

ABSTRACT

Angelica Salsa Putri Ainur Imam. 2025. *The Effect of Health Education on Attitudes Toward Decision-Making in Choosing Contraceptive Methods Among Women of Reproductive Age (WUS)*. Undergraduate Thesis, Applied Bachelor Program in Midwifery, Department of Midwifery, Poltekkes Kemenkes Malang. Advisor: Rita Yulifah, S.Kp., M.Kes.

The attitude of women of reproductive age (WUS) in making decisions about contraceptive use is still often influenced by limited information and the involvement of others, such as spouses or family members. Health education is considered a strategic effort to empower women by improving their awareness and independence in selecting appropriate contraceptive methods. This study aimed to analyze the effect of health education on attitudes toward decision-making in choosing contraceptive methods among WUS. The research employed a quasi-experimental design with a one-group pre-test and post-test approach. A total of 34 WUS in the working area of TPMB Evi Dwi Wulandari, Malang City, were selected using total sampling. A structured questionnaire was used as the research instrument. Data were analyzed using the Wilcoxon Signed Rank Test. The results showed that prior to the intervention, 79.4% of respondents had a negative attitude, which significantly improved to 88.2% with a positive attitude after the health education was provided. The Wilcoxon test yielded a Z value of -5.092 with a significance level of $p = 0.000$ ($p < 0.05$), indicating that health education had a significant effect on improving decision-making attitudes in choosing contraceptive methods. Therefore, health education is proven to be an effective intervention to enhance women's autonomy and informed decision-making in family planning.

Keywords: Health Education, Attitude, Decision-Making, Contraception, Women of Reproductive Age