

THE RELATIONSHIP BETWEEN FAMILY PLANNING COUNSELING BY MIDWIVES, KNOWLEDGE LEVEL, AND IUD METHOD CHOICE

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ABSTRAK : HUBUNGAN ANTARA KONSELING KELUARGA BERENCANA OLEH BIDAN, TINGKAT PENGETAHUAN, DAN PILIHAN METODE IUD

Latar belakang pemilihan metode kontrasepsi yang tepat merupakan faktor penting dalam keberhasilan program Keluarga Berencana (KB). Alat Kontrasepsi Dalam Rahim (AKDR) merupakan salah satu metode kontrasepsi jangka panjang yang efektif dan aman. Namun, penggunaannya masih rendah karena berbagai faktor, salah satunya adalah kurangnya pengetahuan ibu. Pelayanan konseling KB yang dilakukan oleh bidan berperan besar dalam meningkatkan pemahaman dan keputusan ibu terhadap pemilihan AKDR.

Tujuan dari penelitian ini adalah untuk mengetahui antara hubungan pelayanan konseling KB oleh bidan terhadap pengetahuan ibu dan keputusan dalam memilih metode kontrasepsi AKDR.

Penelitian ini menggunakan pendekatan kuantitatif dengan desain *Cross-sectional*. Sampel terdiri dari ibu usia subur yang menerima konseling KB oleh bidan di Klinik Pratama Kasta Gumani Tabanan sebanyak 212 responden, dengan Teknik pengambilan sampel *Purposive Sampling*. Data dikumpulkan menggunakan kuesioner terstruktur yang meliputi aspek konseling, pengetahuan, dan pilihan kontrasepsi. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Chi-square*.

Hasil uji Chi-Square menunjukkan bahwa nilai $p = 0,000$ ($p < 0,05$), yang berarti terdapat hubungan yang signifikan antara pelayanan konseling KB oleh bidan dengan pemilihan metode AKDR. Dengan demikian, semakin baik pelayanan konseling KB yang diberikan oleh bidan, maka semakin tinggi pula kemungkinan ibu memilih metode kontrasepsi AKDR..

Kata Kunci : Konseling, Keluarga Berencana, Pengetahuan Ibu, Pemilihan AKDR

ABSTRACT

Background the selection of an appropriate contraceptive method is an important factor in the success of the Family Planning (FP) program. The Intrauterine Device (IUD) is one of the effective and safe long-term contraceptive methods. However, its usage remains low due to various factors, one of which is the lack of maternal knowledge. The FP counseling services provided by midwives play a significant role in increasing a mother's understanding and decision regarding the choice of IUD.

Objective the objective of this study was to determine the relationship between FP counseling services provided by midwives and maternal knowledge and the decision to choose the IUD contraceptive method.

Methods this study used a quantitative approach with a Cross-sectional design. The sample consisted of 212 respondents—women of childbearing age who received FP counseling from midwives at Klinik Pratama Kasta Gumani Tabanan. The sampling technique used was Purposive Sampling. Data were collected using a structured questionnaire covering aspects of counseling, knowledge, and contraceptive choice. Data analysis was performed using univariate and bivariate analysis with the Chi-square test.

Results the Chi-Square test results showed a p-value of 0.000 ($p < 0.05$), which indicates a significant relationship between FP counseling services by midwives and the choice of the IUD method. Thus, the better the FP counseling services provided by midwives, the higher the likelihood of the mother choosing the IUD contraceptive method.

Keywords: Counseling, Family Planning, Maternal Knowledge, IUD Choice

INTRODUCTION

The population issue remains a major challenge in various developing countries, including

Indonesia. One of the government's efforts to control the population growth rate is through the Family Planning (FP) program. The FP program

aims to regulate the number and spacing of births in a healthy, safe, and acceptable manner for couples of childbearing age (CBA). One of the contraceptive methods that is highly effective and long-lasting is the Intrauterine Device (IUD) (BKKBN, 2022).

