

## ABSTRAK

**Mubarokah, Ninik Akbari. 2020. Hubungan *Health Belief Model* (HBM) dengan Pemilihan Alat Kontrasepsi pada Wanita Usia Subur (WUS) Risiko Tinggi di RW 03 Desa Wonorejo Kecamatan Singosari Kabupaten Malang. Skripsi Program Studi Sarjana Terapan Kebidanan, Jurusan Kebidanan, Poltekkes Kemenkes Malang. Pembimbing Utama: Tarsikah, S.SiT., M.Keb. Pembimbing Pendamping: Naimah, SKM., M.Kes.**

WUS risiko tinggi di Kecamatan Singosari yang menggunakan non MKJP sebesar 95,8% dan MKJP sebesar 4,2 %. Dari data tersebut menunjukkan banyak WUS risiko tinggi kurang tepat dalam memilih kontrasepsi. Kesalahan dalam pemilihan kontrasepsi dapat memungkinkan terjadinya risiko kehamilan sebelum proses penanganan WUS risiko tinggi selesai. Faktor pendorong pemilihan kontrasepsi yaitu keyakinan atas dirinya sendiri dalam mengurangi faktor risiko terhadap penyakit. Hal tersebut dapat dilihat menggunakan teori *Health Belief Model* (HBM). Tujuan penelitian ini adalah menganalisis hubungan HBM dengan pemilihan alat kontrasepsi pada WUS risiko tinggi. Desain penelitian ini menggunakan analitik korelasi dengan pendekatan *cross sectional*. Populasi penelitian ini WUS risiko tinggi sebagai akseptor KB dengan jumlah 60 orang. Teknik pengambilan sampel menggunakan *simple random sampling* dengan besar sampel 52 responden yang memenuhi kriteria inklusi. Instrumen penelitian ini menggunakan kuesioner dan kartu KB. Hasil penelitian didapatkan (51,6 %) responden dengan persepsi kerentanan positif memilih MKJP, (63%) responden dengan persepsi keparahan positif memilih MKJP, semua responden dengan persepsi manfaat negatif dan persepsi hambatan negatif memilih Non MKJP. Berdasarkan analisis uji koefisien kontingensi diperoleh persepsi kerentanan ( $p=0,038$ ), persepsi keparahan ( $p=0,027$ ), persepsi manfaat ( $p=0,000$ ), dan persepsi hambatan ( $p=0,000$ ),  $\rho$  value setiap indikator HBM  $< \alpha$  (0,05) sehingga  $H_0$  ditolak, artinya ada hubungan antara HBM dengan pemilihan alat kontrasepsi. Keyakinan WUS risiko tinggi dalam mengurangi faktor risiko terhadap kondisi kesehatan memengaruhi pemilihan alat kontrasepsi. Oleh karena itu, diharapkan WUS risiko tinggi menyadari perilaku sehat maupun usaha untuk menuju sehat dengan memilih metode kontrasepsi yang tepat dan tenaga kesehatan hendaknya dapat lebih memperhatikan penggunaan metode kontrasepsi bagi wanita usia subur (WUS) risiko tinggi serta memberikan pendidikan kesehatan mengenai risiko kehamilan yang dapat berpotensi mengalami komplikasi.

**Kata Kunci : *Health Belief Model*, Pemilihan Kontrasepsi, WUS Risiko Tinggi**

## ABSTRACT

**Mubarokah, Ninik Akbari. 2020. *The Relationship of Health Belief Model (HBM) with the Selection of Contraception in High Risk Fertile Age Women at RW 03 Wonorejo Village Singosari District Malang Regency. Skripsi. Midwifery Study Program, Midwifery Department, Health Polythecnic of Kemenkes Malang. Main Advisor: Tarsikah, S.SiT., M.Keb. Counselors: Naimah, SKM., M.Kes.***

*High risk fertile age women in Singosari district who using Non MKJP was 95.8% and MKJP was 42%. From this data, there are still many high risk fertile age women who choose the wrong contraception. Errors in the selection of contraception can allow the risk of pregnancy before the healing process is complete. The driving factor in the selection of contraceptives is confidence in themselves in reducing risk factors for disease. This can be seen using the Health Belief Model (HBM) theory. The purpose of this study was to analyze the relationship between the Health Belief Model and the selection of contraceptives in high risk fertile age women. This research design used correlation analytic with cross sectional approach. The population of this study was high risk fertile age women as family planning acceptors with a total of 60 people. The sampling technique used simple random sampling with a large sample of 52 respondents who met the inclusion criteria. This research instrument used a questionnaire and KB card. The results obtained (51.6%) of respondents with a positive perception of suscepibility chose MKJP, (63%) of respondents with a perception of positive severity chose MKJP, all respondents with a perception of negative benefits and a perception of negative barrier chose Non MKJP. Based on the analysis of the contingency coefficient test obtained perception of suscepibility ( $p = 0.038$ ), perception of severity ( $p = 0.027$ ), perceived benefit ( $p = 0,000$ ), and perceived barrier ( $p = 0,000$ ),  $\rho$  value for each HBM indicator  $< \alpha$  (0.05 ) so  $H_0$  is rejected, meaning that there is a relationship between HBM and the selection of contraceptives. High risk fertile age women's belief in reducing risk factors for health conditions affects the choice of contraception. Therefore, it is expected that high risk fertile age women are aware of healthy behaviors and efforts to get healthy by choosing the right method of contraception and health workers should be able to pay more attention to the use of contraceptive methods, especially for high risk fertile age women and provide health education about the risks of pregnancy which can potentially be complicated.*

**Keywords: Health Belief Model, Contraception Selection, High Risk Fertile Age Women**