

PERSEPSI IBU MUDA TENTANG KONSELING KB PASCASALIN DI UPT PUSKESMAS KAPAN KECAMATAN MOLLO UTARA KABUPATEN TIMOR TENGAH SELATAN

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ABSTRAK

Latar Belakang: Konseling KB pascasalin merupakan komponen penting dalam pelayanan kesehatan ibu untuk mengatur jarak kehamilan. Persepsi ibu muda terhadap konseling KB pascasalin dipengaruhi oleh pemahaman, pengalaman konseling serta hambatan dalam konteks sosial budaya. Penelitian ini bertujuan mengeksplorasi persepsi ibu muda tentang konseling KB pascasalin di UPT Puskesmas Kapan.

Metode: Penelitian ini menggunakan metode kualitatif dengan pendekatan fenomenologi. Informan adalah ibu muda berusia 15–24 tahun yang telah melahirkan dan mengikuti konseling KB pascasalin. Teknik pengambilan informan menggunakan *purposive sampling*. Pengumpulan data dilakukan melalui wawancara mendalam. Analisis data menggunakan model Miles dan Huberman.

Hasil: Ibu muda memahami KB pascasalin sebagai upaya pengaturan jarak kehamilan dan pencegahan kehamilan pascapersalinan dengan tingkat pemahaman yang beragam. Konseling diperoleh pada waktu dan kondisi yang berbeda, baik saat kehamilan maupun setelah persalinan, dan menjadi sumber utama informasi KB. Konseling memengaruhi sikap dan respon ibu terhadap penggunaan kontrasepsi pascasalin dengan mempertimbangkan kondisi fisik, pengalaman pribadi, serta dukungan suami.

Analisa: Persepsi ibu muda terbentuk melalui interaksi dengan bidan, kejelasan informasi, waktu dan tempat konseling, keterlibatan suami, dukungan keluarga, pengalaman sebelumnya, serta nilai sosial dan budaya. Faktor tersebut memengaruhi cara ibu menafsirkan informasi dan mengambil keputusan terkait KB pascasalin.

Diskusi: Ibu muda berharap konseling dilakukan secara lebih kondusif, berulang, mudah dipahami, menggunakan media pendukung, melibatkan suami secara aktif, serta disertai tindak lanjut. Hambatan yang dihadapi meliputi kondisi fisik pascapersalinan, keterbatasan waktu, pengaruh budaya, kurangnya media informasi, dan kekhawatiran terhadap kontrasepsi.

Kata kunci: ibu muda, keluarga berencana, konseling KB pascasalin, persepsi

***YOUNG MOTHERS' PERCEPTIONS OF POSTPARTUM FAMILY
PLANNING COUNSELING AT KAPAN PUBLIC HEALTH CENTER,
NORTH MOLLO SUB-DISTRICT, SOUTH CENTRAL TIMOR
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ABSTRACT

Introduction: Postpartum family planning (FP) counselling is an essential component of maternal health services, aimed at regulating birth spacing. The perceptions of young mothers regarding postpartum FP counselling are influenced by their understanding, experiences and sociocultural barriers. The aim of this study was to explore how young mothers perceive postpartum FP counselling at Kapan Health Centre.

Methods: This study employed a qualitative, phenomenological approach. Informants were young mothers aged 15–24 who had given birth and attended postpartum family planning counselling sessions. Informants were selected using purposive sampling. Data were collected through in-depth interviews. The Miles and Huberman model was used for data analysis.

Results: Informants comprehended postpartum FP as an endeavour to regulate gestation intervals and avert conception, with differing degrees of comprehension. Counselling was obtained at different times, both during pregnancy and after childbirth. Counselling influenced mothers' attitudes towards and responses to the use of postpartum contraception, taking into account physical conditions, personal experiences and spousal support.

Analysis: Perceptions were formed through interactions with midwives, the clarity of the information provided, the timing of counselling sessions, the level of husband involvement, family support, personal experiences and sociocultural values. These factors influenced decision-making regarding postpartum FP.

Discussion: Young mothers expect counselling that is more conducive, repeated, clearly communicated, involves their husbands more actively, and is supported by appropriate educational media. Barriers included postpartum physical conditions, limited time, cultural influences, a lack of supportive resources, and concerns about contraceptive use.

Keywords: counseling, family planning, perception, postpartum, young mothers