The number of the world's population in 2013 was 7.2 billion people. Indonesia is the largest contributor to the total population in the world. Government efforts to lower the rate of population growth through family planning program (KB). Methods of contraception should be used to start the third month post partum by choosing contraception that does not interfere with lactation. Based on a preliminary study in the village of Sleman Pondokrejo Paste. The results of interviews with 14 (40%) found 5 nursing mothers (14%) already use contraception, 5 (14%) nursing mothers have not been using contraception, 4 (11%) women were still in the future.

Objective: To determine the knowledge overview nursing mothers against contraception during lactation.

Methods: This study is a descriptive study with cross sectional approach. Sampling with a total sampling technique. Large sample of 35 nursing mothers.

Results: Based on the results, the results of nursing mothers knowledge of contraception during lactation in the village of Sleman Paste Pondokrejo contained 57% (20 respondents) knowledgeable enough, 26% (9 respondents) both knowledgeable and 17% (6 respondents) are less knowledgeable.

Conclusion: Based on the research that has been done, knowledge of breastfeeding mothers against contraceptives during lactation in the village of Sleman Paste Pondokrejo knowledgeable enough.

Keywords: Knowledge, Nursing mothers, contraceptives during lactation.

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