

ABSTRACT

Putri, Nadira Anggia, 2025. The Effect of the Meet You Application as a Complement to the 'ABPK' Family Planning Book on the Knowledge of Women of Reproductive Age About the Menstrual Cycle. Undergraduate Thesis. Applied Midwifery Study Program, Malang. Health Polytechnic of the Ministry of Health Malang. Supervisor: Dr. Kissa Bahari, S. Kep., Ns., M.Kes

The population in Indonesia continues to increase, partly due to a high birth rate. One effort to address this issue is through the Family Planning (KB) program using the simple calendar contraceptive method. However, the use of this method faces challenges, namely the lack of understanding among women of reproductive age (WRA) about the menstrual cycle, which varies between 21–35 days. The menstrual period tracking application, Meet You, can serve as an effective educational tool to improve WRA's knowledge of the menstrual cycle. The research method used a Quasi-Experimental design with a Pretest-Posttest Control Group approach, involving a population of 129 WRA. Sampling was conducted using purposive sampling with a sample size of 32 respondents who met the inclusion criteria. Data were analyzed using a paired t-test, resulting in a p-value of 0.001 (<0.05), indicating a significant increase in menstrual cycle knowledge after using the Meet You application. Based on this study, it was concluded that the use of the Meet You application has an effect on the menstrual cycle knowledge of WRA. The Meet You application is easily accessible and relevant, so it is recommended for use in improving knowledge about the menstrual cycle, as well as helping women of reproductive age (WUS) to understand their menstrual cycles.

Keywords: Menstrual cycle, Women of Reproductive Age (WRA), menstrual period tracker.