

The Choice of IUD Contraception and the Support of the Husband

Osi Agitha Caroline

RS Pratama Langap Kabupaten Malinau Kalimantan Utara, Indonesia

Email: osiagitha@gmail.com

ABSTRACT

The absence of support from the spouse is the main factor contributing to the acceptors' poor desire in utilizing the IUD contraceptive device. The IUD, on the other hand, is a contraceptive that works better and lasts longer than other forms of contraception. Because reproductive health affects both men and women equally, support is crucial in the use of contraception. Based on empirical studies published in academic publications, the goal of this study was to ascertain the relationship between the husband's support and the decision to use an IUD as contraception. PubMed, Garuda, and Google Scholar are used as the databases for the literature search sources. The search term for the article IUD and Husband's Support was entered using the boolean operators or, and, and not.

Keywords: contraception, husband's support, IUD, relationship

BACKGROUND

In comparison to other family planning methods, the IUD is the most effective, long-lasting, effective, comfortable, and reasonably priced method of contraception. IUD failure rates in the first year range from 0.1% to 0.8%, which is quite low. The KB IUD does not require remembrance of the menstrual calendar or adherence to taking medications or visiting the doctor for injections. (2011) Stoddard et al.

Unfortunately, MKJP is less attractive to the public. The coverage of MKJP preferences in Indonesia from 2009 to 2019 only ranged from 12.60% to 25.37%. The percentage of new MKJP participants in 2019 is 8.5% implant, 5.9% IUD and 2.5% MOW or MOP (Kemenkes RI, 2019).

Based on data from the East Java BKKBN 2019, the number of PUS (fertile age couples) in East Java was 6,342,339, but those who took part in KB (Family Planning) were 12.2%. Of the total family planning acceptors, 62.5% used the Injectable KB method, 18.3% Pills, 3.6% IUDs, 7.2% implants, 8.4% other methods (BKKBN Jawa Timur, 2019). In Malang Regency the number of active family planning participants is 443.005 people with the number of acceptors of the injection method (55%), pills (14.5%), IUD (11.18%) and others (19.4%) (Profil Dinas Kesehatan Kab. Malang, 2019).

Nasution (2011) revealed that the low interest in MKJP was influenced by low education and economic factors, the high price of MKJP at the beginning and low knowledge of MKJP. Low knowledge of MKJP can be seen from the myth that MKJP is terminating pregnancy, as well as the myth of side effects of uterine cancer and disturbing the quality of husband and wife relationships. A common MKJP myth is that IUDs and implants can move and the IUD rod can stick to the baby's head. Meanwhile, MOW/MOP is believed to decrease libido and MOP is also equated with the Oesman castration method (2010). Russo et al. (2013) in his research also found the MKJP myth that IUDs can cause cancer.

According to Nasution (2011) the factors found to be significant in choosing the use of MKJP include age, number of living children, education level, length of marriage, sources of family planning services and purpose of family planning. Economic factors also affect the choice of contraceptives, people prefer non-MKJP contraceptive methods that are repeated compared to MKJP because the price is relatively cheap, even though compared to MKJP it is more effective by paying up front and without repetition.

According to the researcher's experience while working at the Puskesmas, most acceptors who want to use the IUD must first obtain the husband's approval. Meanwhile, most husbands do not want their wives to use the IUD for reasons of comfort during intercourse. This causes fewer reports of IUD KB coverage than other KB.

Researchers also want to find out more about the relationship between husband's support and the choice of IUD contraception by digging deeper through this literature study by reviewing research journals to be analyzed and studied more comprehensively, so that it can be seen whether there is a relationship between husband's support and the choice of IUD contraception. Therefore, through this literature study, researchers are interested in knowing more about "The Relationship between Husband's Support and IUD Contraception Selection.

METHODS

This writing approach is a literature review of papers about the connection between a husband's support and the decision to use an IUD contraceptive. A total of 7 journals were consulted, and they came from the databases Garuda, PubMed, and Google Scholar. The search term for the article "IUD (AND) Husband Support" was entered using the boolean operators (or, and, and not). Three publications are obtained from the Google Scholar database, two from PubMed, and two from GARUDA. All of the sources are trustworthy and accredited. The decision was made by taking into account both the PRISMA Flow Chart method and the PICOS framework. Journals that were full-text accessible, published in both Indonesian and English, and relevant to the topic were selected as inclusion criteria. Only articles that meet certain criteria were excluded from the creation of this article.

