



Differences in health education using videos and flipsheets on participation interest post party KB for public mother in the hospital dr. Abdul Rivai Berau

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ARTICLEINFO	ABSTRACT
<p>Article history:</p> <p>Received Mar 08, 2024 Revised Mar 12 2024 Accepted Mar 14, 2024</p>	<p>Postpartum family planning is the initiation of the use of contraceptive methods within the first six weeks after delivery. Preliminary study at dr Abdul Rivai Hospital Berau, in July-September 2023, 29 postpartum mothers were using postpartum birth control 420 postpartum mothers, where there is no hospital program to attract interest in using postpartum birth control through health education using flipcharts or videos. This study aimed to find out the difference between health education using videos and flip sheets on interest in postpartum family planning participation. This was a quasi-experimental study with two groups of pre and post-test design. The population was postpartum mothers at Dr Abdul Rivai Hospital Berau in September 2023, numbered 120 people, with a sample of 40 people; the consecutive sampling technique included video media groups and flip sheets, 20 people each. Data analysis used the Wilcoxon test and Mann-Whitney test. This study showed the influence of health education using videos on interest in participating in postpartum family planning (p-value = 0.000). The use of flip sheets in health education influences interest in participating in postpartum family planning (p-value = 0.000). There was a difference in health education using videos and flip sheets on interest in participating in postpartum family planning (p-value = 0.022). This indicates that health education in video and flip sheets media has an influence and difference in increasing interest in postpartum family planning participation. Dr Abdul Rivai Berau Hospital expects to socialize postpartum family planning through video counseling regularly carried out, starting with the mother's pregnancy check.</p>
<p>Keywords:</p> <p>Flipchart; Interests; Postpartum Family Planning; Videos.</p>	

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1. Introduction

The family planning program aims to control the rate of population growth, meet public demand for quality family planning and reproductive health (KR) services, reduce maternal mortality (AKI) and infant mortality (IMR) and overcome reproductive health problems.(NURCAHYA, 2023). Increasing the

use of family planning can be through providing health education using a variety of media including print media and also electronic media in order to increase knowledge which has an impact on interest in using family planning.(Kadir & Sembiring, 2020).

International Conference on Population and Development(ICPD) in Cairo in 1994, placing every individual as having rights in achieving their reproductive goals(Nurlatifah, 2019). According to the World Health Organization (WHO), in 2015, out of 100 million women, 75% of contraceptive users in the world use hormonal contraception, while 25% use non-hormonal contraception. In 2016 it reached 89%, then in 2017 in urban areas it reached 58% while in rural areas it reached 57% (Dianasari et al., 2023).

The Indonesian government is taking action to address population problems throughThe strategy for implementing the family planning program based on the Medium Term Development Plan is increasing the use of Long Term Contraceptive Methods (MKJP) such as IUDs (Intra Uterine Devices), implants and sterilization.MKJP achievement target was 22.3%, but achievement was only 17.8%(Jannah et al., 2023). There were as many active family planning participants in East Kalimantan Province in 2019459,764 people and in 2020 it will be 478,031 people(Jannah et al., 2023).Non-MKJP participants were divided into 63.8% injectable contraceptive participants, 22.9% pills, and 2.33% condoms. MKJP participants themselves were 4.67% IUD, 4.13% Implant, 1.25% MOW and 0.07% MOP participants.(Jannah et al., 2023). Number of postpartum contraceptive users inDr. Hospital Abdul RivaiIn 2021 there will be 82 PUS (8.12%) out of 1,010 target PUS, in 2022 there will be 89 couples of childbearing age (7.96%) out of 1,118 target PUS. This data shows a decrease in contraceptive users after childbirth inDr. Hospital Abdul Rivai Berau, even though the target EFA has increased. MatterThis shows that the decision to postpone pregnancy after delivery is still low, seen from the low level of postpartum family planning participation(Jannah et al., 2023).

Advantages of birth control postpartum i.e. it can be installed immediately after giving birth or miscarriage, does not hurt the mother two times, high effectiveness, does not interfere with breast milk production, does not interfere with sexual relations(Retnoningsih, 2022). The use of postpartum birth control can only be implemented if the mother has an interest in using it.Apart from that, interest is said to be more active than passive, namely that interest can encourage individuals to move closer to something they are interested in(Rahayuningsih, 2021).The impact of not having received health educationPostpartum contraception can be in the form of the mother delaying the use of contraception resulting in a high risk of close pregnancy spacing due to unwanted pregnancies. This close pregnancy spacing can pose a risk to the mother's health, thereby increasing the maternal mortality rate(Redo, 2021).

