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**RELATIONSHIP BETWEEN HUSBAND'S SUPPORT WITH THE  
USE OF CONTRACEPTION IN WOMEN OF FERTILE AGE AT  
SELEMADEG BARAT PUBLIC HEALTH CENTER**

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**ABSTRACT**

The use of contraceptives in Indonesia is still relatively low. The low CPR (Contraceptive Prevalence Rate) indicates that more than 56.2% of WUS in Indonesia have not used contraceptives. The low use of contraceptives is caused by decision factors from the wife herself or from outside. One of them is support from the family, especially the husband. This study was conducted with the aim of determining the relationship between husband's support and the use of contraceptives in women of childbearing age at the Selemadeg Barat Health Center. The type of research is a correlation analysis using a cross-sectional design in March-April 2025 at the Selemadeg Barat Health Center. The number of samples in this study was 51 married women of fertile age. Data collection was carried out by filling out a questionnaire. The results showed that most (56.9%) husbands did not provide support to their wives to use contraceptives at childbearing age. Respondents who chose not to use contraceptives reached 47.1%. The results of the analysis using the Fisher's Exact Test obtained a significant value of 0.000 ( $p < 0.05$ ), which means that there is a significant relationship between husband's support and the use of contraceptives in women of childbearing age. Women of childbearing age who have been married are advised to plan more on the number of children and sufficient birth spacing through the use of contraception.

Keywords: Husband's Support; Contraceptives; Women of Childbearing Age

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## **INTRODUCTION**

The use of contraceptives in Indonesia is still relatively low. Based on data from the 2018 Riskesdas, the CPR (Contraceptive Prevalence Rate) or the percentage of Women of Childbearing Age (WUS) who use contraceptives is only 43.8% (Ministry of Health of the Republic of Indonesia, 2019). The low CPR indicates that more than 56.2% of WUS in Indonesia have not used contraceptives. The low CPR condition risks increasing the number of unwanted pregnancies. Data on the proportion of unwanted pregnancies in Southeast Asia from 2015-2019 reached 76% (Bearak et al., 2022). This incident increases the risk of abortion cases.

Indonesia has a birth rate above the average for ASEAN countries and has continued to experience a stagnant phase in the last 4 periods, namely in 2002, 2007, 2012 and 2013 at 2.6 per 1000 women of childbearing age. In ASEAN countries, the average use of contraception from 2005-2012 was the highest in Thailand at 80%, then Cambodia at 79%. In Indonesia, the use of contraception is still below Thailand and Cambodia at only 61%. Data obtained from the Central Statistics Agency of Bali Province in 2023 stated that the number of Women of Childbearing Age (WUS) who had married in 2023 was 618,439 people with the number of new KB acceptors 43,537 people (7.04%). The highest number of new KB acceptors was the city of Denpasar, reaching 12.16% (BPS Bali, 2023).

The low use of contraceptives is caused by decision factors from the wife herself or from outside. One of them is support from the family, especially the husband. Husband's support in the use of contraceptives is a real form of concern and responsibility of men. The husband who is the head of the family must be wise in making decisions, both for himself and for family members including his wife. To choose the contraception to be used, a woman (wife) certainly needs the opinion and support of her partner (husband). Husband's support is usually in the form of attention and providing a sense of comfort and confidence in making these decisions in choosing contraceptives. Lack of support from the husband given will affect the wife's confidence in choosing the contraception she wants to use (Widayati et al., 2021).

Research conducted by Delima et al. (2022) regarding the relationship between husband's support and mother's interest in using IUDs (Intrauterine Contraceptive Devices)  
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stated that 62% of WUS were not interested in using contraceptives and 54% of husbands did not support the choice of contraceptives. This study concluded that there was a relationship between husband's support and mother's interest in using IUDs. Similar research was also conducted by Martyanti et al. (2024) which stated that factors related to PUS participation in utilizing implant contraception included parity, husband's support, and knowledge of fertile couples. The results of both studies showed that the lower the husband's support, the lower the mother's interest in choosing contraception.

The results of the preliminary study were obtained from the 2024 Family Planning Annual Report data at the Selemadeg Barat Health Center UPTD, namely the number of women of childbearing age (WUS) who were married was 3,414 with the number of active family planning participants being 2,838 people (83.13%) so that those who had not used contraception were 576 people (16.87%). This could have an impact on unplanned pregnancies and unsafe abortions, increased maternal and infant mortality rates, birth spacing that was too close, too many children could reach 4-5 children and could also cause economic problems and poverty (National Population and Family Planning Agency, 2023).

There were 10 cases of maternal and infant deaths at the Selemadeg Barat Health Center UPTD in 2024. Pregnancy at a high-risk age (<20 years and >35 years). The results of interviews conducted by researchers on 10 married women of childbearing age, 70% of whom did not use contraception. The reasons given were related to the lack of support from their husbands, such as prohibiting mothers from using contraception because it could result in weight gain, husbands not wanting to take them to health facilities, and not providing the costs for installing contraception. In addition, the use of IUD contraception also makes husbands feel uncomfortable during sexual intercourse.

