

# Education and Husband Support Related to the Choice of Contraception

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## ABSTRACT

Age influences the type of contraception chosen by individuals. Besides age, other factors such as education, income, and husband support also affect the selection of contraception among couples of reproductive age. The aim of this study was to determine the factors associated with the choice of contraception among couples of reproductive age in the working area of Ulu Talo Public Health Center (Puskesmas), Seluma Regency, Bengkulu Province. This study used an analytical research design. The sample for this study consisted of 236 individuals selected through consecutive sampling technique. A questionnaire was used as the research instrument. Data analysis was conducted using the chi-square test. The results of the analysis revealed that there was no relationship between age and the choice of contraception ( $p=0,922$ ). There was no relationship between income and the choice of contraception among couples of reproductive age ( $p=0,862$ ). However, there was a relationship between education and the choice of contraception among couples of reproductive age ( $p=0,000$ ). Additionally, there was a relationship between husband support and the choice of contraception ( $p=0,033$ ). In conclusion, the factors associated with the choice of contraception among couples of reproductive age were education and husband support.

Keywords: Contraception, reproductive-age couples, contraception methods, education, family planning

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## Introduction

The population of Indonesia in September 2020 was 270.20 million people. Over the past ten years (2010-2020), the population growth rate of Indonesia was 1,25 percent per year. Indonesia's high population growth rate has led the government to continuously strive to curb this growth through the Family Planning (Keluarga Berencana or KB) program. The FP (KB) program aims to control population growth and improve the quality of small families. To achieve population growth control, the government has implemented several policies, one of which is to promote the use of more effective and efficient contraceptions in the long term. The main focus of the FP program is on Couples of Reproductive Age (CRA), with a particular emphasis on Women of Reproductive Age (WRA) between 15-49 years old (Indonesia, 2014).

Family planning (Keluarga Berencana or KB), according to the World Health Organization (WHO), is a set of actions that assist individuals or couples in preventing unwanted births, achieving desired births, spacing pregnancies, controlling birth timing in

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relation to the age of the husband and wife, and determining the number of children in a family (Pratiwi, 2018).

Family planning (Keluarga Berencana or KB) is implemented through the use of contraception. Contraception refers to devices or methods used to prevent or avoid pregnancy by preventing the union of egg and sperm. Commonly used contraception includes implants, injections, intrauterine devices (IUDs), condoms, pills, traditional contraceptives, and permanent contraceptives. According to the Indonesian Demographic and Health Survey (Survei Demografi dan Kesehatan Indonesia) 2017 report, the most popular contraception in Indonesia are injectable contraceptives and pills, which fall under the category of short-term hormonal contraceptives. The choice of contraception can be influenced by various factors (Indonesia, 2020).

Age is related to the type of contraception chosen. Individuals above the age of 20 are in a phase of family planning or preventing pregnancy, thus they tend to prefer using contraception (Maula, Maulida dan Mutiarawati, 2014). In addition to age, other factors such as education, income, and husband support are also associated with contraception choices among couples of reproductive age (Peni, 2016).

The high rate of short-term contraception acceptors is due to the relative affordability of short-term contraception, whereas the cost of long-term contraception methods tends to be higher, resulting in lower accessibility to long-term contraception (Purwasari, 2019).

In 2020, the number of couples of reproductive age in Bengkulu Province was 359.603, with a total of 282.611 active family planning (KB) participants. The contraception methods used include pills, condoms, implants, IUDs, injections, the female sterilization method (Metode Operasi Wanita), and the male sterilization method (Metode Operasi Pria) (Provinsi Bengkulu, 2021).

Based on the initial study conducted by the author in the working area of Kembang Mumpo Public Health Center, Seluma Regency, Bengkulu Province, there were 823 couples of reproductive age (Pasangan Usia Subur) and 576 active Family Planning acceptors in 2021. From the survey results, it was found that out of the 576 Family Planning acceptors, the majority of couples of reproductive age were using contraception. The author conducted a preliminary study with 10 mothers and found that 3 of them were using injectable contraception, 2 were using contraceptive implants, 4 were using birth control pills, and 1 was using a contraceptive condom.

Based on the description above, the author is interested in researching the factors that influence couples of reproductive age in the working area of Ulu Talo Public Health Center, Bengkulu. Similar research has yet to be conducted in this area before.

## Material and Methods

This study uses a quantitative analysis method. The independent variables in this research are age, education, income, and husband support. The dependent variable in this study is the choice of contraception methods among the active family planning participants who use pills, injections, implants, and IUDs in the working area of Ulu Talo Public Health Center, Seluma Regency. The total number of participants is 576 individuals. The sample size for this study is 236 respondents. The inclusion criteria include being a couple of reproductive age (15-49 years old), married, registered as an active family planning participant in the Ulu Talo Community Health Center area, using contraception for more than 1 year, and willing to participate by providing informed consent. The exclusion criteria include not completing the questionnaire. The sampling technique used is consecutive sampling. Data collection is done using a questionnaire. Data analysis is performed using the Chi-Square test. Ethical approval was obtained from the ethics committee of 'Aisyiyah University with approval number No. 2384/KEP-UNISA/XI/2022 before conducting the research.