Providing health education can be done using media including video media and flip sheet media. Video media plays a very important role in conveying information so that recipients of the information can gain more knowledge(Putra Apriadi Siregar et al., 2020). The advantages of flip sheet media are that it presents learning messages in a concise and practical manner, can be used indoors and outdoors, the materials are relatively cheap to make, easy to carry everywhere and increases learning creativity.(Parini, 2022). Previous research conducted(Rismawati, 2019)There is a significant influence of contraceptive counseling using flip-sheet media on interest in selecting the MKJP IUD. StudyAzijah (2020) There is There is a significant difference in the level of knowledge of women of childbearing age before and after being given a promotion health with video media.

Preliminary study inDr. Hospital Abdul Rivai Beraufrom July to September 2023 there were 420 postpartum mothers, but only 29 people used postpartum contraception from July to September 2023, including 25 people using IUDs, 4 people using tubectomy. This can showThere is still low maternal interest in using postpartum birth control. The results of observations showed that mothers who gave birth used a system of interrupted intercourse even though they had more than two children with births less than 2 years apart. The reasons why mothers do not use birth control include not being suitable for using injections and pills. To increase interest in using postpartum contraception, it can provide knowledge to postpartum mothers because they have just given birth.

Based on the phenomenon above, there is low use of postpartum contraceptioninDr. Hospital Abdul Rivai Berau and has never been given health education using itvideos and flip sheetsinDr. Hospital

Abdul Rivai Berau, So researchers are interested in cultivating postpartum mothers' interest in using postpartum birth control through providing health education using different media. It is hoped that this research will have an impact on increasing postpartum mothers' interest in using postpartum birth control, thereby reducing the risk of close-range pregnancies which endanger maternal health and increase the risk of maternal death. This research makes a new contribution to the literature on family planning program management and demonstrates the diversity of strategies that can be used.

2. Research Methods

This research design uses 2 groups pre and post test design. The population in this study were postpartum mothers at RSUD dr. Abdul Rivai Berau in September 2023 numbered 120 people. Based on sample calculations, it was obtained that 40.97 was rounded up to 40, so the sample was postpartum mothers at RSUD dr. Abdul Rivai Berau numbered 40 people, then because this research compared the provision of health education using video and flip-sheet media, the samples were divided into two, namely the intervention for providing health education using video media, 20 people and the health education intervention using flip-sheet media, 20 people. Data analysis using a quantitative approach includes Normality Test, Univariate Analysis, Bivariate Analysis

3. Results and Discussions

Dr. Hospital Abdul Rivai Berau has several rooms and installations, one of which is a room for postpartum mothers.

3.1 Univariate Analysis Respondent Characteristics

a. Age

Respondent age characteristics postpartum mothers at RSUD dr. Abdul Rivai Berau, can be seen in the following table:

Table 1. Age Characteristics of Respondents Postpartum Mother at RSUD dr. Abdul Rivai Berau

No	Age	Group			
		Videos		Flip Sheet	
		F	%	F	%
1	< 20 years	0	0	0	0
2	20-35	17	85	18	90
3	> 35 years	3	15	2	10
Amount		20	100	20	100

Source: Primary Data, 2023

b. Parity

Parity characteristics of respondents postpartum mothers at RSUD dr. Abdul Rivai Berau, can be seen in the following table:

Table 2. Parity Characteristics of Respondents Postpartum Mother at RSUD dr. Abdul Rivai Berau

No	Parity	Group			
		Videos		Flip Sheet	
		F	%	F	%
1	Multiparous	9	45	11	55
2	Grandmultipara	11	55	9	45
Amount		20	100	20	100

Source: Primary Data, 2023

c. Education

Respondent's educational characteristics postpartum mothers at RSUD dr. Abdul Rivai Berau, can be seen in the following table:

Table 3. Educational Characteristics of Respondents Postpartum Mother at RSUD dr. Abdul Rivai Berau

