

**HUBUNGAN UMUR IBU HAMIL DENGAN RENCANA PEMILIHAN  
KONTRASEPSI DI BIDAN PRAKTEK MANDIRI DEBORA  
WINARNI GANTIWARNO KLATEN**

**INTISARI**

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**Latar Belakang:** Banyak faktor yang mempengaruhi pemilihan alat kontrasepsi di antaranya faktor pasangan, kesehatan, alat kontrasepsi dan umur. Umur seseorang menentukan metode kontrasepsi yang akan dipilih, semakin tua umur seseorang akan meningkatkan kemungkinan tidak menginginkan kehamilan sehingga alat kontrasepsi yang dipilih adalah kontrasepsi mantap. Usia istri 20-35 tahun merupakan fase menjarangkan kehamilan, dengan demikian, kontrasepsi yang digunakan memiliki ciri-ciri : efektivitas dan reversibilitas tinggi, salah satu contoh adalah kontrasepsi suntik.

**Tujuan Penelitian:** Menganalisis hubungan umur ibu hamil dengan rencana pemilihan kontrasepsi di Bidan Praktek Mandiri Debora Winarni Gantiwarno Klaten.

**Metode Penelitian:** Jenis penelitian *deskriptif analitik* dengan pendekatan *cross sectional*. Populasi penelitian adalah ibu hamil di Bidan Praktek Mandiri Debora Winarni Gantiwarno Klaten. Teknik pengambilan sampel menggunakan *accidental sampling* dengan perolehan sampel sebanyak 30 responden. Analisis data yang digunakan adalah *chi square*.

**Hasil Penelitian:** Umur ibu hamil di Bidan Praktek Mandiri Debora Winarni Gantiwarno Klaten adalah 20-35 tahun sebanyak 23 responden (76,7%), Rencana pemilihan kontrasepsi bagi ibu hamil adalah hormonal sebanyak 25 responden (83,3%),  $X^2$  hitung sebesar 6,417 sedangkan nilai  $X^2$  tabel pada df 2 sebesar 5,991 sehingga ( $X^2$  hitung >  $X^2$  tabel) dan p value sebesar 0,040 dimana ( $p < 0,05$ ).

**Kesimpulan:** Ada hubungan umur ibu hamil dengan rencana pemilihan kontrasepsi di Bidan Praktek Mandiri Debora Winarni Gantiwarno Klaten. Tenaga kesehatan perlu memberikan konseling dan penyuluhan KB pada ibu hamil yang berkunjung dalam memilih kontrasepsi berdasarkan umur sehingga dapat menentukan metode kontrasepsi yang tepat berdasarkan umur.

**Kata Kunci:** Umur ibu hamil, rencana pemilihan kontrasepsi

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**THE RELATIONSHIP BETWEEN MATERNAL AGE WITH THE  
SELECTION PLAN OF CONTRACEPTIVES IN INDEPENDENT  
MIDWIFE PRACTICE OF DEBORA WINARNI  
IN GANTIWARNO, KLATEN**

**ABSTRACT**

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**Background:** Many factors influence the choice of contraceptives, among them: couple factors, health factors, contraceptives factors. Couple factors are including age, lifestyle, frequency of intercourse, and contraceptive experience. The age of a person determines the contraceptive methods to be selected; the older the age of one will increase the likelihood of not wanting the pregnancy so that the contraceptive selected is permanent contraceptive. The age of wife between 25-35 years old is in the phase of sparing the pregnancy, so the contraceptive has characteristic: high reversibility and effective, such the injection contraceptive.

**Research objectives:** To reveal the relationship between maternal age with the selection plan of contraceptive in Independent Midwife Practice of Deborah Winarni in Gantiwarno, Klaten.

**Research Methods:** The research is a descriptive analytical study with cross sectional approach. The study population are pregnant women in Independent Midwife Practice of Deborah Winarni in Gantiwarno, Klaten. The sampling technique used in this research is accidental sampling with the acquisition of a sample of 30 respondents. Analysis of the data used is the chi square.

**Study Result:** Age of pregnant women in Independent Midwife Practice of Deborah Winarni in Gantiwarno, Klaten is 20-35 years as many as 23 respondents (76.7%), contraceptive selection plan for pregnant women is hormonal as many as 25 respondents (83.3%),  $X^2$  count equal 6.417 while the value of  $X^2$  in table df2 is 5.591 so that ( $X^2_{hitung} > X^2_{tabel}$ ) and p value is 0.040 which ( $p < 0.05$ ).

**Conclusion:** There is a relationship between maternal ages with the selection plan of contraceptive in Independent Midwife Practice of Deborah Winarni in Gantiwarno, Klaten. Health workers need to provide family planning counseling and education to pregnant mother who visited in choosing contraception by age so that they can determine the appropriate method of contraception by age.

**Key words:** maternal age, contraceptive selection plan.

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