However, the use of IUDs in Indonesia is still relatively low compared to other contraceptive methods, such as injections and pills. Based on the 2022 Indonesia Demographic and Health Survey (IDHS/SDKI), only about 7.3% of CBAs use the IUD, even though this method has an effectiveness of up to 99% and can be used for 5 to 10 years, depending on the type. This low rate of IUD usage is attributed to various factors, one of which is the lack of accurate knowledge and information among potential acceptors regarding the IUD (SDKI, 2022).

Knowledge is a crucial factor influencing decision-making in choosing a contraceptive method. Many women of childbearing age do not fully understand the benefits, mechanism of action, side effects, and advantages of the IUD compared to other methods. This is compounded by the existence of myths or misinformation circulating in the community, such as the belief that IUDs can cause infertility, move out of place inside the uterus, or lead to severe infections (Ministry of Health RI, 2021).

In this context, the role of the midwife as a frontline healthcare provider in the community is highly strategic. Midwives are not only involved in reproductive health services but also in providing FP education and counseling. FP counseling is an interactive process between the midwife and the client, aimed at providing correct information, assessing the client's needs and condition, and assisting in appropriate decision-making. Effective counseling can increase the client's knowledge and trust in contraceptive methods, including the IUD (Putri et al., 2021).

Research by Ariyani et al. (2021) shows that FP counseling by healthcare professionals, especially midwives, has a significant influence on increasing knowledge and the selection of long-term contraceptive methods. In a study by Sari et al. (2020), it was found that women who received comprehensive counseling from a midwife were 2.5 times more likely to choose the IUD compared to those who did not receive counseling. Comprehensive explanation, the use of educational media, and empathetic two-way communication are supporting factors in increasing the effectiveness of counseling. Furthermore, good counseling can reduce anxiety, strengthen motivation, and build a relationship of trust between the midwife and the client. With increased knowledge, acceptors will feel

more confident and prepared to choose the IUD as a long-term contraceptive method, which ultimately supports the success of the national FP program (Rahayu, et al., 2020).

Therefore, it is essential to strengthen the capacity of midwives in providing quality FP counseling. This not only impacts the increased use of the IUD but also contributes to improving maternal health status, reducing unintended pregnancies, and controlling overall population growth (Yuliana, et al., 2020).

Based on the issues described above, the author is interested in conducting research on the Effectiveness of Family Planning Counseling Services by Midwives on Maternal Knowledge and the Choice of the Intrauterine Device (IUD) Method.

RESEARCH METHODS

This study was quantitative, employing a cross-sectional design. This design was used to determine the relationship between family planning counseling services provided by midwives and maternal knowledge and choice of intrauterine contraceptive device (IUD) methods simultaneously. This approach was chosen because it allowed researchers to identify relationships between variables without intervening with respondents (Notoadmodjo, 2010).

This research was conducted at the Pratama Kasta Gumani Tabanan Clinic, as it is a healthcare facility actively providing family planning services, including counseling and IUD insertion. The research was scheduled for September–October 2025, and included preparation, data collection, and analysis.

The population in this study was all mothers who visited the Pratama Kasta Gumani Tabanan Clinic during the study period. The sample was a portion of the population that met the study criteria. Sampling was conducted using a purposive sampling technique, which selects respondents based on specific criteria. The inclusion criteria for this study were: Mothers who had received family planning counseling services from a midwife, Married mothers aged 20–49 years, Willingness to be respondents and complete the questionnaire completely. Exclusion criteria included: Mothers who did not agree to be respondents, Mothers who were not present during data collection.