No	Education	Group			
		Videos		Flip Sheet	
		F	%	F	%
1	No school	0	0	0	0
2	elementary school	4	20	2	10
3	JUNIOR HIGH SCHOOL	2	10	2	10
4	SENIOR HIGH SCHOOL	10	50	12	24
5	College	4	20	4	20
	Amount	20	100	20	100

Source: Primary Data, 2023

d. Work

Respondent's job characteristics postpartum mothers at RSUD dr. Abdul Rivai Berau, can be seen in the following table:

Table 4. Job Characteristics of Respondents Postpartum Mother at RSUD dr. Abdul Rivai Berau

No	Work	Group			
		Videos		Flip Sheet	
		F	%	F	%
1	IRT	14	70	14	70
2	Civil servants	0	0	0	0
3	Private	5	25	4	20
4	Trader/Entrepreneur	1	5	2	10
5	Farmers/Fishermen	0	0	0	0
	Amount	20	100	20	100

Source: Primary Data, 2023

3.2 Interest in postpartum family planning participation before and after providing health education using video media to postpartum mothers at RSUD dr. Abdul Rivai Berau.

Identify interest in postpartum family planning participation before and after providing health education using video media to postpartum mothers at RSUD dr. Abdul Rivai Berau, can be seen in the following table:

Table 5. Frequency distribution of interest in postpartum family planning participation before and after providing health education using video media to postpartum mothers at RSUD dr. Abdul Rivai Berau

No	Interests (Video Media Group)	Pre Test		Post Test	
		n	%	n	%
		1	Interested	0	0
2	Less Interested	20	100	0	0
	Amount	20	100	20	100

Source: Primary Data, 2023

3.3 Interest in postpartum family planning participation before and after providing health education using flip sheets to postpartum mothers at RSUD dr. Abdul Rivai Berau.

Identify interest in postpartum family planning participation before and after providing health education using flip sheets to postpartum mothers at RSUD dr. Abdul Rivai Berau, can be seen in the following table:

Table 6. Frequency distribution of interest in postpartum family planning participation before and after providing health education using flip sheets to postpartum mothers at RSUD dr. Abdul Rivai Berau

No	Interests (Flipsheet Media Group)	Pre Test		Post Test	
		n	%	n	%
		1	Interested	0	0
2	Less Interested	20	100	2	10
	Amount	20	100	20	100

3.4 Bivariate Analysis

a. Analyze influencehealth education using videos on interest in postpartum family planning participation among postpartum mothers at RSUD dr. Abdul Rivai Berau.

Foranalyzeinfluencehealth education using videos on interest in postpartum family planning participation among postpartum mothers at RSUD dr. Abdul Rivai Beraubased onThe non-parametric bivariate analysis used was the Wilcoxon test, can be seen in the table below:

Table 7. Influencehealth education using videos on interest in postpartum family planning participation among postpartum mothers at RSUD dr. Abdul Rivai Berau

Variable	N	Positive Rank	Negative Ranking	Ties	Sig	Z
Health education using videos on interest in postpartum family planning participation	20	20	0	0	0,000	-4,472

Source: Primary Data, 2023

3.5 Analyze influencehealth education using flip sheets on postpartum mothers' interest in participating in postpartum family planningDr. Hospital Abdul Rivai Berau.

Foranalyzeinfluencehealth education using flip sheets on postpartum mothers' interest in participating in postpartum family planning at RSUD dr. Abdul Rivai Beraubased onThe non-parametric bivariate analysis used was the Wilcoxon test, can be seen in the table below:

Table 8. Influencehealth education using flip sheets on postpartum mothers' interest in participating in postpartum family planning at RSUD dr. Abdul Rivai Berau

Variable	N	Positive Rank	Negative Ranking	Ties	Sig	Z
Health education using flip sheets to determine interest in postpartum family planning participation	20	18	0	2	0,000	-4,243

Source: Primary Data, 2023

3.6 KnowDifferences in the influence of health education using videos and flip sheets on postpartum mothers' interest in participating in postpartum family planningDr. Hospital Abdul Rivai Berau.

