

ABSTRACT

Evangelista, Radinta Jasmine Putri. 2024. *The Effect of Providing Education on the Level of Anxiety and Level of Knowledge About the Side Effects of 3-Month Injectable Contraception in Acceptors of family planning at TPMB Evi Mulyorejo, Malang City*. Thesis. Malang Applied Midwifery Undergraduate Study Program. Thesis. Malang Applied Midwifery Undergraduate Study Program. Ministry of Health Malang Health Polytechnic. Main Supervisor: Dr. Annasari Mustafa, SKM., M.Sc. Assistant Supervisor: Hening Ryan Aryani, SST., M.Keb.

The 3-month injectable contraceptive contains 150 mg DMPA which is given every 3 months by IM injection. The high interest in DMPA at TPMB Evi Mulyorejo, Malang City goes hand in hand with acceptor complaints regarding increased body weight and menstrual cycles. The aim is to determine the level of anxiety and level of knowledge about the side effects of 3-month injectable contraception in 3-month injectable contraceptive acceptors before and after being given education at TPMB Evi Mulyorejo, Malang City. This research uses a quasi-experimental design with a pre-post test method. The population in this study was 100 3-month injectable contraceptive acceptors and the sample taken using a purposive sampling technique was 32 acceptors. The data collection method was using a questionnaire instrument. The data analysis used was using the paired t-test and bivariate using the independent t-test. The results showed that there was an influence of knowledge (sig-p 0.001) and anxiety (sig-p 0.001). There is an influence of providing education on the level of knowledge about 3-month injection contraception and the level of anxiety of 3-month injection contraceptive acceptors. Therefore, it is hoped that the 3-month injection contraceptive acceptors who are given education can increase their level of knowledge about the side effects of 3-month injection contraception so that they can reduce the level of anxiety regarding the side effects of 3-month injection contraception.

Keywords: Anxiety, 3 Month Injectable Contraception, Knowledge