

**PROGRAM STUDI S1 KEBIDANAN RPL FAKULTAS KESEHATAN
DAN INFORMATIKA INSTITUT KESEHATAN PAYUNG NEGERI
PEKANBARU**

Penelitian, 22-25 Juli 2025

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**Efektivitas Video Edukasi Terhadap Tingkat Pengetahuan Ibu Tentang KB
Suntik 1 Bulan Di Klinik Dilla**

ABSTRAK

Program Keluarga Berencana (KB) merupakan upaya strategis untuk mengendalikan pertumbuhan penduduk dan meningkatkan kesehatan reproduksi. KB suntik 1 bulan menjadi metode kontrasepsi hormonal yang paling banyak digunakan, namun masih terdapat ibu yang memiliki pengetahuan terbatas mengenai manfaat, cara kerja, serta efek sampingnya. Penelitian ini bertujuan mengetahui efektivitas video edukasi terhadap peningkatan pengetahuan ibu tentang KB suntik 1 bulan di Klinik Dilla. Penelitian menggunakan desain kuantitatif pra-eksperimen one group pre-test and post-test dengan 44 responden yang dipilih melalui purposive sampling. Instrumen penelitian berupa kuesioner 30 pertanyaan dan data dianalisis menggunakan uji paired t-test. Hasil penelitian menunjukkan adanya peningkatan signifikan pada skor pengetahuan ibu setelah diberikan video edukasi ($p < 0,05$). Dengan demikian, media video terbukti efektif dalam meningkatkan pengetahuan ibu tentang KB suntik 1 bulan serta dapat menjadi strategi edukasi kesehatan yang menarik, mudah dipahami, dan dapat diakses berulang kali.

Kata Kunci : Video edukasi, pengetahuan, kontrasepsi, KB suntik 1 bulan
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Research, July 22–25, 2025

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***”The Effectiveness of Educational Videos on Mothers’ Knowledge Level
Regarding 1-Month Injectable Contraceptives at Dilla Clinic”***

ABSTRACT

The Family Planning (FP) program is a strategic effort to control population growth and improve reproductive health. The one-month injectable contraceptive is among the most widely used hormonal methods, yet many women still lack knowledge regarding its benefits, mechanisms, and side effects. This study aimed to determine the effectiveness of educational videos in increasing mothers’ knowledge about the one-month injectable contraceptive at Dilla Clinic. A quantitative pre-experimental design with a one-group pre-test and post-test approach was employed, involving 44 respondents selected through purposive sampling. Data were collected using a 30-item questionnaire and analyzed with a paired t-test. Results indicated a significant increase in knowledge scores after the video education intervention ($p < 0.05$). Thus, educational videos are proven effective in enhancing mothers’ knowledge of the one-month injectable contraceptive and can serve as an engaging, easy-to-understand, and repeatable health education strategy.

Keywords : Educational video, knowledge, contraception, one-month
injectable contraceptive

References : 30 (2020–2025)