Differences in the influence of health education using videos and flip sheets on interest in participating in postpartum family planning among postpartum mothers at RSUD dr. Abdul Rivai Berau uses the Mann Whitney test, which can be seen in the following table:

Table 9. Differences in the influence of health education using videos and flip sheets on interest in participating in postnatal family planning among postpartum mothers at RSUD dr. Abdul Rivai Berau

Measurement	Measurement	z	p
Pre Test	Videos	-1,433	0.152
	Flip Sheet		
Post Test	Videos	-6,245	0,000
	Flip Sheet		

Source: Primary Data, 2023

3.7 Discussion

Respondent Characteristics

a. Age

Based on the research results, it is known thatrespondent's agepostpartum mothers at RSUD dr. Abdul Rivai BerauIn this study, the majority of respondents aged between 20-35 years in the video group were 17 respondents (85%), while at least the respondents were > 35 years oldthere were 3 respondents (15%). The majority of respondents in the flip sheet group were aged between 20-35 years, amounting to 18 respondents (90%), while at least the respondents were > 35 years oldthere were 2 respondents (10%).

The results of this study are in accordance with research (Rohmah & Natalie, 2020) which shows that most of the respondents' ages are between 21-25 years. Kartikawati's (2020) research shows that most of the respondents' ages are between 26-30 years. Likewise, Parini's (2021) research shows that the majority of respondents are not at risk, namely between 20-35 years. The older you are, the more mature a person's level of maturity and strength will be in thinking and logic (Wahyuningrum, 2022).

Researchers assume that most of the respondents are aged 20-35 years, meaning that respondents tend to be able to make decisions in terms of being mature enough. Where the respondent's age is considered adult, which means they are able to make decisions and tolerate other people's views, this can increase the motivation of respondents who are expected to be able to decide for themselves to use postpartum birth control.

b. Parity

Based on the research results, it is known that respondent parity postpartum mothers at RSUD dr. Abdul Rivai Berauln this study, the video group was mostly grand multipara respondents, 11 respondents (55%), while multipara there were 9 respondents (45%). The majority of the flip sheet groups were multipara respondents amounting to 11 respondents (55%), while grand multipara there were 9 respondents (45%).

The results of this study are in accordance with research (Jannah et al., 2023) shows that the majority of respondents with parity are multipara. Witantri's research (2022) shows that the majority of respondents with parity are multipara. Nabilah's research (2023) shows that the majority of respondents with parity are multipara.

According to (Fadliyyah, 2019), parity is the number of children born to a mother, both live births and still births. Parity 2-3 (multipara) is the safest parity in terms of maternal mortality. Parity 1 and parity more than 3 or grand multipara (high parity) have higher maternal mortality rates.

Researchers assume that the majority of respondents in this study multipara parity, which is classified as the safest number of parities. This is because if the mother gives birth too often, the womb will become weaker so the risk of problems during labor is higher, including bleeding (Solama, 2019). Thus, many mothers' health conditions are found to be disturbed by anemia, malnutrition, looseness in the abdominal wall, mothers with hanging stomachs, and looseness in the uterine wall.

c. Education

Based on the research results, it is known that respondent's education postpartum mothers at RSUD dr. Abdul Rivai Berauln this research, the majority of respondents in the video group had graduated from high school, amounting to 10 respondents (50%), while at least they graduated from junior high school there were 2 respondents (10%). The majority of respondents in the flip sheet group had graduated from high school, amounting to 12 respondents (24%), while at least they graduated from elementary school and middle school respectively there were 2 respondents (10%).

The results of this study are in accordance with research (C. Anwar et al., 2023) which shows that the majority of respondents' education has completed high school which is relatively high. Study (Irfan, 2021) shows that the majority of respondents' education has completed high school. Likewise, Nabilah's research (2023) shows that the majority of respondents' education has completed high school.

The level of education referred to is the respondent's last level of education. This is in accordance with Santoso's (2019) statement that the role of education in influencing women's thinking patterns to determine which health services are more suitable for them, this tendency to relate the level of education will influence a person's understanding and knowledge.

Researchers assume that the majority of respondents in this study graduated from high school which is quite good. The better a person's level of education, the more information they receive which can influence their knowledge in certain matters, especially their health, by using postpartum birth control.

d. Work

Based on the research results, it is known that respondent's occupation postpartum mothers at RSUD dr. Abdul Rivai Berau in this study, the majority of respondents in the video group were housewives, 14 respondents (70%), while at least as traders/entrepreneurs there was 1 respondent (5%). The majority of respondents in the flip sheet group were housewives, amounting to 14 respondents (70%), while at least as traders/entrepreneurs there were 2 respondents (10%).