Similar research conducted by Mulazimah et al. (2021) showed that 28% of 90 respondents did not use contraception which was influenced by factors of support from their partners, factors of health problems being experienced, and side effects of contraceptive methods. The results of the analysis showed that husband's support was related to the status

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of contraceptive use in women. Rahman et al. (2022) also conducted a similar study with the results that 15.9% of respondents did not use contraception which was influenced by factors of lack of knowledge regarding contraceptive methods and the side effects that could be caused.

Health workers at the Selemadeg Barat Health Center UPTD have attempted to provide education and counseling to married women in each village as well as providing free contraceptives from the government, but this has not been enough to increase women's interest in using contraceptives. The main triggering factors are the lack of husband support and excessive fear of the side effects of using birth control. In addition, other reasons include experiencing infertility, living far away from their partners, and using drugs that affect hormones.

Based on the description above, the researcher is interested in conducting research related to the relationship between husband's support and the use of contraceptives in women of childbearing age at the Selemadeg Barat Health Center. Research on husband's support was conducted because it considered the reasons for respondents who did not use contraceptives in previous interviews. The use of contraceptives was only assessed based on the general status of its use, because the researcher wanted to know how much support the husband had for his wife in preventing pregnancy through the use of contraceptives.

## **METHOD**

The type of correlational analytical research with a cross-sectional approach. The study was conducted in the Selemadeg Barat Health Center area, and was carried out in April 2025. The sampling technique used the Probability Sampling technique, namely Proportional Random Sampling, totaling 51 respondents spread across all villages in the Selemadeg Barat Health Center work area. The inclusion criteria were women of childbearing age who were married and had time to participate in the study, with the exclusion criteria being women of childbearing age who were planning to get pregnant, living far from their husbands and had

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had a hysterectomy or oophorectomy. Primary data were obtained directly from interviews using a questionnaire consisting of 30 questions related to husband's support. Questions were categorized into 4 aspects (emotional support, instrumental support, information support, assessment support). Secondary data were also collected to determine the number of married women of childbearing age and active KB acceptors in the Selemadeg Barat Health Center area. Data analysis using univariate analysis to find the frequency distribution and bivariate analysis using the Fisher's Exact Test.

## RESULTS

### Respondent Characteristics

**Table 1**  
**Characteristics of Respondents at Selemadeg Barat Health Center in 2025**

<b>Respondent Characteristics</b>	<b>n</b>	<b>%</b>
1	2	3
<b>Age</b>		
<20 years	5	9,8
20-35 years	34	66,7
>35 years	12	23,5
Total	51	100,0
<b>Mother's Education</b>		
Basic education	7	13,7
Secondary education	40	78,5
Higher education	4	7,8
Total	51	100,0
<b>Husband's Education</b>		
Basic education	7	13,7
Secondary education	37	72,6
Higher education	7	13,7
Total	51	100,0
<b>Mother's Job</b>		
Private Employee	30	58,8
Farmer	5	9,8
Trader	5	9,8

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<b>Respondent Characteristics</b>	<b>n</b>	<b>%</b>
<b>1</b>	<b>2</b>	<b>3</b>
Housewife	11	21,6
Total	51	100,0
<b>Husband's Job</b>		
Self-employed	5	9,8
Private employee	37	72,6
Farmer	9	17,6
Total	51	100,0
<b>Parity</b>		
Primipara	9	17,6
Multipara	40	78,5
Grandemultipara	2	3,9
Total	51	100,0

Based on Table 1, it was found that respondents based on age showed that most respondents were aged 20-35 years (66.7%). Based on maternal education data, most respondents had secondary education, just like the majority of husbands' education was secondary education. In terms of employment, most mothers were private employees (58.8%) and 21.6% were housewives. Most husbands' jobs were also private employees (72.6%). Based on parity (number of children), most respondents were multiparous (having 2 or more children), namely 40 respondents (78.4%).

### Univariate Analysis

**Table 2**  
**Husband's Support for the Use of Contraceptives (n=51)**

Husband Support	n	%
Support	23	45,1
Not support	28	54,9
Total	51	100,0

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Based on Table 2 above, it is known that the majority of husbands do not support the use of contraceptives, namely 28 respondents (54.9%).

**Table 3**

**Frequency Distribution Based on Questionnaire Answers for Those Using and Not Using Contraceptives (n=51)**

Use of Contraceptive Devices	n	%
Using	27	52,9
Not using	24	47,1
Total	51	100,0

Based on table 3 above, it is known that the majority of respondents use contraception, namely 27 (52.9%).