RESULTS

Category of husband's support for the use of IUD KB

Husband's support for the use of IUD contraception from 7 articles reviewed, the results are shown in table 4.1 below:

Tabel 1. Category of husband's support for the use of IUD KB

Category of Husband's Support	Result	Researches
Support	Most (49,9%) support	(Lilik Choiriyah, Ni Ketut Alit Armini and Setho Hadisuyatmana, 2020), (Desalegn Tsegaw Hibstu and Akalewold Alemayehu, 2020), (Sefrina Rukmawati, Luthfi Sholichul Ardian, Puji Astutik, 2019)
Doesn't Support	Most (50,1%) doesn't support	(Ika Trisanti, Nasriyah, 2016), (Nebiyu DerejeI, Biruk Engida, Roger P. Holland, 2020), (Bijay Khatri, Anjana Khadka, Archana Amatya, Sushan, 2019) (Mahesh C. Puri, Saugat Joshi, Aayush Khadka, Erin Pearson, Yasaswi Dhungel and Iqbal H. Shah, 2020)

Based on table 1 above, it shows that from 7 journals/articles that have been reviewed, it was found that as many as 3 journals, mostly (49.9%) husbands support the use of IUD contraception including research conducted by (Lilik Choiriyah, Ni Ketut Alit Armini and Setho Hadisuyatmana, 2020), (Desalegn Tsegaw Hibstu and Akalewold Alemayehu, 2020), (Sefrina Rukmawati, Luthfi Sholichul Ardian, Puji Astutik, 2019) while the majority of 4 journals (50.1%) lack husband support in the use of IUD contraception including research (Ika Trisanti, Nasriyah, 2016), (Nebiyu DerejeI, Biruk Engida, Roger P. Holland, 2020), (Bijay Khatri, Anjana Khadka, Archana Amatya, Sushan, 2019) (Mahesh C. Puri , Saugat Joshi, Aayush Khadka, Erin Pearson, Yasaswi Dhungel and Iqbal H. Shah, 2020). These data indicate that in general the husband's support in choosing the IUD KB still tends to be minimal.

Relationship between husband's support and the choice of IUD contraception

The results of the study of the relationship of husband's support to acceptors' interest in using IUD KB from 7 reviewed articles showed the results in table 4.2 below:

Table 2. Study results of the influence of husband's support on acceptors' interest in using IUD KB

Data Analysis	Research result	Researchers
Chi square, logistic Regressi, Thematic Analysis, Colaizi, Coefisient Contingency	The results of the analysis obtained p-value <0.05, husband's support has an effect on the use of IUD KB	(Ika Trisanti, Nasriyah, 2016), (Nebiyu DerejeI, Biruk Engida, Roger P. Holland, 2020), (Bijay Khatri, Anjana Khadka, Archana Amatya, Sushan, 2019) (Mahesh C. Puri, Saugat Joshi, Aayush Khadka, Erin Pearson, Yasaswi Dhungel and Iqbal H. Shah, 2020), (Lilik Choiriyah, Ni Ketut Alit Armini and Setho Hadisuyatmana, 2020), (Desalegn Tsegaw Hibstu and Akalewold Alemayehu, 2020), (Sefrina Rukmawati, Luthfi Sholichul Ardian, Puji Astutik, 2019)

Based on table 2 above, it shows that from 7 journals or articles that have been reviewed related to husband's support, it proves that 7 researchers agree that there is an effect of husband's support on the use of IUD KB with p-value <0.05. Trisanti, Nasriyah, 2016), (Nebiyu DerejeI, Biruk Engida, Roger P. Holland, 2020), (Bijay Khatri, Anjana Khadka, Archana Amatya, Sushan, 2019) (Mahesh C. Puri, Saugat Joshi, Aayush Khadka, Erin Pearson, Yasaswi Dhungel and Iqbal H. Shah, 2020), (Lilik Choiriyah, Ni Ketut Alit Armini and Setho Hadisuyatmana, 2020), (Desalegn Tsegaw Hibstu and Akalewold Alemayehu, 2020), (Sefrina Rukmawati, Luthfi Sholichul Ardian, Puji Astutik, 2019). These data indicate that in general there is an effect of husband's support on the use of IUD family planning.

