

## THE EFFECT OF CLICKKB APPLICATION MEDIA ON THE SELF EFFICACY OF COUPLES OF REPRODUCTIVE AGE IN CONTRACEPTIVE USE

Izza Qurotaaini<sup>1\*</sup>, Sri Rahayu<sup>2</sup>, Hening Ryan Aryani<sup>3</sup>

<sup>1,2,3</sup> Politeknik Kesehatan Malang, Jl. Besar No.77C, Malang 65115, Indonesia

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#### ABSTRAK

Keyakinan diri (*self efficacy*) kontrasepsi merupakan faktor penting dalam pemilihan serta penggunaan kontrasepsi. Ketidakyakinan menggunakan kontrasepsi akan berdampak tidak baik pada masalah psikologis individu. Hal ini disebabkan salah satunya karena kurangnya dukungan sosial dari tenaga kesehatan mengenai *self efficacy* kontrasepsi. Penelitian ini bertujuan untuk mengetahui pengaruh media aplikasi KlikKB terhadap *self efficacy* pasangan usia subur (PUS) dalam penggunaan kontrasepsi. Desain penelitian kuantitatif dengan metode *Pre eksperimental* dengan pendekatan *one group pretest-posttest*. Populasi dalam penelitian ini 43 (PUS) yang menggunakan kontrasepsi suntik 1 bulan. Sampelnya menggunakan teknik *total sampling*. Pengambilan data dilakukan pada April – Juli 2022. Instrumen penelitian berupa kuesioner. Analisis data menggunakan *Wilcoxon test*. Hasil menunjukkan terdapat peningkatan *self efficacy* dalam menggunakan kontrasepsi dengan pemberian aplikasi KlikKB sebelum (69,8%), sesudah (76,7%). Hasil uji nilai *p value* sebesar  $0,000 < 0,05$  artinya ada pengaruh media aplikasi KlikKB terhadap *self efficacy* (PUS) dalam penggunaan kontrasepsi. Kesimpulan dari penelitian ini adalah ada pengaruh media aplikasi KlikKB karena dapat meningkatkan *self efficacy* dalam penggunaan kontrasepsi.

*Kata kunci:* Aplikasi KlikKB, Kontrasepsi, Pasangan Usia Subur, *Self Efficacy*

#### ABSTRACT

*Self-Efficacy is an important factor in selection and use of contraception. Lack of confidence in using contraception will have negative impact on individual psychological problems. This is due to lack social support from health workers regarding self-efficacy contraceptive. This study aims to determine the effect of KlikKB application media on the self-efficacy of couples childbearing age in use of contraception. Method Pre-experimental with one group pretest-posttest. The population in this study was 43 couples of childbearing age who used injection contraception for 1 month. The sample uses a total sampling technique. Data collection was carried out in April – July 2022. The research instrument was in form of questionnaire. Data analysis using Wilcoxon test. The results showed that there was an increase in self-efficacy in using contraception by giving the KlikKB application before (69.8%), after (76.7%). The test results value of  $0.000 < 0.05$ , which means that there is an influence of the KlikKB application media on the self-efficacy of couples of childbearing age in use of contraception. The conclusion of this study is that there is an influence of the KlikKB application media because it can increase self-efficacy in the use of contraception.*

*Keywords:* KlikKB Application, Contraception, Couples of Reproductive Age, *Self Efficacy*

### INTRODUCTION

Contraception is an effort to prevent pregnancy which can be temporary or permanent. The use of proper contraception can support the government's efforts to reduce maternal, infant and child mortality, as well as efforts to overcome reproductive health

problems (Jalilah & Ruly, 2020). When using contraception, every woman needs self-confidence (self-efficacy) in her own abilities psychologically (Suwartini, 2016).

Women's self-efficacy in their ability to use and choose contraception, commonly called Contraceptive Self-Efficacy (CSE), is a

\*Correspondence: lzqurrotaini@gmail.com

condition where women can predict behavior in using contraception, namely perception in the contraceptive method to be chosen (Roland Valdes Jr., 2019) . Disbelief in using contraception will have an impact on psychological problems, namely the woman does not want more children or delays pregnancy and can also become anxious about her own abilities which affect her belief not to want to use any type of contraception, which can result in increasing the number of unmet need for family planning (Richardson, 2016 ). The cause of uncertainty about using contraception is due to the influence of previous experiences, observations of the success of other people in using contraception, verbal persuasion from the environment and social as well as the physical and emotional conditions they experience (Shah, Lee, & Mir, 2021).