The instrument used in this study was a structured questionnaire consisting of three parts, namely: Questionnaire on Family Planning Counseling Services by Midwives, This questionnaire was used to measure the quality of counseling services provided by midwives to

mothers. It consists of 14 statements using a 4-point Likert scale (1 = Strongly Disagree, 2 = Disagree, 3 = Agree, 4 = Strongly Agree). Questionnaire on Mother's Knowledge about IUDs. This questionnaire contains 15 multiple-choice questions regarding the definition, how it works, benefits, side effects, and duration of IUD use. Each correct answer is given a score of 1, incorrect 0. Questionnaire on IUD Method Selection. This section consists of closed-ended questions regarding whether respondents choose to use an IUD or not, and the reasons for their choice. Stated with the answers "Choosing an IUD" or "Not Choosing an IUD." This research instrument has undergone validity and reliability testing, with the results showing that all question items were declared valid ($r_{count} > r_{table}$) and reliable (Cronbach's Alpha > 0.70) so that it is suitable for use in research.

RESEARCH RESULTS

Respondent Characteristics Based on Maternal Age, Maternal Occupation, and Midwife-Provided Family Planning Counseling Services and Maternal Knowledge Regarding Intrauterine Device (IUD) Method Selection

Based on Table 1, the overall distribution of the study results shows that the majority of respondents considered the family planning counseling services provided by midwives to be good (66.0%). Most mothers had good knowledge about IUDs (62.3%). However, only a small proportion of respondents chose IUDs (34.9%). These results indicate that although services and knowledge were quite good, they were not fully proportional to the decision to use an IUD. This

indicates the need to strengthen motivational aspects, personal counseling, and family support in making decisions about contraceptive use.

Table 1
Respondent Characteristics Based on Maternal Age, Maternal Occupation, and Midwife-Provided Family Planning Counseling Services and Maternal Knowledge Regarding Intrauterine Device (IUD) Method Selection

Variable	Frequency (person)	Proportion (%)
Age		
< 20 years	16	7,5
21-30 years	82	38,7
31-40 years	101	47,6
41-50 years	13	6,1
Education		
Elementary School	4	1,9
Junior High School	11	5,2
High School	160	75,5
College	37	17,4
Parent's Job		
IRT	196	92,5
Self-Employed	9	4,2
Civil Servant	7	3,3
Number of Children		
No Children	4	1,9
1 Child	57	26,9
2 Children	132	62,3
>2 Children	19	9,0

Table 2
Family Planning Counseling Services by Midwives Regarding Mothers' Knowledge in Choosing the Intrauterine Device (IUD) Method

Variable	Frequency (person)	Proportion (%)
Family Planning Counseling Services by Midwives		
Good	140	66,0
Fair	50	23,6
Poor	22	10,4
Mother's Knowledge about IUDs		
Good	132	62,3
Fair	60	28,3
Poor	20	9,4
Choosing an IUD Method		
Choosing an IUD	74	34,9
Not choosing an IUD	138	65,1

Table 2 shows that the overall distribution of the study results shows that the majority of

respondents considered the midwife's family planning counseling services to be good (66.0%).

Most mothers had good knowledge about IUDs (62.3%). However, only a small proportion of respondents chose IUDs (34.9%). These results indicate that although services and knowledge were quite good, they were not fully proportional to the

choice of IUDs. This indicates the need to strengthen motivational aspects, personal counseling, and family support in making decisions about contraceptive use.

Table 3
Bivariate Analysis Results of the Relationship between Family Planning Counseling Services by Midwives and Mothers' Knowledge and Choice of Intrauterine Contraceptive Device (IUD) Method

Variable	Categories IUD Method Choice		Total	p-value
	Choosing n (%)	Not Choosing n(%)		
FP Counseling Services by Midwives				
Good	86 (65,2)	46 (34,8)	132 (62,3%)	0,000
Adequate	12 (20,0)	48 (80,0)	60 (28,3%)	
Poor	6 (30,0)	14 (70,0)	20 (9,4%)	

Table 3 shows the results of the Chi-Square test, indicating a p-value of 0.000 ($p < 0.05$), which means there is a significant relationship between family planning counseling services provided by midwives and the choice of IUD method. Thus, the better the family planning counseling services provided by midwives, the higher the likelihood of mothers choosing the IUD contraceptive method.