DISCUSSION

Husband's support for the use of IUD KB

The results of a review study from 7 journals/articles showed that as many as 3 journals mostly (49.9%) husbands supported the use of IUD family planning while 4 journals mostly husbands (50.1%) did not have husband support in using IUD family planning. These results indicate that in general the husband's support in the use of IUD contraception still tends to be minimal.

Most (49.9%) husbands support their wives in using the IUD because the effectiveness of this type of contraception is high and can be used for a long period of time. In research conducted by Lilik Choiriyah, Ni Ketut Alit Armini and Setho Hadisuyatmana (2020) from the results of their interviews with respondents found that most husbands support their wives in using the IUD contraception because the IUD is a more practical and easy contraceptive method where the IUD is not. must be removed or must be controlled every month because of the long period of use, which is 5-10 years. In addition, Lilik Choiriyah, Ni Ketut Alit Armini and Setho Hadisuyatmana (2020) also explained the reasons why their respondents supported their wives in using the IUD, namely that the IUD did not change the wife's physical form unlike the side effects of using other contraceptives. Another form of support is in the form of material support where the husband thinks that using the IUD is cheaper, only paying once every 5 years – 10 years, unlike other contraceptive methods that require spending money every month.

This is consistent with the theory presented by Kurniawati, (2007) that the support can be in the form of information or advice verbal and non-verbal, real aid or action is given by familiarity soial or obtained because of the presence of her husband and has the benefit of emotional or behavioral effects for the recipient (wife). On the other hand, the majority (50.1%) of husbands in 4 journals did not support their wives in using the IUD because their husbands were afraid of the side effects caused by the IUD. This is also found by Bijay Khatri, Anjana Khadka, Archana Amatya, Sushan (2019) in their research stating that most husbands do not support the use of IUD contraception due to lack of knowledge, fear of husbands about the side effects it causes, fear of husbands when using it. KB IUD can reduce comfort during sex.

This is in line with research conducted by Joshi R, Bhattarai S, Simkhada K, Thapa S (2013) which states that women prefer not to use IUD contraception due to lack of information and knowledge about IUD contraception, fear of side effects that will result. In addition, the absence of husband's support on the grounds that it will reduce comfort during sex. In addition, the absence of husband's support is influenced by bad rumors and negative views about the IUD where there are still many people who think that the use of an IUD can cause tumors in the uterus. In accordance with the theory stated by Mohammed A, Woldeyohannes D, Feleke A, Megabiaw B (2014) that husband/partner support is a strong determining factor for IUD use. Women whose husbands/partners support IUD use are: about thirteen times more likely to use IUDs than women whose husbands/partners are against IUD use.

According to the researcher's assumption, various forms of husband's support are needed in the selection of contraceptives, one of which is the IUD. Various methods of contraception have their own side effects and drawbacks. However, according to researchers, the use of IUD contraception has a higher effectiveness, and moreover the IUD is a non-hormonal contraceptive, so that from an aesthetic point of view there will be no physical changes in women who are using it. In addition, husbands must understand the chosen method of contraception, so that husbands can be sure and will not be shaken by negative rumors that may be talked about by people around them, even husbands with better knowledge are able to provide an understanding that these negative rumors are not true. When viewed from a material perspective, although using the IUD KB is expensive compared to the use of other contraceptives, it is cheaper because only one time the mother can use the IUD KB for a period of 5-10 years.

The relationship of husband's support to the use of IUD KB

The results of the study show that from 7 journals/articles that have been reviewed in general (100%) there is a relationship between husband's support for the use of IUD family planning. These results indicate that the husband's role and support have a big role in their partner choosing the IUD.