The results of this research are in accordance with research by Anwar (2023) which shows that the majority of respondents are housewives. Likewise, Mulyani's (2018) research shows that the majority of respondents are housewives. Likewise, Parini's (2021) research shows that the majority of respondents are housewives.

Researchers assume that the respondents in this study were mostly housewives. This is because respondents are more focused on taking care of the household and husbands who have income cause respondents to prefer to be housewives. Housewives' income comes from their husbands, if their income is low it will affect their health status, such as not using postpartum birth control.

e. Interest in postpartum family planning participation before and after providing health education using video media to postpartum mothers at RSUD dr. Abdul Rivai Berau.

Based on the research results, it is known that there is interest in participating in postpartum family planning before providing health education using video media to postpartum mothers at RSUD dr. Abdul Rivai Berau, all 20 respondents (100%) were less interested and after providing health education using video media to postpartum mothers at RSUD dr. Abdul Rivai Berau was completely interested, totaling 20 respondents (100%).

According to previous research conducted by (Shofa, 2023) show that knowledge level of women of childbearing age before being given a promotion health with video media is mostly not good and after being given promotions health with video media is mostly good. Study (Andini et al., 2023) show that interest in selecting an IUD before counseling with mostly video media not good and after counseling with mostly video media Good. Research by Ariningtyas (2018) shows that there is a willingness to use IUD contraception before counseling with video media Most of them are not good and after counseling with video media mostly good.

Researchers assume that most of the respondents were less interested in using postpartum contraception before providing health education using video media to postpartum mothers at RSUD dr. Abdul Rivai Berau due to lack of information regarding postpartum birth control and did not try to search through various media.

f. Interest in postpartum family planning participation before and after providing health education using flip sheets to postpartum mothers at RSUD dr. Abdul Rivai Berau.

Based on the research results, it is known that there is interest in participating in postpartum family planning before providing health education using flip sheets to postpartum mothers at RSUD dr. Abdul Rivai Berau, all 20 respondents (100%) were less interested, and after providing health education using feedback sheets to postpartum mothers at RSUD dr. Most of Abdul Rivai Berau were interested, amounting to 18 respondents (90%), while 2 respondents (10%) were less interested. There were 2 people who were still not interested even though they had been given health education using feedback sheets to postpartum mothers at RSUD dr. Abdul Rivai Berau.

According to previous research conducted by Parini (2021) show that Before contraceptive counseling using flip-sheet media, it was found that interest in selecting MKJP IUD was mostly poor and after contraceptive counseling using flip-sheet media, interest in selecting MKJP IUD was mostly good. Nabilah's research (2023) shows that the majority IUD acceptors have less interest in repeat visits for IUD installation before being given health education using flip-sheet media and after being given health education using flip-sheet media most of the interested IUD acceptor. Kartikawati's research (2020) shows that before being given health education using flip-sheet media, they had intentions in using the IUD are not good and after given health education using flip-sheet media intention to use the IUD well.

Researchers assume that most of the respondents were less interested in using postpartum contraception before providing health education using flip sheets to postpartum mothers at RSUD dr. Abdul Rivai Berau due to the lack of interest of respondents in using postpartum birth control which can be caused by various factors such as lack of family support, where many families think that having more children is better. For this reason, it is necessary to provide health education that is supported by the use of media.

g. Influencehealth education using videos on interest in postpartum family planning participation among postpartum mothers at RSUD dr. Abdul Rivai Berau.

Based on the research results, it is known that the influencehealth education using videos on interest in postpartum family planning participation among postpartum mothers at RSUD dr. Abdul Rivai Berau A positive rank was obtained from 20 people from 20 respondents, meaning that all respondents after the post test were interestedpostpartum family planning participationcompared to the pre test. The Z value obtained is -4.472 with a p value (Asymp. Sig 2 tailed) of 0.000 which is less than the research critical limit of 0.05 so the hypothesis decision is to accept H_a or which means there is an influencehealth education using videos on interest in postpartum family planning participation among postpartum mothers at RSUD dr. Abdul Rivai Berau.

The results of this research are in accordance with research by Nabilah (2023) showing that there is an influence of providing health education using video media on interest in using IUDs among pregnant women in the third trimester at the Samboja Community Health Center. Suhartinah's research (2021) shows thatThere is an influence of health education through animated video media on readiness for childbirth among primigravida mothers in the working area of the Carita Community Health Center. Azijah's research (2020) shows thatThere is a significant difference in the level of knowledge of women of childbearing age before and after being given health promotion using video media.