DISCUSSION

Respondent Characteristics

Based on the results of the study's Univariate test, utilizing 212 respondents in the working area of Klinik Pratama Kasta Gumani Tabanan, it was found that the majority of respondents were aged between 31–40 years (47.6%), had a last education of high school (SMA) (75.5%), worked as homemakers (92.5%), and most had two children (62.3%).

These results indicate that most respondents are in their productive age, a range where women have optimal physical and psychological maturity levels for making decisions in family planning, including the selection of contraceptive methods. According to the Ministry of Health RI (2022), the age of 20–35 years is the ideal healthy reproductive age for carrying out reproductive functions and making family planning-related decisions.

The level of education also plays a vital role in mothers' knowledge and attitudes when choosing contraception. The study by Sari et al. (2021) explained that the higher the level of education, the greater the individual's ability to understand health information, including the benefits and risks of various contraceptive methods. In this study, the dominance of secondary education (High School/SMA) signifies that the respondents are

sufficiently capable of receiving information from the midwife regarding the Family Planning (KB) program and the IUD method (AKDR).

The majority of respondents working as homemakers has the potential to influence the mothers' time and opportunity to receive family planning counseling at health facilities. This is consistent with the research by Lestari & Rachmawati (2022), which stated that homemakers tend to have more flexible time to attend family planning counseling and establish more intense communication with health workers.

In terms of the number of children, most respondents had two children (62.3%), showing that the majority of mothers have achieved the ideal number for a small, happy, and prosperous family (NKKBS). Based on BKKBN (2023), couples who already have two children tend to seek long-term contraceptive methods such as IUDs (AKDR), as they are considered effective, economical, and do not affect hormones. However, despite this, the results of this study show that many mothers still do not choose IUDs, which indicates the presence of other factors such as negative perceptions, fear of side effects, or lack of husband's support.

Relationship Between Midwife's Family Planning Counseling Service and Mother's Knowledge

The results of the bivariate data analysis using the Chi-Square Test show that the majority of respondents rated the midwife's family planning (KB) counseling service as good (66.0%) and had good knowledge about the IUD (AKDR) (62.3%). This indicates an association between the quality of the counseling service and the mothers' level of knowledge.

Counseling is a two-way communication process aimed at helping individuals make appropriate decisions regarding reproductive health. According to ICM (2021) and the Ministry of Health RI (2022), midwives play an important role in providing effective counseling by conveying information clearly, using an empathetic approach, and respecting the mother's choice.

The mothers' good knowledge in this study suggests that the midwives have carried out their educational role quite optimally. Consistent with the study by Putri et al. (2023) in Central Java, good counseling service is significantly related to the increase in mothers' knowledge about the IUD. Mothers who receive structured counseling better understand the advantages of the IUD, such as high effectiveness and long duration of use.

However, the research results also show that despite the mothers having fairly good knowledge, only 34.9% of mothers chose the IUD. This indicates that knowledge alone is not sufficient to influence behavior. The decision to use an IUD is often influenced by social and cultural factors, and husband's support. Rahmawati & Dewi (2023) stated that the husband's attitude and circulating myths in the community are still the main obstacles to the use of Long-Term Contraception.

Relationship Between Midwife's Family Planning Counseling Service and IUD Method Selection

Based on the Chi-Square test results in Table 4.2, a p-value of 0.000 ($p < 0.05$) was obtained, which indicates a significant relationship between the midwife's family planning (KB) counseling service and the selection of the IUD (AKDR) method. This means that the better the counseling service provided by the midwife, the greater the mother's likelihood of choosing the IUD.

This result is in line with the study by Astuti et al. (2022), which found that comprehensive family planning counseling increased the mother's chance of choosing a long-term contraceptive method by 2.5 times compared to mothers who did not receive counseling. In effective counseling, the midwife not only conveys technical information but also explores the mother's needs, concerns, and motivation so that the decision made is more appropriate and sustainable.