Research conducted by Ika Trisanti, Nasriyah (2016) obtained p-value <0.05 which indicates that there is a relationship between husband's support for the choice of IUD contraception. In

line with the theory put forward by Sudirman and Herdiana (2020) the higher the husband's support, the higher the participation in choosing contraception, and vice versa that the lower the husband's support, the lower the participation and selection of contraceptives. The decision to use contraception is a shared responsibility as a couple, so that the contraceptive method chosen reflects the needs and desires of the husband and wife. Husbands and wives must support each other in the use of contraceptive methods because family planning and reproductive health are not only a matter for men or women, but both.

The results of this study are in line with research (Novita, Qurniasih, Fauziah, & Pratiwi, 2020), which states that there is a relationship between the husband's role and the use of the IUD with a p-value <0.05. This study is in accordance with the theory that a wife in making a decision to use or not to use contraceptives requires the husband's approval because the husband is seen as the head of the family, the breadwinner and someone who can make decisions in a family. Adequate knowledge can motivate husbands to encourage their wives to use these contraceptives (Sudirman and Herdiana, 2020).

Another study also conducted by Sefrina Rukmawati, Luthfi Sholichul Ardian, Puji Astutik (2019) found a p-value of 0.000, which means that there is a relationship between husband's support for the choice of IUD contraception. This is in line with the theory stated by Gebremariam, (2014) that the factors that influence the use of contraception, one of which is social support, especially from husbands, couples must support each other including the use of contraceptives.

According to the researcher's assumption, husband's support is closely related to the choice of IUD contraception. This is because all planning in the household must always have support from one another. The same applies to the choice of contraception. This support will be obtained if both of them understand and understand what the goals, benefits, side effects and benefits are after using the contraceptive method. Most people still have very little understanding of the IUD contraception because the first one is quite expensive, but if you think about it, it is more practical because it is a one-time payment at the beginning but we can use it for a long period of time, namely 5-10 years. Second, most people are still groping about how to use the IUD contraception without finding the right information about the IUD contraception. By providing the right information, light and easy to understand, it can increase the knowledge of couples of childbearing age in all circles. So that when the couple has started to understand about the IUD contraception method, they will give each other understanding and support in the use of the IUD contraception and the wife will feel more comfortable and happy in using the IUD.

CONCLUSION

Most (49.9%) husbands support the use of IUD contraception due to the high effectiveness of contraception and being able to be used for a long time. -10 years old, the IUD does not interfere with the wife's physical appearance. The form of husband's support is in the form of non-verbal and verbal, a total of 7 literatures reveal that there is a relationship between husband's support for the choice of IUD contraception, where the wife will feel more comfortable and happy in using the IUD when she gets support from her family members, especially support from her husband.

REFERENCES

- Abdul Bari Saifuddin. (2010). Ilmu Kebidanan, edisi.4. Jakarta: Bina Pustaka Sarwono Prawirohardjo.
- Dinkes Kabupaten Malang. (2011). Profil Dinkes Kabupaten Malang Tahun 2011.