Researchers assume that there is an influencehealth education using videos on interest in postpartum family planning participation among postpartum mothers at RSUD dr. Abdul Rivai Berau due to media that presents audio and visuals simultaneously so that it is interesting to look at.

h. Influencehealth education using flip sheets on postpartum mothers' interest in participating in postpartum family planningDr. Hospital Abdul Rivai Berau.

Based on the research results, it is known that the influencehealth education using flip sheets on postpartum mothers' interest in participating in postpartum family planning at RSUD dr. Abdul Rivai Berau The positive rank obtained was 18 people from 20 respondents, meaning that after the post test there were 18 respondents who were interestedpostpartum family planning participationcompared to the pre test and there were 2 people after the post test who were less interestedpostpartum family planning participation. The Z value obtained is -4.243 with a p value (Asymp. Sig 2 tailed) of 0.000 which is less than the research critical limit of 0.05 so the hypothesis decision is to accept H_a or which means there is an influencehealth education using flip sheets on postpartum mothers' interest in participating in postpartum family planning at RSUD dr. Abdul Rivai Berau.

The results of this research are in accordance with research by Nabilah (2023) showing that there is an influence of providing health education using flip-sheet media on interest in using IUDs among pregnant women in the third trimester at the Samboja Community Health Center.StudyParini (2021)shows that providing health education using flip sheets about IUD contraception to WUS has an influence on the level of knowledge.

Researchers assume that there is an influencehealth education using flip sheets on postpartum mothers' interest in participating in postpartum family planning at RSUD dr. Abdul Rivai Berau due to Flip charts are a very simple and effective form of print media.

i. PDifferences in the influence of health education using videos and flip sheets on interest in participating in postpartum family planning among postpartum mothers inDr. Hospital Abdul Rivai Berau.

Based on the research results, it is known that postpartum mothers are interested in participating in postpartum family planning at RSUD dr. Abdul Rivai Berau before being given health education using videos and flip sheets with a p value of $0.152 > 0.05$, which means there was no difference in interest in postpartum family planning participation in the video group and the flip sheet group before being given health education to postpartum mothers at RSUD dr. Abdul Rivai Berau. Whereas interest in postpartum family planning participation among postpartum mothers at RSUD dr. Abdul Rivai Berau after being given health education using videos and flip sheets with a p value of $0.000 < 0.05$, which means there is a difference in interest in postpartum family planning participation in the video group and the flip sheet group after being given health education to postpartum mothers at RSUD dr. Abdul Rivai Berau. So that H_0 is accepted, namely There is differences in health education using video media and flip sheets interest in participating in postpartum family planning among postpartum mothers Dr. Hospital Abdul Rivai Berau.

The results of this research are in accordance with research by Nabilah (2023) showing that there is a difference in the provision of health education between flip sheet media and video media regarding interest in using IUDs in third trimester pregnant women. Study (RR Anwar et al., 2023) show that There are differences in knowledge and interest before and after intervention with booklet media, and video media is more effective in increasing mothers' knowledge and interest than booklet media on mothers' knowledge about postpartum family planning.

Researchers assume that Video media intervention is better than flip-sheet media in increasing respondents' interest in using post-copy contraception.

4. Conclusions

From the results of research and discussion regarding the differences in health education using videos and feedback sheets on interest in participating in postnatal family planning among postpartum mothers at RSUD dr. Abdul Rivai Berau, concluded that the characteristics of the respondents were mostly aged 20-35 years, parity of the grand multipara video group and multipara flip sheet group, education of the video group and flip sheet group after graduating from high school, employment of the video group and flip sheet group as housewives, interest in post-graduate family planning participation. All of them were interested in participating in post-partum family planning after providing health education using flip-sheet media, health education using video had an effect on interest in participating in post-partum family planning among postpartum mothers at RSUD dr. Abdul Rivai Berau, health education using flip sheets has an influence on interest in participating in postpartum family planning among postpartum mothers at RSUD dr. Abdul Rivai Berau, health education using videos and flip sheets has a difference in the interest in participating in postnatal family planning among postpartum mothers at RSUD dr. Abdul Rivai Berau. This research uses an inhomogeneous sample, namely post section caesarean and normal postpartum mothers, it is recommended for further research to use homogeneous data.

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