

**DESCRIPTION OF THE LEVEL OF KNOWLEDGE OF PREGNANT  
WOMEN IN THE THIRD TRIMESTER REGARDING POSTPARTUM  
FAMILY PLANNING AT THE TEGALREJO COMMUNITY  
HEALTH CENTER IN 2026**

Zakiya Kusuma<sup>1</sup>, Dyah Noviawati Setya Arum<sup>2</sup>, Niken Meilani<sup>3</sup>  
<sup>123</sup>*Departement of Midwifery Poltekkes Kemenkes Yogyakarta*  
Jl. Mangkuyudan MJ III/304, Yogyakarta, 55143  
Email: [zakiyakusumaa@gmail.com](mailto:zakiyakusumaa@gmail.com)

**ABSTRACT**

**Background:** The coverage of postpartum family planning in Indonesia remains below the national target, and its utilization in the working area of Tegalrejo Public Health Center is still low. The low utilization of postpartum family planning is influenced by various factors, one of which is the mother's level of knowledge. Third-trimester pregnant women are an appropriate group to receive education and prepare for contraceptive use after delivery. Therefore, this study was conducted to describe the level of knowledge among third-trimester pregnant women regarding postpartum family planning.

**Objective:** To describe the level of knowledge of pregnant women regarding postpartum family planning in the working area of Tegalrejo Primary Health Center, Yogyakarta City.

**Method:** This study employed a quantitative descriptive design with a cross-sectional approach. The sample consisted of third-trimester pregnant women who attended antenatal care services in the working area of Tegalrejo Primary Health Center. Data were collected using a questionnaire on knowledge of postpartum family planning and were analyzed using univariate analysis.

**Results:** The results showed that among 40 third-trimester pregnant women, most respondents had a good level of knowledge regarding postpartum family planning, accounting for 25 respondents (62.5%). Meanwhile, 12 respondents (30%) had a moderate level of knowledge, and 3 respondents (7.5%) had a poor level of knowledge.

**Conclusion:** Most third-trimester pregnant women at Tegalrejo Primary Health Center had a good level of knowledge regarding postpartum family planning. Education and counseling during pregnancy should be continuously enhanced to support the utilization of postpartum family planning and prevent unintended pregnancies.

**Keywords:** Knowledge, Postpartum Family Planning, Third-Trimester Pregnant Women.

# **GAMBARAN TINGKAT PENGETAHUAN IBU HAMIL TRIMESTER III TENTANG KB PASCA SALIN DI PUSKESMAS TEGALREJO TAHUN 2026**

Zakiya Kusuma<sup>1</sup>, Dyah Noviawati Setya Arum<sup>2</sup>, Niken Meilani<sup>3</sup>

<sup>123</sup>Jurusan Kebidanan Poltekkes Kemenkes Yogyakarta

Jl. Mangkuyudan MJ III/304, Yogyakarta, 55143

Email: [zakiyakusumaa@gmail.com](mailto:zakiyakusumaa@gmail.com)

## **ABSTRAK**

**Latar Belakang:** KB pasca salin di Indonesia masih berada di bawah target nasional dan pemanfaatannya di wilayah kerja Puskesmas Tegalrejo masih rendah. Rendahnya penggunaan KB pasca salin dipengaruhi oleh berbagai faktor, salah satunya tingkat pengetahuan ibu. Ibu hamil trimester III merupakan kelompok yang tepat untuk diberikan edukasi dan mempersiapkan penggunaan kontrasepsi setelah persalinan. Oleh karena itu, penelitian ini dilakukan untuk mengetahui gambaran tingkat pengetahuan ibu hamil trimester III tentang KB pasca salin.

**Tujuan:** Mengetahui gambaran tingkat pengetahuan ibu hamil tentang KB pasca salin di wilayah kerja Puskesmas Tegalrejo Kota Yogyakarta.

**Metode:** Penelitian ini merupakan penelitian deskriptif kuantitatif dengan pendekatan cross-sectional. Sampel penelitian ini adalah ibu hamil trimester III yang melakukan pemeriksaan kehamilan di wilayah kerja Puskesmas Tegalrejo. Data dikumpulkan menggunakan kuesioner tingkat Pengetahuan tentang KB pasca salin dan dianalisis secara univariat.

**Hasil:** Hasil penelitian menunjukkan bahwa dari 40 responden ibu hamil trimester III, sebagian besar memiliki tingkat Pengetahuan baik tentang KB pasca salin sebanyak 25 orang (62,5%), tingkat Pengetahuan cukup sebanyak 12 (30%), dan tingkat Pengetahuan kurang sebanyak 3 (7,5%).

**Kesimpulan:** Sebagian besar ibu hamil trimester III di Puskesmas Tegalrejo mayoritas memiliki tingkat pengetahuan baik tentang KB pasca salin. Edukasi dan konseling selama kehamilan perlu terus ditingkatkan untuk mendukung penggunaan KB pasca salin dan mencegah kehamilan yang tidak direncanakan.

**Kata Kunci:** Pengetahuan, KB Pasca Salin, Ibu Hamil Trimester III