One of the factors that influence women's confidence in choosing or using contraception is verbal persuasion. Verbal persuasion of social support includes support from friends, family, health workers, family planning consultants. While on verbal persuasion from environmental support, namely the availability and affordability of health resources. However, when the Covid-19 pandemic occurred in Indonesia, the government implemented a Large-Scale Social Restrictions (PSBB) policy which resulted in a decrease in family planning use and services. This is known from the decrease in IUD family planning services, implants, injections and pills during the January-April 2020 period (R. D. Anggraini, 2021; Nurjasmi, 2020).

It is known that the achievements of new family planning participants have decreased significantly in April and May 2020 due to the impact of the Covid-19 outbreak (BKBBN, 2020). The use of IUD (Intrauterine Device) in April 2020 decreased by 36,155 to 23,383,

implants from 81,062 to 51,536, injections from 524,989 to 341,109, pills from 251,619 to 146,767, sari condoms from 31,502 to 19,583, MOP (Male Operation Method) from 2 .283 to 1.196, and MOW (Women's Operation Method) from 13,571 to 8,093 (R. D. Anggraini, 2021).

There was a decrease in the use of family planning during the Covid-19 pandemic due to limited public access to health facilities, couples of childbearing age who delayed visiting health facilities to get family planning services because of fears of contracting it, and health facilities that did not provide family planning services because they did not yet have the facilities to prevention of transmission of Covid-19 (D. D. Anggraini & Hapsari, 2021).

The impact of decreased use of family planning during the Covid-19 pandemic, namely unplanned pregnancies can potentially lead to abortions which increase the risk of morbidity and mortality of mother and baby. In addition, old acceptors drop out or drop out of family planning and new acceptors cancel participation in using family planning (Fajrin, 2020). Based on research (Wardoyo Hasto, 2020) injecting acceptors who do not repeat injections have a 10% risk of getting pregnant, IUD acceptors have a 15% chance of getting pregnant, pill acceptors have a 20% chance of getting pregnant, based on these data the impact of dropping out KB has a 15% - 20% chance of a pregnancy risk, which can result in an accumulation of the number of pregnancies around 370,000 to 500,000 pregnancies. Efforts that can be made to overcome the various negative impacts due to decreased use of family planning during the Covid-19 pandemic are providing access and introducing digital applications to the community where it is hoped that the public can access information related to contraceptive methods through applications without having to come to a

health facility if they are not urgent (Intan, Richa, & Ratna, 2020).

Based on a preliminary study conducted by researchers on April 4 - May 4 at PMB Yulis Aktriani, it was found that data on acceptor coverage for 2020-2021 had decreased. Acceptor coverage at PMB Yulis Aktriani from 2,248 people in 2020 decreased by 238 people to 2,010 people in 2021.

Based on this description, the researcher is interested in conducting research on the Effect of the Klikkb Application Media on the Self-Efficacy of Couples of Reproductive Age in Contraceptive Use.

## METHODS

The research design used in this study was pre-experimental with a one group pre-post test design approach. This research was conducted at PMB Yulis Aktriani with a population of 43 couples of childbearing age using injectable contraception in November-April 2022. The sampling technique used was total sampling with a total sample of 43 people. Data collection in this study used the KlikKB application media instrument, and contraceptive self-efficacy. Analysis of statistical test results using the Wilcoxon Test.

## RESULT AND DISCUSSION

**Table 1 Distribution of Characteristics of Women of Reproductive Age**

Responden Characteristic N=43	n	%
<b>Age</b>		
<20 year	3	7,0
20-35 year	32	74,4
>35 year	8	18,6
<b>Education</b>		
Elementary	1	2,3
Junior High School	4	9,3
Senior High School	25	58,1
College	13	30,2
<b>Occupation</b>		
Not working	28	65,1
Working	15	34,9
<b>Parity</b>		
1	9	20,9
>1	33	76,7
>4	1	2,3

Table 1 can be seen from the characteristics of the respondents, most of the respondents were aged between 20-35 years (74.4%), most of the respondents had high school education (58.1%), most of the respondents were not working 28 people (65.1%) , almost all respondents have a number of children > 1 (76.7%).

**Table 2 Self-Efficacy Levels of Couples of Reproductive Age in Using Contrast Before Being Given the KlikKB Application**

Self Efficacy before use aplication	n	%
Low	30	69,8
High	13	30,2
Total	43	100

Based on table 2, the results showed that most couples of childbearing age had a low level of self-efficacy as many as 30 people (69.8%)

regarding contraceptive use before being given the KlikKB application.