**Analisis bivariat**

**Table 4**

**Frequency Distribution Based on Husband's Support Relationship to the Use of Contraceptives (n=51)**

Husband's Support	Use of Contraceptives				Total		p value
	use		do not use				
	n	%	n	%	n	%	
Support	18	78,3	5	21,7	23	100,0	0,002
Does not support	9	32,1	19	67,9	28	100,0	

Based on table 4 above, it is known that 18 (78.3%) respondents who use contraceptives have been given support by their husbands in their use. While 19 (67.9%) other respondents do not use contraceptives which is in line with the history of no support from their husbands. The p

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---

value = 0.002 which means that there is a relationship between husband's support and the use of contraceptives in women of childbearing age.

## **DISCUSSION**

### **Husband's Support for the Use of Contraceptives in Women of fertile Age**

Based on the results of the study, it shows that most (54.9%) husbands do not provide support to their wives to use contraception at a fertile age. The husband plays an important role as the head of the family who has the right to support or not support what his wife does. Husband's support is very much needed because it can provide motivation and comfort for mothers in choosing contraception or even stopping it (Sudirman and Herdiana, 2020). This is in line with research conducted by Adriani (2022) showing that respondents who receive positive husband support will have an 11.7 times greater chance of using contraception compared to respondents who have negative husband support.

### **Use of contraceptives in women of childbearing age**

The results showed that 27 respondents (52.9%) had used contraception. The use of contraception is influenced by the needs factor in fertile couples. Fertile couples with a sufficient number of children or who want to maintain the spacing of their children tend to choose to use contraception. Respondents' attitudes towards the use of contraception are also determined by beliefs about the side effects of the contraception itself. The information obtained also comes from various sources, one of which is from the surrounding residential environment (Adriani, 2022).

The results of a study conducted by Guspianto et al., (2021) related to Unmet need for Family Planning (KB), namely the percentage of married women who do not want any more children or want to space their births, but do not use contraception. The study found that Unmet need for KB is influenced by factors such as age, education, knowledge, and husband's support. Older women feel that they are no longer in their reproductive period, so they are

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---

sure that they will not get pregnant even if they do not use any type of contraception. Education will make the mindset more logical, rational and more knowledgeable, so that couples of fertile age who are highly educated tend to limit the number of births for the right reasons. In addition, the husband's prohibition on the use of contraception on his wife is due to concerns about the side effects, lack of knowledge, reducing harmony and high costs (Guspianto et al., 2021).

**The relationship between husband's support and the use of contraceptives in women of childbearing age**

Based on the results of the analysis using Fisher's Exact Test on the results of this study, it shows that there is a significant relationship between husband's support and the use of contraceptives in women of childbearing age with a p value = 0.002. The results of this study are in line with the results of research conducted by Cahyarini et al. (2021) namely from 15 journals showing that there is a relationship between husband's support and the use of IUD contraceptives. Contraception will not be successful without cooperation between husband and wife and without trust between each other. Married couples must work together in choosing the best contraceptive method, cooperate with each other in using it, also finance contraceptive expenses and pay attention to the signs and dangers of the contraceptive. In an effort to increase the implementation of Family Planning (KB), husband's support is very important in determining the success of the KB program. As the head of the family, the husband must be involved in making decisions about family welfare, including determining the number of children. Factors causing low husband participation in the family planning program include husband's support factors, economic and educational factors, accommodation and knowledge factors (Habibi et al., 2022).

This study provides results that one of the efforts to motivate wives to use IUD is the role of the husband, because the husband is considered a breadwinner and everything must be communicated well between husband and wife, and there is sufficient knowledge for the Corresponding author: [arisdiyatmika88@gmail.com](mailto:arisdiyatmika88@gmail.com)

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---

husband. Husband's support can be very helpful in managing anxiety levels and can also reduce the pressure that exists when the wife needs help to make decisions.

## **CONCLUSIONS**

Based on the research results and data analysis results obtained at the Selemadeg Barat Health Center UPTD, the following conclusions can be drawn:

1. Most respondents did not receive support from their husbands in using contraception, namely 54.9%.
2. Most respondents have used contraception, namely 52.9%.
3. There is a significant relationship between husband's support and the use of contraception in women of childbearing age.

## **Conflict of Interest**

This study is not free from weaknesses originating from the researcher himself or from the external environment. This study has several limitations, including:

1. Research design, where this study uses a cross-sectional study that only studies one moment in time, the study cannot be used to analyze behavior over a certain period of time or determine long-term trends.
2. Data collection process, where researchers do not always meet directly with respondents in collecting data 51 questionnaires so that there may be deficiencies in data collection, researchers use the help of friends as enumerators in data collection.
3. The sampling technique and samples used do not necessarily represent the entire population so that research is needed with other sampling techniques so that the results obtained are more accurate.
4. Researchers only examine the relationship between husband's support and the use of contraceptives in women of childbearing age due to limited research time, researchers do not

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examine other influencing factors so that more in-depth research is needed related to the influence of other factors in the use of contraceptives.

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