Good counseling service includes aspects of interpersonal communication, empathy, clear information delivery, and emotional support. According to WHO (2023), the quality of interaction between health workers and clients is a key factor in determining the success of family planning programs. When counseling is conducted with a

personal approach, mothers feel more valued and tend to trust the information provided.

These results also strengthen the findings of the Ministry of Health RI (2022) that the midwife's role is not only as a program implementer but also as a motivator and educator who guides mothers in understanding the importance of long-term contraception in preventing unwanted pregnancies. Therefore, improving the communication skills of midwives in providing family planning counseling is key to the successful increase of IUD coverage in the community.

Research Implications

The results of this study indicate that family planning counseling services provided by qualified midwives can improve mothers' knowledge and influence their decisions about choosing a contraceptive method. However, improvements in motivational approaches, ongoing education, and husband involvement in counseling sessions are still needed. The National Population and Family Planning Board (BKKBN) (2024) recommends that family planning services actively involve couples and strengthen interpersonal communication to reduce negative perceptions of the IUD.

Furthermore, the results of this study can serve as a basis for midwives in the field to improve counseling methods to be more interactive, personalized, and client-centered to increase long-term contraceptive use.

CONCLUSION

Based on the findings of the study entitled "*The Relationship between Family Planning Counseling Services by Midwives and Mothers' Knowledge in the Selection of the Intrauterine Device (IUD) Contraception Method*" involving 212 respondents, it can be concluded that most respondents were aged 31–40 years, had a senior high school education, worked as housewives, and had two children, indicating a suitable demographic for contraceptive decision-making.

The majority of respondents perceived family planning counseling services provided by midwives as good, reflecting effective and professional counseling practices. Most mothers also demonstrated good knowledge of the IUD, although some still had moderate to poor understanding, highlighting the need for ongoing education.

Despite adequate knowledge and counseling quality, the selection of the IUD remained relatively low, suggesting the influence of other factors such as misconceptions, fears, and limited family support. Statistical analysis using the Chi-Square test

showed a significant relationship between counseling services and IUD selection ($p = 0.000$; $p < 0.05$). This indicates that better counseling by midwives is associated with a higher likelihood of choosing the IUD, emphasizing the crucial role of quality family planning counseling in contraceptive decision-making.

SUGGESTION

Based on the research findings and conclusions above, the recommendations that can be given are as follows:

Regarding midwives and other health personnel, it is recommended that the quality of family planning counseling services be continuously improved by strengthening interpersonal communication skills, demonstrating empathy, and providing information that is tailored to the individual needs and conditions of each mother. The involvement of husbands or partners in family planning counseling sessions is also essential so that decisions regarding the use of the intrauterine device (IUD) can be made jointly and with greater confidence. In addition, midwives are encouraged to conduct further education through mother classes or family development groups for toddlers (BKB) to enhance understanding of the benefits of the IUD as an effective and safe long-term contraceptive method.

With respect to mothers or couples of childbearing age, greater activeness in seeking accurate and reliable information about contraceptive methods, particularly the IUD, is highly encouraged through direct consultation with midwives or other health personnel. Mothers are also advised not to be influenced by myths or misinformation circulating within the community, but rather to base their decisions on medical facts and professional explanations provided by health workers.

In relation to community health centers (Puskesmas) and local government, strengthening family planning outreach and counseling programs is necessary through the development of reproductive health promotion strategies that are more engaging and responsive to community needs. Moreover, continuous training for midwives, particularly in effective counseling techniques and the utilization of educational media in family planning services, should be provided by local governments through the health department.

Concerning future researchers, it is suggested that subsequent studies incorporate additional variables such as husband support, perceptions of side effects, and socio-cultural

influences that may affect mothers' decisions in choosing the IUD. Qualitative research is also recommended to explore more deeply the reasons why some mothers do not choose the IUD despite having good knowledge and access to counseling services.

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