- Ela Rohaeni dan Iis. (2020). Faktor-Faktor Yang Mempengaruhi Penyebab Rendahnya Penggunaan Alat Kontrasepsi Dalam Rahim (AKDR) .Syntax Literate: Jurnal Ilmiah Indonesia Vol. 5, No. 12.
- Helen, Varney. (2017). Buku Ajar Asuhan Kebidanan. Edisi 4, Volume 2. Jakarta: EGC.
- Ika Trisanti, Nasriyah. (2016). Hubungan Dukungan Suami Dalam Pemilihan Metode Kontrasepsi Jangka Panjang (MKJP). The 4 th Univesity Research Coloquium.
- Lelli Agustina., Ummi Latifah., Fitri Setianingsih. (2020). Faktor-Faktor Yang Mempengaruhi Rendahnya Minat Akseptor KB Untuk Menggunakan KB IUD Di Dusun Sayang Desa Mokong Kecamatan Moyo Hulu. Jurnal Kesehatan dan Sains, Vol 3(2): 10-13.
- Lilik Choiriyah, Ni Ketut Alit Armini and Setho Hadisuyatmana. (2020). Dukungan Suami Dalam Pemilihan Metode Kontrasepsi Jangka Panjang (MKJP) Pada Pasangan Usia Subur (PUS). Jurnal Keperawatan Komunitas Vol. 5, No. 2.
- Majid NK. (2013). Kontrasepsi Intra Uterine Device (IUD) di desa Donoyudan kecamatan Kalijambe kabupaten Sragen. Surakarta: Universitas Muhammadiyah Surakarta.
- Merlis Simon. (2018). Faktor Yang Mempengaruhi Rendahnya Penggunaan Alat Kontrasepsi Iud Di Wilayah Kerja Puskesmas Mandalle Kabupaten Pangkep. Jurnal Ilmiah Kesehatan Diagnosis Volume 12 Nomor 5.
- Nana Aldriana. (2013). Faktor-Faktor Yang Berhubungan Dengan Penggunaan Alat Kontrasepsi Dalam Rahim (AKDR) Di Wilayah Kerja Puskesmas Kabun Kabupaten Rokan Hulu Tahun 2013. Jurnal Maternity and Neonatal Volume 1, No 3.
- Nasution,S.L. (2011). Faktor yang Mempengaruhi Pemakaian Kontrasepsi Jangka Panjang (MKJP) di Enam Wilayah Indonesia.Jakarta: Pusat Penelitian Pembangunan KB dan BKKBN.
- Nebiyu DerejeI, Biruk Engida, Roger P. Holland. (2020). Factors Associated With Intrauterine Contraceptive Device Use Among Women Of Reproductive Age Group In Addis Ababa, Ethiopia: A Case Control Study. PLOS ONE <https://doi.org/10.1371/journal.pone.0229071>.
- Notoatmodjo, S. (2018). Metode Penelitian Kesehatan. Jakarta: Rineka Cipta.
- Nursalam. (2020). Pedoman Penyusunan Literatur review dan Systematic review. Surabaya: Universitas Airlangga.
- Oesman, A. (2010). Faktor-faktor yang Mempengaruhi Pemakaian Kontrasepsi Jangka Panjang (MKJP). Jakarta: Pusat Penelitian Pembangunan Keluarga Berencana dan Kesehatan Reproduksi Badan Kependudukan dan Keluarga Berencana Nasional.
- Russo, J.A., Miller, E. & Gold, M.A. (2013). Myths and Misconceptions About Long-Acting Reversible Contraception (LARC). Journal of Adolescent Health 52:S14-S21.
- Saptika Yani Veronica., Riska Safitri., Siti Rohani. (2019). Faktor-Faktor Yang Mempengaruhi Penggunaan KB IUD Pada Wanita Usia Subur (WUS). Wellness and helathy Magazine Volume 1 Nomor 2.
- Sarce Pinontoan.,Sesca D. Solang., Sandra G.J. Tombokan. (2014). Faktor-Faktor Yang Berhubungan Dengan Penggunaan Alat Kontrasepsi Dalam Rahim Di Puskesmas Tatelu Kabupaten Minahasa Utara. Jurnal Ilmiah Bidan Vol 2 Nomor 2.
- Sefrina Rukmawati , Luthfi Sholichul Ardian , Puji Astutik. (2019). Dukungan Suami Dengan Pemilihan Kotrasepsi IUD Pada Pasangan Usia Subur. Jurnal Sabhanga Vol. 1 No. 1.
- Sri Handayani. (2020). IUD (Intra Uterin Device) Sebagai Alat Kontrasepsi Terbaik Wanita. Surabaya di akses pada tanggal 1 juni 2021 pukul 18.30 http://inlis-dispersip.probolinggokab.go.id/inlislite3/uploaded_files/temporary/DigitalCollection/YmI1YzcmMDdmOWJmODRiYTUzNDdhZWE1MTE1YzkmjZhmMmFjZjE5Yw==.pdf.
- Stoddard, A., McNicholas, C., Peipert, J.F. (2011). Efficacy and Safety of LongActing Reversible Contraception. Drugs 71(8): 969-980.

Yati Nur Indah Sari., Urwatil Wusqa Abidin., Sri Ningsih. (2019). Faktor - Faktor Yang Berhubungan Dengan Minat Ibu Dalam Pemilihan Alat Kontrasepsi IUD. *Jurnal Kesehatan Masyarakat*. Vol. 5, No. 1.