**Table 3 Self-Efficacy Level of Couples of Reproductive Age in Using Contraceptives After Being Given the KlikKB Application**

<i>Self Efficacy</i>	<i>After</i>	<i>n</i>	<i>%</i>
Low		10	69,8
High		33	30,2
Total		43	100

Based on table 3, the results showed that almost all couples of childbearing age had a high level of self-efficacy as many as 33 people (76.7%) regarding the use of contraception after being given the KlikKB application.

**Table 4 The Effect of the KlikKB Application on the Self-Efficacy of Couples of Reproductive Age in Contraceptive Use**

<i>Use of "klik KB"</i>	<i>Category</i>				<i>Total</i>	
	<i>Low</i>		<i>High</i>		<i>Total</i>	
	<i>n</i>	<i>%</i>	<i>n</i>	<i>%</i>	<i>n</i>	<i>%</i>
Before	30	69,8	13	30,2	43	100
After	10	23,3	33	76,7	43	100

Based on table 4, it was found that before being given the KlikKB application, the Self-Efficacy level of couples of childbearing age in using contraceptives mostly had a low self-efficacy level of 30 people (69.8). The self-efficacy of couples of childbearing age after being given the KlikKB application, the results obtained were that almost all couples of childbearing age had a high level of self-efficacy as many as 33 people (79.7%).

**Table 5 Data Analysis of Self-Efficacy Levels of Couples of Reproductive Age in Using Contraception Before and After Giving the KlikKB Application**

Use of "klik KB" application	Category				Total		<i>p-value</i>
	Low		High				
	n	%	n	%	N	%	
Sebelum	30	69,8	13	30,2	43	100	0,000
Sesudah	10	23,3	33	76,7	43	100	

The results of the analysis of the effect of the KlikKB application on increasing the self-efficacy of couples of childbearing age in contraception use using the Wilcoxon Signed Rank Test, with a significant level of  $\alpha = 5\%$  obtained the results of probability value (p-value) = 0.000 < 0.05 so that H0 is rejected, which means there is significant (significant) effect between the KlikKB application and increasing the self-efficacy of couples of childbearing age in using contraception

### **Self Efficacy of Couples of Reproductive Age in Using Contraceptives After Being Given the KlikKB Application**

Based on the research conducted, it was found that most of the self-efficacy levels of couples of childbearing age in using contraception before application were given were mostly still in the low category. The results of the answers to the Contraceptive self-efficacy (CSE) questionnaire, most of the respondents chose not to be sure about their use of contraception because they felt worried about the information that was wrong or did not match what they got from friends or family. These results are in line with research (Tarsikah & Nurvitasari, 2020) which states that the low level of self-efficacy in WUS encourages them to choose non-MKJP methods. This selection was primarily based on WUS' concerns regarding misinformation regarding the use of

implant methods, IUDs or permanent methods. In addition, the results of the study (Swenberger, 2016) explain that contraceptive self-efficacy is an important factor that drives individual behavior in using contraception. WUS with low self-efficacy tend to use ineffective contraception.

Contraceptive self-efficacy (CSE) in couples of childbearing age is influenced by several factors, namely experience in mastering something, social modeling, verbal persuasion, physical and emotional conditions. In this study, it is known that the experience of PUS in using contraception before using the KlikKB application media is less confident or confident with the contraceptives used, this is because they have experience using contraception previously, the side effects are disturbing so that the use of contraception currently used still has a feeling of inadequacy. confident or confident in its use. In line with research (Lilik et al., 2017) explains that the experience of family planning users in using contraceptives is something that cannot be ignored, because most of all family planning users who use contraceptives want the best and without any side effects from using the device. contraception.

In addition, in choosing and using contraception, most of them are still unsure about the contraception they are using. So that makes them see or imitate women who have used contraception beforehand without considering whether the type of contraception is appropriate for their condition. In line with research (Prata N et al., 2015) explains that a woman's confidence in using contraception can increase if the woman is as sure about using the contraceptive method as other

women, friends or relatives who have successfully used contraception.

In the couples of childbearing age in this study it was found that most of those who chose or used contraception were obtained from invitations from friends, family, health workers, and family planning consultants. However, most of them are not sure about the contraceptives they use. This is because they read wrong information from the internet regarding the contraception they are using, so this makes them unsure about their contraceptives. According to Ronald (2017) in (Zainiyah, Mufarika, & Gozali, 2020) explaining the relationship between receiving information about family planning and choosing contraception, there is a relationship between receiving family planning information and choosing contraception. This result is in accordance with the theory that if someone has received family planning information beforehand, they will definitely not experience difficulties in selecting the contraceptive to be used. In addition, they can really understand what type of contraception is suitable for use later.