## Results

### 1. Univariate Analysis

Table 1. Distribution of Respondents' Characteristics n=236

Characteristics	Frequency	%
<b>Age</b>		
<20 dan >35	68	28.8%
20-35	168	71.2%
<b>Education</b>		
Incomplete Elementary/No Education	21	8.9%
Elementary School (SD)	6	2.5%
Junior High School (SLTP)	19	8.1%
Senior High School (SLTA)	170	72%
Bachelor's Degree (S1)	20	8.5%
<b>Occupation</b>		
Entrepreneur (Wiraswasta)	22	9.3%
Civil Servant (PNS)	18	7.6%
Private Employee (Pegawai Swasta/Karyawan)	35	14.8%
Farmer (Petani)	135	57.2%
Laborer (Buruh)	2	0.8%
Housewife (Ibu Rumah Tangga/IRT)	24	10.2%
<b>Income</b>		
<2,387,220	145	61.4%
>2,387,220	91	38.6%

Based on the characteristics of the respondents, as shown in Table 1, it can be observed that the majority of respondents are in the reproductive age group (71%) and have completed their education up to senior high school level (72%). The largest occupational group among the respondents is farmers (67%), while the majority of respondents fall into the income category of <2,387,220 (61%).

Table 2. Distribution of Contraception Method Frequencies

<b>Contraception Method</b>	<b>Frequencies</b>	<b>%</b>
Pill	28	11.9
Injectable	59	25
Implant	105	44.5
IUD	12	5.1
Condom	16	6.8
Calendar Method	9	3.8
Lactational Amenorrhea Method	5	2.1
Female Sterilization Method	2	0.8

Based on Table 2, it can be observed that the majority of respondents chose the contraception method "Implant," with a frequency of 105 (44%). The contraception method that was least chosen by the respondents was the "Female Sterilization Method" with a frequency of 2 (1%).

Table 3. Distribution of Husband Support Frequency

<b>Husband Support</b>	<b>Frequency</b>	<b>%</b>
Not Supportive	16	6.8
Supportive	220	93.2

Based on Table 3, it can be observed that the majority of respondents (93%) received support for contraception from their husbands.

## 2. Bivariate Analysis

Table 4 shows that the mother's age and family income is not associated with the choice of contraception methods among mothers, as indicated by p-values above 0,05. However, the level of education and husband support is significantly related to the choice of contraception methods, with p-values of 0,00 and 0,03, respectively.

Table 4. Relationship between Characteristics and Husband Support with Contraceptive Method Selection

Variable	Contraception Method Selection				P Value
	Simple Contraception		Effective Contraception		
	N	%	N	%	
<b>Age</b>					<b>0,922</b>
At Risk Age	9	3,8	60	25,4	
Reproductive Age	21	8,9	146	61,8	
<b>Education</b>					<b>0,000</b>
Primary Education	19	8	27		
Secondary Education	9	3,8	161	68	
Higher Education	1	0,4	19	8	
<b>Income</b>					<b>0,862</b>
Low	18	7,6	127	53,8	
High	12	5,1	79	33,5	
<b>Husband Support</b>					<b>0,033</b>
Not Supportive	5	2,1	11	4,7	
Supportive	24	10,2	196	83	

## Discussion

### a. The Relationship Between Age and the Choice of Contraception Methods Among Couples of Reproductive Age

Age is an intrinsic factor that can influence individual behavior. Age is related to organ structure, functional ability, biochemical composition, and hormonal systems in women (Simanungkalit, 2017).

Based on the research results, there is no relationship between age and the choice of contraception methods among couples of reproductive age in the Ulu Talo Public Health Center, Seluma Regency, Bengkulu Province. Age is not associated with the choice of contraception methods (Dewiyanti, 2020). Healthy reproduction refers to the age at which individuals are ready for pregnancy and childbirth and have a low risk. The lack of association between age and the choice of contraception methods may be because the respondents still desire pregnancy in the near future.

In this study, the majority of respondents were in the age range of 20-35 years, indicating a healthy reproductive age. When looking at the choice of contraception methods, the majority of couples of reproductive age chose Implants, which is one of the long-term contraception methods (LTCM).

LTCMs are highly recommended for couples of reproductive age who wish to space their pregnancies. Couples of reproductive age in the 20-35 age range prefer implants as their contraception method (Zainiyah, Mufarika dan Gozali, 2020).

However, as shown in Table 2, the results indicate no association when examining the statistical relationship with age. This may be because more than 50% of the total respondents chose various contraception methods such as IUDs, pills, injections, other simple methods, and Female Operated Methods.

