



# Education on the benefits of choosing the right contraception for wus (women of childbearing age) to prevent unplanned pregnancy

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**Abstract:** Health education about types of contraceptives needs to be prioritized to support accessibility and diverse choices for Women of Childbearing Age. With adequate knowledge so that they can choose the right contraceptive according to their physical condition, it is useful for preventing unplanned pregnancies. Unplanned pregnancies can have serious impacts on both maternal and child health. Women who experience this tend to delay antenatal care, which can have an impact on the health of the baby and mother. In addition, it often leads to abortion, both spontaneous and planned, which increases the risk of medical complications and maternal death. This community service was carried out at PMB Umayyah on October 25, 2024. The target of this activity is Women of Childbearing Age who already have partners. The purpose of this community service is to increase the understanding of women of childbearing age regarding the concept of family planning and appropriate contraceptive methods and to empower and ensure that they can make the right decisions for their reproductive health. With the right education, women of childbearing age can understand and determine the right contraceptive choices to plan a pregnancy properly.

**Keywords:** Education, Contraception, Pregnancy.

## 1. Introduction

Unplanned pregnancies are a significant public health problem, with data from the WHO showing that around 40% of pregnancies worldwide are unplanned. This can result in a variety of negative impacts on maternal and child health, including delays in obtaining essential prenatal care and an increased risk of complications during pregnancy and childbirth. Prevention of unplanned pregnancies is very important (Nisa et al., 2021), (Sary et al., 2024). Therefore, accessibility to contraceptive information and services is key in prevention efforts.

Family Planning (KB) is a program designed to assist couples in planning the number and spacing of children's births, with the main goal of creating a healthy and prosperous family. This program is an integral part of the Indonesian government's efforts to control population growth and improve the quality of family life (Wahyuni, 2022).

According to the World Health Organization (WHO), the prevalence of modern contraceptive use increased from 35% in 1970 to 58% in 2017, and reached about 87% in 2020, with 75% of users opting for hormonal methods and 25% non-hormonal (Kusmiati, 2024), (Ariyanti & Daryanti, 2024). Worldwide, about 4 million injectable contraceptive users are registered, which accounts for about 45% of the total users (Yuliah et al., 2023).

In Indonesia, data shows that in 2020, around 67.6% of couples of childbearing age (PUS) were actively using contraceptives. The injection method dominates with a percentage of 72.9%, followed by pills (19.4%) and IUDs (8.5%) (Lisnawati et al., 2023), (Nurmaliza et al., 2023). In 2023, active participation in family planning programs in Indonesia was recorded at 53.61%, with the majority choosing injection and pill methods as the main choice (Sudin et al., 2024). The use of contraceptives shows a significant increase worldwide and especially in Indonesia. The injectable method remains the dominant choice for many women in organizing their families. This data reflects global efforts to improve access to reproductive health and family planning services.

Contraception has an important role in the regulation of pregnancy and reproductive health, especially for Couples of Childbearing Age (PUS). PUS, which is generally between the ages of 15 and 49, is expected to be able to choose the right



contraceptive method to prevent unplanned pregnancies. Choosing the right contraception not only has an impact on the individual but also on public health as a whole (Wijayanti, 2021).

Education is an urgent need in Indonesia that can play a central role in human development and the progress of a nation. Through education, individuals not only acquire knowledge but also form the character and skills necessary to contribute to society. Education helps PUS understand different types of contraceptives, such as pills, injections, implants, IUDs, and condoms. This knowledge includes how to use, the advantages, disadvantages, and side effects of each method (Yanti, E. M., Wirastri, 2023).

By providing accurate information regarding effective contraceptive methods, education can help reduce the number of unplanned pregnancies, allowing couples to plan the number and spacing of pregnancies according to their economic and psychological readiness. This contributes to an overall improvement in the family's quality of life as well as better family planning. In this case, through effective counseling, it is hoped that PUS can make better decisions regarding contraceptives, thereby supporting healthy and prosperous family planning.

## 2. Materials and Methods

### *Location and Time of Implementation*

Community service focusing on counseling on choosing the right contraception to prevent unplanned pregnancies was held at BPM Umayyah on October 25, 2024. The target in this activity is women of childbearing age who have had a partner.

### *Community Service Tools*

This community service prepares equipment such as laptops, projectors (LCD), and presentation materials (PPT) needed for counseling. Compile counseling materials in the form of e-booklets and informative presentations about choosing the right contraception.

### *Data Collection Techniques*

Community service that focuses on contraceptive counseling involves several important stages. The stages carried out in this activity are preparation for conducting an initial survey to identify the needs and conditions of women of childbearing age (WUS) related to the use of contraceptives. This includes preparing equipment such as laptops, projectors (LCDs), and presentation materials (PPT). Carry out counseling activities by providing information through presentations and distribution of e-booklets. The material presented includes various contraceptive methods, benefits, and how to choose them. Hold a question and answer session to ensure participants' understanding of the material presented. After counseling, participants were given questionnaires or evaluation questions to assess their increased knowledge about contraceptive selection and its impact on the family's quality of life. Collecting feedback from participants to evaluate the effectiveness of counseling and make improvements in the future

## 3. Results and Discussion

The results of this community service show that after education, there is a significant increase in WUS knowledge about contraception. This shows that education is effective in increasing awareness and understanding of the importance of choosing the right contraception.

Education about choosing the right contraception for Women of Childbearing Age (WUS) is very important to prevent unplanned pregnancies. Contraception serves to regulate pregnancy and improve reproductive health, as well as give women control over their health.

Proper contraceptive use can significantly reduce the number of unwanted pregnancies. Unplanned pregnancies are often high-risk, for both mother and baby, and can lead to serious complications. By preventing unwanted pregnancies, contraception can also reduce the incidence of abortion. Many cases of abortion occur due to unplanned pregnancies, so the effective use of contraception is a preventive solution (Nur Hanifah et al., 2020), (Yanti, E. M., Wirastri, 2023).

Family planning programs help maintain maternal health by allowing for better spacing between pregnancies, reducing the risk of maternal and neonatal deaths. Education about the different types of contraception, including long-term (MKJP) and non-MKJP methods, is essential. This knowledge helps WUS to choose the method that best suits their health conditions and personal preferences (Yunita et al., 2025).

Family planning services in health facilities such as health centers include pre-marital counseling, reproductive health checks, and monitoring of active birth control acceptors to ensure the use of methods that are appropriate to the individual's medical condition. With the combination of these strategies, the Family Planning Program not only improves the quality of life of families, but also contributes to the achievement of sustainable development goals in the health sector.

## 4. Conclusions

Education about choosing the right contraception for WUS is an important step in preventing unplanned pregnancies. By increasing knowledge and access to information about various contraceptive methods, it is hoped that the number of unwanted pregnancies can be minimized, while improving women's overall reproductive health.



## Conflict of Interest

"The authors declare no conflicts of interest".

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