Then, the results of the study showed that the majority of PUS were still unsure about their use of contraception. This is because they are still not sure and ready for the side effects they will experience while using contraception, so this has an impact on their physical and emotional condition. This is in line with research (Sulaiman et al., 2018) which explains that when experiencing great fear, strong anxiety and high stress, couples of childbearing age have low expectations of self-efficacy in using contraceptives.



It is known that some mothers do not have high self-efficacy in using contraception. One aspect of self-efficacy is the strength of the individual to believe that he is capable of using the contraceptive he chooses or uses. The power of weak self-efficacy in a woman in using contraception can inhibit contraceptive use so that it has an impact on inconsistent contraceptive use (Reed, England, Littlejohn, Bass, & Caudillo, 2014). According to research (Elis, 2018) contraceptive self-efficacy influences the choice and use of contraception, when acceptors understand the contraception they are using it means they have increased confidence in themselves.

Based on the results of this study and previous studies, it was found that PUS who have low self-efficacy tend to have concerns when using the contraceptive method they use. This concern is caused by receiving wrong information about contraceptive use. One aspect of contraceptive self-efficacy is Strength. This aspect defines the level of strength in a person about his ability. The impact that can occur as a result of these women having weak strength in using contraception is that they tend to choose to use contraception that is less effective so that it can result in inconsistent use of contraception.

### **Self-Efficacy of Couples of Reproductive Age in Using Contraception After Being Given the KlikKB Application**

Based on the research conducted, it was found that almost all couples of childbearing age increased their self-efficacy in using contraception after being given the KlikKB application in the high category. In this study, the use of the KlikKB application was introduced to couples of childbearing age by downloading the application through the play store. The researcher explained the features and benefits of the KlikKB application. Based

on the researcher's monitoring of PUS for one week in using the KlikKB application, it showed that the KlikKB application had a significant effect ( $p\text{-value} = 0.000$ ) on contraceptive self-efficacy for couples of childbearing age.

Contraceptive self-efficacy (CSE) in couples of childbearing age is influenced by several factors, namely experience in mastering something, social modeling, verbal persuasion, physical and emotional conditions. In this study it was found that the experience of PUS in using contraception after using the KlikKB application media showed that they were confident or confident about the contraceptive used. Based on experience with previous use of contraception, which had disturbing side effects, it did not become an obstacle for couples of childbearing age dropping out of contraception so that they could be successful in using their contraception. In line with research (Sulaiman et al., 2018) explains that the experience of success will increase self-efficacy, while the experience of failure will decrease it. Once strong self-efficacy has developed through a series of successes, the negative impact of common failures will be reduced. Experiences that are felt alone can be a trigger for using contraception.

In addition, based on the contraceptive self-efficacy (CSE) questionnaire, almost all of the couples of childbearing age were confident about the contraception they were using. They get this from seeing or imitating women who have used contraception beforehand, because seeing other people's experiences in using contraception will motivate them to be able to use contraception. In line with research (Sulaiman et al., 2018) explains that observing the success of other people with comparable abilities in doing a task will increase self-efficacy in doing the same task. Vice versa, the experience of other people's failures will

reduce the individual's assessment of his abilities and the individual will reduce the effort made.

The couples of childbearing age in this study found that almost all of them were confident about the contraception they were using. Based on the results of the questionnaire, it shows that after they obtain correct information regarding contraception that has been conveyed by health workers through the KlikKB application media, the individual's self-efficacy is strong and confident. According to (Sulaiman et al., 2018) on verbal persuasion individuals are directed with suggestions, advice and guidance so that they can increase their beliefs about the abilities they have that can help achieve the desired goals. The effect of verbal persuasion is limited, but under the right conditions it will greatly impact the desire of couples of childbearing age to use contraception.

Then, based on the Contraceptive self-efficacy (CSE) questionnaire, almost all of them were confident about the contraception they were using. It is known that they believe they can control the anxiety they experience due to the side effects of the contraception they use, so that this can increase their self-efficacy for contraception. This is in line with research (Putra et al., 2019) explaining that individuals who have strong negative emotions, fear, anxiety, stress, can reduce self-efficacy. However, increased emotion (which is not excessive) can increase self-efficacy, then a healthy physical state can also increase self-efficacy.