**b. The Relationship Between Education and the Choice of Contraception Methods Among Couples of Reproductive Age**

Education level is one of the key factors that significantly influence an individual's knowledge and understanding of various aspects, including the importance of some issues (Trimuryani, 2019). It also undoubtedly affects the choice of contraception methods. Based on the research results, a relationship was found between education level and the choice of contraception methods among the respondents. The majority of the respondents in this study had completed their high school education (SLTA), followed by those with a university degree (S1), and then those with middle school (SLTP) and primary school (SD) education. Previous studies have also reported a similar association between education level and the choice of contraception methods among couples of reproductive age (Gusdianita, Rahma dan Yuliana, 2016; Rifkiyah *et al.*, 2022). Education is one of the factors that can either prevent or encourage individuals to take certain actions, such as selecting a contraception method (Jumiyati, 2019).

Individuals with higher education levels tend to have broader knowledge and are more open to new ideas and ways of life. Education level can influence decision-making, including the choice of contraception methods. The assumption is that the higher the level of formal education a person has, the easier it is for them to absorb information, including information about health, and the higher their awareness of maintaining a healthy lifestyle.

Previous researchers have found different results, indicating no significant relationship between education and the use of contraception methods (Rifkiyah *et al.*, 2022). This could be because an individual's decision to choose a contraception method is influenced by factors other than just a high level of education, such as concerns about side effects.

Individuals with higher education levels tend to have a broader perspective and are more open to new ideas, concepts, and lifestyles. The level of education can influence decision-making, including the choice of contraception methods. The assumption is that individuals with higher education levels are more likely to consider selecting a contraception method that aligns with their needs and personal circumstances.

**c. The Relationship between Income and the Choice of Contraception Methods**

### **among Couples of Reproductive Age**

Income refers to the earnings obtained by an individual or family to meet their needs. Income is used to fulfill the family's requirements, including purchasing contraception methods or otherwise (Maimunah, 2019).

Based on the research findings, there is no significant relationship between income and the choice of contraception methods among the respondents. The majority of respondents tend to have low incomes. This finding aligns with previous studies that also reported no association between income and the choice of contraception methods among couples of reproductive age (Peni, 2016). This could be because the respondents' desire to use contraception remains high, despite having low incomes, this can be observed from the research results, where many respondents chose the implant as their preferred contraception method. This differs from previous findings that stated a relationship between socioeconomic status and the choice of contraception methods (Putri Hutagalung, 2017).

The implant is considered a relatively expensive contraception method, but it offers a long effective usage period of three years. Individuals from lower to middle socioeconomic backgrounds may have more considerations when deciding to use an implant. On the other hand, couples of reproductive age with higher incomes are more likely to choose effective contraception methods (Atika, Syahda dan Dhiniangrainidhillon, 2022). Effective contraception methods often require a significant financial investment, implying a potential relationship between income and contraception choices.

The government, through the National Population and Family Planning Board (Badan Kependudukan dan Keluarga Berencana or BKKBN), consistently provides free social welfare family planning services for implants, IUDs, male and female sterilization methods (MOW and MOP). Subsidies are also available for three-month contraceptive injections. These government programs are widely followed by the general population. This situation greatly contributes to the absence of a relationship between the use of long-acting reversible contraceptives, particularly implants, and income. The availability of these government programs, specifically the free or subsidized services, eliminates the potential link between contraception use, especially implants, and income level.

#### **d. The Relationship between Husband Support and the Choice of Contraception Method among Couples of Reproductive Age.**

Husband support refers to the actions taken by a husband to assist his wife in

deciding whether to use contraception or not. A woman (wife) needs to seek the opinions and support of her spouse (husband) when determining which contraception method to choose (Mafitroh, 2019).

Based on the results of this study, it is evident that the majority of respondents received husband support in using contraception. This is indicated by the correlation between husband support and the choice of contraception method. Husband support is a reinforcing factor that can influence an individual's decision-making process. Additionally, the husband's role includes facilitating and meeting all the wife's needs when it comes to reproductive health check-ups. This can be observed through the husband's willingness to provide time for accompanying the wife during the insertion of contraception methods or for post-insertion check-ups. The husband is also willing to contribute financially towards obtaining the contraception method and assists in selecting the appropriate healthcare facilities for the wife. These factors significantly influence the decision-making process of the respondents in selecting a contraception method. (Hartono, 2019)

The husband is the primary source of support for the wife in making decisions regarding contraception, as the husband's encouragement plays a crucial role in the wife's contraception choices (Suhastina, 2019). However, this study contradicts previous research that found no correlation between husband support and the choice of contraception method (Supriadi, 2017). This discrepancy may arise because the husband has the right to disagree with the respondent's decision, such as when the husband desires a different gender for their child. Often, the husband's preferences prevent the wife from using contraception. On the other hand, the participation of the husband does not always correlate with the choice of contraception method. The absence of a correlation in statistical tests may be influenced by the characteristics and sample size of each study.

Therefore, it is assumed that the correlation between husband support and the choice of contraception method exists because the husband plays a role as the head of the household, and all decisions should be discussed between the husband and wife. A supportive husband encourages and motivates the wife to choose a contraception method that suits her needs and circumstances. On the other hand, the absence of husband support may deter the wife from using contraception.



## Conclusion

The factors associated with the choice of contraception method among couples of reproductive age are education and husband support. Age and income are not related to the choice of contraception method.

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