

ABSTRAK

**HUBUNGAN PERSEPSI DENGAN *SELF EFFICACY* PEMILIHAN
KONTRASEPSI JANGKA PANJANG (MKJP) PADA WANITA
PASANGAN USIA SUBUR**

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Pendahuluan : Banyak masyarakat yang tidak memilih MKJP sebagai kontrasepsi. *Self efficacy* dan persepsi berdampak pada keputusan penggunaan MKJP. Tujuan penelitian untuk mengetahui hubungan persepsi manfaat dan hambatan dengan *self efficacy* pemilihan MKJP pada wanita pasangan usia subur. **Metode :** Desain penelitian *cross sectional*. Populasi wanita pasangan usia subur di wilayah Puskesmas Bungah. Besar sampel sebanyak 88 responden diseleksi dengan *Purposive Sampling*. Variabel independen penelitian adalah persepsi manfaat dan persepsi hambatan sedangkan variabel dependen yaitu *self efficacy* pemilihan MKJP. Instrumen penelitian menggunakan kuesioner. Analisis statistik menggunakan *Spearman's rho test* dengan $\alpha \leq 0,05$ **Hasil :** Sebanyak 47,7% akseptor memiliki *self efficacy* rendah terhadap pemilihan MKJP dan sebanyak 52,3% akseptor memiliki *self efficacy* yang tinggi terhadap pemilihan MKJP. Ada hubungan persepsi manfaat dengan *self efficacy* pemilihan MKJP ($p=0,000$) dengan nilai $r = 0,684$. Ada hubungan persepsi hambatan dengan *self efficacy* pemilihan MKJP ($p=0,000$) dengan nilai $r=-0,407$. **Kesimpulan:** Semakin tinggi persepsi manfaat yang dimiliki semakin tinggi *self efficacy* dalam memilih MKJP. Namun jika persepsi hambatan tinggi, maka *self efficacy* dalam memilih MKJP akan rendah. Perlu dilakukan penelitian lebih lanjut mengenai faktor dukungan orang lain terhadap pemilihan kontrasepsi MKJP.

Kata Kunci: Persepsi manfaat, persepsi hambatan, *self efficacy*, pemilihan MKJP, wanita pasangan usia subur.

ABSTRACT

**THE RELATIONSHIP OF PERCEPTION WITH SELF-EFFICACY IN
THE SELECTION OF LONG-ACTING REVERSIBLE
CONTRACEPTIVE (LARC) IN WOMEN OF CHILDBEARING COUPLES**

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Introduction: Many people do not choose LARC as contraception. Self efficacy and perception have an impact on the decision to use LARC. The purpose of this study was to determine the relationship between perceived benefits and barriers with self efficacy in selecting LARC in women of childbearing age. **Methods:** A cross sectional study design. Population of women of fertile age couples in the Bungah Community Health Center area. The sample size of 88 respondents was selected by Purposive Sampling. The independent variable of the study is the perception of benefits and perceptions of obstacles while the dependent variable is the self efficacy of LARC selection. Research instruments using a questionnaire. Statistical analysis using the Spearman rho test with $\alpha < 0.05$. **Results:** As many as 47.7% of acceptors had low self efficacy towards LARC selection and 52.3% of acceptors had high self efficacy towards LARC selection. There is a correlation between perceived benefits and self efficacy in selecting LARC ($p = 0,000$) with $r = 0.684$. There is a relationship of perception of obstacles with self efficacy LARC selection ($p = 0,000$) with a value of $r = -0,407$. **Conclusion:** The higher the perceived benefits, the higher the self efficacy in choosing LARC. However, if the perception of obstacles is high, then the self efficacy in choosing LARC will be low. Further research needs to be done on the support of others for the LARC contraception selection.

Keywords: Perceived benefits, perceived obstacles, self efficacy, LARC selection, women of childbearing