

ABSTRAK

Indonesia negara berkembang dengan tingginya laju pertumbuhan penduduk. Kurangnya pengetahuan remaja tentang Keluarga Berencana (KB) dikhawatirkan mempengaruhi preferensi mengikuti KB di masa depan berpengaruh terhadap laju pertumbuhan penduduk semakin meningkat. Tujuan penelitian ini mengetahui hubungan pengetahuan dengan preferensi siswi SMA Negeri 1 Gamping dalam mengikuti KB di masa depan.

Metode penelitian ini menggunakan desain *cross-sectional* dengan populasi terjangkau seluruh siswi SMA Negeri 1 Gamping. Teknik pengambilan sampel menggunakan *stratified random sampling*, didapatkan sebanyak 96 siswi kelas X dan XI di SMA Negeri 1 Gamping. Instrumen yang digunakan adalah kuesioner pengetahuan KB yang sudah valid dan reliabel, kuesioner tentang preferensi mengikuti KB di masa depan disusun berdasarkan kuesioner penelitian oleh Suryani, 2015. Analisis data menggunakan uji statistik *chi square*.

Hasil penelitian menunjukkan 55% responden memiliki pengetahuan cukup tentang KB. Sebagian besar responden berminat mengikuti KB di masa depan. Terdapat hubungan signifikan antara pengetahuan dengan preferensi mengikuti KB di masa depan. Berdasarkan Risiko Relatif, responden berpengetahuan cukup tentang KB 4,58 kali berminat mengikuti KB di masa depan dibandingkan pengetahuan kurang. Pengetahuan tentang KB perlu ditingkatkan melalui pendidikan kesehatan reproduksi dengan penggunaan media pembelajaran sehingga meningkatkan minat remaja terhadap KB di masa depan.

Kata Kunci : Keluarga Berencana, pengetahuan, preferensi, siswi

ABSTRACT

Indonesia is a developing country with a high rate of population growth. The lack of knowledge of adolescents about family planning is feared to influence preferences to follow family planning in the future, which will influence the rate of population growth. The purpose of this study was to determine the relationship of knowledge of preferences of SMA Negeri 1 Gamping schoolgirls in participating in family planning in the future.

This research method uses a cross-sectional design with an affordable population of all student of SMA Negeri 1 Gamping. The sampling technique use stratified random sampling and obtained on 96 schoolgirls at X and XI grades at SMA Negeri 1 Gamping. preferences to participate in family planning in the future. The instrument used was a questionnaire of knowledge about family planning that was valid and reliable and a questionnaire about future family planning preferences compiled based on a research questionnaire by Suryani, 2015. The data analysis used chi square.

The results showed that 55% of respondents had sufficient knowledge about family planning. Most respondents are interested in joining family planning in the future. There is a significant relationship between knowledge with preferences to participate in family planning in the future. Based on Relative Risk, respondents with sufficient knowledge of family planning are 4.58 times more interested in participating in family planning in the future than less knowledge. Knowledge about family planning needs to be increased through reproductive health education by using learning media so that it can increase adolescent interest in family planning in the future.

Keywords: *family planning, Knowledge, preferences, schoolgirls*