

*THE RELATIONSHIP BETWEEN HUSBANDS' EMOTIONAL
AND INSTRUMENTAL SUPPORT WITH POSTPARTUM
FAMILY PLANNING PARTICIPATION AMONG
POSTPARTUM MOTHERS IN GUNUNGKIDUL
REGENCY IN 2025*

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ABSTRACT

Background: The prevalence of postpartum family planning coverage in 2024 in Gunungkidul Regency was low at three Community Health Centers, namely Rongkop Health Center with 23 people (12.5%), Ponjong II Health Center with 32 people (10.7%), and Girisubo Health Center with 18 people (10.4%). The low postpartum family planning coverage was caused by a lack of emotional and instrumental support from husbands.

Objective: The aim of this study was to analyze the relationship between emotional and instrumental support from husbands and postpartum family planning participation in Gunungkidul Regency.

Method: The design of this study was correlational analytic with a cross-sectional approach. The sample in this study was all postpartum mothers at Rongkop Health Center, Ponjong II Health Center, and Girisubo Health Center in Gunungkidul Regency during March–April 2025 who met the inclusion criteria, totaling 45 people. The independent variables were emotional and instrumental support, while the dependent variable was postpartum family planning participation. The research instrument used a questionnaire and data were analyzed using the Chi-Square test.

Result: The results of the study showed that almost half of the respondents received emotional and instrumental support in the moderate category (48.9%), and the majority of respondents did not participate in postpartum family planning (77.8%). There was a significant relationship between husbands' emotional and instrumental support and postpartum family planning participation among postpartum mothers in Gunungkidul Regency, with $p=0.000 < \alpha=0.05$ and $OR=46.750$.

Conclusion: There was a relationship between husbands' emotional and instrumental support and postpartum family planning participation. It was recommended that husbands gave support to their wives to participate in postpartum family planning.

Keywords: Family planning, postpartum, support, husband.

HUBUNGAN DUKUNGAN EMOSIONAL DAN INSTRUMENTAL SUAMI
DENGAN KEIKUTSERTAAN KB PASCA SALIN PADA IBU NIFAS
DI KABUPATEN GUNUNGKIDUL TAHUN 2025

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ABSTRAK

Latar belakang: Prevalensi capaian KB pasca salin tahun 2024 di Kabupaten Gunungkidul yang rendah ada di 3 Puskesmas, yaitu Puskesmas Rongkop sebanyak 23 orang (12,5%), Puskesmas Ponjong II sebanyak 32 orang (10,7%) dan Puskesmas Girisubo sebanyak 18 orang (10,4%). Rendahnya capaian KB pasca salin disebabkan oleh kurangnya dukungan emosional dan instrumental dari suami.

Tujuan: untuk menganalisis hubungan dukungan emosional dan instrumental suami dengan keikutsertaan KB pasca salin di Kabupaten Gunungkidul.

Metode: Desain penelitian ini adalah analitik korelasional dengan pendekatan *cross sectional*. Sampel dalam penelitian ini adalah semua ibu nifas di Puskesmas Rongkop, Puskesmas Ponjong II dan Puskesmas Girisubo Kabupaten Gunungkidul pada Maret – April 2025 yang memenuhi kriteria inklusi sebanyak 45 orang. Variabel independen adalah dukungan emosional dan instrumental dan variabel dependen adalah keikutsertaan KB pasca salin. Instrumen penelitian menggunakan kuesioner dan analisis data dengan uji *Chi Square*.

Hasil: Hasil penelitian menunjukkan bahwa dukungan emosional dan instrumental responden hampir setengahnya pada kategori cukup (48,9%) dan sebagian besar responden tidak ikut serta KB pasca salin (77,8%). Ada hubungan dukungan emosional dan instrumental suami dengan keikutsertaan KB pasca salin pada ibu nifas di Kabupaten Gunungkidul dengan $p=0,000 < \alpha=0,05$ dan $OR=46,750$.

Kesimpulan: Ada hubungan dukungan emosional dan instrumental suami dengan keikutsertaan KB pasca salin. Sebaiknya suami memberikan dukungan kepada istri untuk mengikuti KB pasca salin.

Kata kunci: KB, pasca salin, dukungan, suami.