Based on research (Phong & Sola, 2014) the results of a survey of 2,066 women in Cambodia explained that interventions delivered via cell phones could help increase

understanding and participation of post-abortion family planning acceptors. According to research (Smith et al., 2015) cell phone-based interventions are beneficial in providing interactive, low-cost personal support that can be accessed wherever and whenever needed. Such as the use of the Mobile Technology for Improved Family Planning (MOTIF) application which is useful as a form of media to increase contraceptive use and behavior. In addition, research (Free et al., 2013) explains that cellular telephone media can effectively reach around 80% of the population living in rural areas who have limited access to health services.

Based on the results of this study and previous studies, it was found that the application of information technology in health can help health workers to provide information in optimizing public health, especially in family planning reproductive health. The use of information technology in health care through the Mobile Technology for Improved Family Planning (MOTIF), mHealth, and KlikKB applications has been proven to be able to help increase understanding, participation of family planning acceptors and can improve contraceptive use and behavior. In women who have high self-efficacy, these women are able to motivate and act to change their behavior in choosing and using effective contraceptives according to the goals they want to achieve.

### **The Effect of the KlikKB Application Media on the Self-Efficacy of Couples of Reproductive Age in Contraceptive Use**

Based on the research results, an analysis of the level of self-efficacy of couples of childbearing age in contraception use before and after being given the KlikKB application

showed that there was a significant effect of the KlikKB application media on the level of self-efficacy of couples of childbearing age in using contraception ( $p=0.000 < 0.05$ ).

The results of the questionnaire before being given the KlikKB application media showed that most respondents felt worried and unsure about the contraception they used was different from those used by friends or other family members, so they were worried that it would give different side effects. Most respondents choose or use contraception based on suggestions from friends or the environment around them without considering whether they believe that contraception is suitable for their conditions or not. In addition, the majority of respondents felt unsure about using their contraception after hearing wrong information about the contraception they were using. This uncertainty is due to a lack of information about contraception.

This is in line with research conducted by (Tarsikah. & Nurvitasari, 2020) that WUS who have low self-efficacy when experiencing unfavorable physical and emotional conditions in choosing contraception will be overwhelmed by anxiety regarding the side effects it will cause. One way to overcome WUS insecurities in choosing and using contraception is to get the right information about contraceptive self-efficacy which can be obtained through the use of the KlikKB application.

Based on the results of the questionnaire given after the administration of the KlikKB application media, it was shown that almost all respondents were convinced and not worried about the contraception they were using. This proves that the KlikKB application media provides benefits to increase strong self-efficacy for respondents so that they will use contraception consistently.

One of the factors that influence women's contraceptive self-efficacy in choosing or using contraception is verbal persuasion, this verbal support can be obtained from the application of information technology based on the KlikKB application. This is in line with research (Smith et al., 2015) which explains that cell phone-based interventions are beneficial in providing interactive personal support to family planning acceptors, at low cost which can be accessed wherever and whenever needed. Such as the use of the Mobile Technology for Improved Family Planning (MOTIF) application which is useful as a medium to increase contraceptive use and behavior.

In this study, the increase in self-efficacy occurred in all aspects, both the magnitude, strength, and generality indicators. The magnitude aspect indicates the difficulty level of the task that is believed to be handled. This aspect includes verbal persuasion, and side effects of contraception. The generality aspect shows how broad the situation can be covered by the belief in the individual's abilities. This aspect includes previous experience of using contraception and the experiences of other people when using contraception. and the aspect of strength shows the extent to which the strength (strong or weak) of the belief is possessed. This aspect includes physical and emotional conditions when using contraception (Rachmawati et al., 2018).

An increase in contraceptive self-efficacy for couples of childbearing age after using the KlikKB application shows that couples of childbearing age already have strong confidence in contraception, so they will use contraception consistently and confidently. This is in accordance with the results of research (Tarsikah. & Nurvitasari, 2020) that high self-efficacy or more confidence in the



ability to make behavior changes, then someone can make behavior changes and will carry out positive behavior.

Based on the explanation of the results of this research analysis, the authors came to the conclusion that the provision of information through the KlikKB application installed on cellular telephones is known to have an effect on contraceptive self-efficacy / Contraceptive Self-Efficacy (CSE). In this study, researchers provided verbal support through the KlikKB application media. The benefits of this application can bring family planning and reproductive health services closer to acceptors quickly and dynamically. So it is expected that PUS will increase its self-efficacy towards the selection and use of contraception.

## CONCLUSION

The conclusions of this study are 1) The self-efficacy of couples of childbearing age in using contraception before using the KlikKB application has a low level of self-efficacy, 2) The self-efficacy of couples of childbearing age in using contraception after using the KlikKB application has a high level of self-efficacy, 3) There is a significant effect use of the KlikKB application media on the self-efficacy of couples of childbearing age in using contraception.

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