

Description of Husband's Knowledge and Support for the Use of Contraception

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ABSTRACT

Choosing a contraceptive is one of the important decisions that a married couple must take. However, often this decision does not fully involve the husband, which can result in problems in communication and cooperation between the couple. In many cases, husbands are the main decision-makers, so their understanding and attitudes towards contraception greatly influence family decisions. Therefore, husbands usually have a dominant role in family decision-making, including in reproductive health matters. Research Objectives: To understand the description of husbands' knowledge and support for the use of contraceptives. This research method is quantitative research with an analytical descriptive research design. The sample in this study was 50 respondents according to the inclusion criteria. The sampling technique in this research uses a non-probability sampling method with a proportional sampling technique. The instrument used in this research uses a questionnaire sheet taken from (Noaritasari, 2018). This research uses SPSS Test Analysis. The results and analysis of the research showed that 47 people had presentations (94%). The level of knowledge was poor, and 3 people had sufficient knowledge with presentations (6%). Meanwhile, 30 people showed support from their husbands with presentations (60%), and 20 people did not support them with presentations (40%). So it can be concluded that husbands on average have less knowledge and do not support the use of contraception.

INTRODUCTION

In the context of reproductive health, choosing a contraceptive is one of the important decisions that must be taken by a married couple. However, often this decision does not fully involve the husband, which can result in problems in communication and cooperation between the couple. Therefore, public knowledge, especially husbands, is needed regarding the benefits and types of contraception available (1). However, there are still husbands who are hesitant to support the use of contraception because of the stigma or myths circulating in society.

WHO 2021 data, the rate of contraceptive use varies significantly. For example, in developed countries, such as Sweden and the Netherlands, contraceptive use rates can reach more than 80%. In contrast, in developing countries, this figure is often much lower, with some countries in Sub-Saharan Africa recording contraceptive use below 30% (WHO, 2021). According to (the RI Ministry of Health, 2022) shows that 60% of couples who have good knowledge about contraceptives tend to prefer to use them. However, only 40% of husbands are actively involved in conversations about contraception (2).

According to data (BKKBN, 2021), the rate of contraceptive use in West Sulawesi reached 56% with the most widely used methods being pills, injections, and condoms. Specific data from West Sulawesi Province shows that the use of contraceptives in Mamuju Regency is still relatively low. Based on a survey conducted by (DinKes Mamuju, 2022), only 40% of married couples use contraception.

In many cases, husbands are the main decision-makers, so their understanding and attitudes toward contraception greatly influence family decisions (3). The decision to use contraceptives is often influenced by existing social and cultural norms (4). Therefore, husbands usually have a dominant role in family decision-making, including in matters of reproductive health (5).

This can be seen from the attitude of husbands who often dominate discussions about the use of contraception. To make a decision, a person must have knowledge about this matter so that they have a basis for consideration for taking action on the problem they are facing. Husbands who have good knowledge about contraception tend to be more supportive of using contraceptives because a positive attitude about family planning requires good knowledge (6). Knowledge arises when someone

uses their reason to understand certain objects or events that have never been seen or felt before (3). With the husband's support, it will be easier for women of childbearing age to use contraception (7).

In dealing with this problem, an appropriate solution is needed to increase the husband's role in making decisions about using contraceptives. One approach that can be taken is through an educational program that involves husband and wife simultaneously. The husband's involvement in decision-making can produce a comfortable atmosphere and positive behavior, for example, the willingness to postpone pregnancy by using the agreed contraceptive method(8). Research shows that when husbands are involved in the education process, they are more likely to support contraceptive use in the family (Sari, 2022). Apart from that, collaboration between the government and civil society organizations can also strengthen awareness campaigns regarding the importance of husband support in family planning programs.

METHOD

This research is quantitative with a descriptive-analytical research design. The population in this study was 300 teenagers of childbearing age in Sumare Village, Mamuju District, and Mamuju Regency. The sample in this study was 50 respondents who met the inclusion criteria. a. Couples of childbearing age, b. Husbands who are willing to be respondents. The sampling technique in this research uses a non-probability sampling method, namely the purposive sampling technique. The instrument in this study used a questionnaire on the husband's knowledge and support for the use of contraceptives. The analysis test uses the SPSS test.

RESULTS AND DISCUSSION

RESULTS

Respondent Characteristics

Table 1

Distribution of Respondent Characteristics based on gender, age, and education at the Ar-Rahman Islamic Boarding School.

Characteristics	Amount	
	n	%
Age		
17-25 Years	17	34
26-35 Years	30	60
36-45 Years	3	6
Education		
Elementary school	26	52
Junior high school	8	16
Senior high school	16	32
Work		
Fisherman	30	60
Laborer	17	34
Self-employed	3	6

Source: Primary Data, 2024

Table 1 shows that there were 17 respondents aged 17-25 years with a percentage of (34%). There were 30 respondents aged 26-35 years with a percentage (60%) of respondents aged 36-45 years as many as 3 people with a percentage of (6%). Based on the research results, it can be seen that 26 respondents had an elementary school education with a percentage of (52%), and 8 people had a junior high school education with a percentage of (16%). There were 16 respondents with a high school education, a percentage of (32%). Respondents who work as fishermen are 30 people with a percentage of (60%), respondents who work as laborers are 17 people with a percentage of (34%), and respondents who work as entrepreneurs are 3 people with a percentage of (6%).

Based on the characteristics of respondents in Sumare village, it was found that the majority of respondents were 26-35 years old (60%). The majority of respondents' education was in elementary school (52%), and those who worked as fishermen were (60%).

Univariate Analysis

Table 2

Frequency distribution of respondents based on the husband's level of knowledge regarding the use of contraceptives

Variable	Amount	
	n	%
Knowledge		
Good	0	0
Enough	3	6.0
Not Enough	47	94.0
Support		
Support	20	40.0
Does not support	30	60.0

Source: Primary Data, 2024

Table 2 above shows that there are 3 respondents who have sufficient knowledge of a presentation (6.0%), poor knowledge of as many as 47 people with a percentage (94.0%), and 20 respondents who support the presentation (40%), respondents who do not support as many as 30 people with presentations (60%).

Based on the characteristics of respondents in Sumare Village, it was found that the level of knowledge of respondents was less (94%), and respondents who did not support it were (60%).

DISCUSSION

1. Your husband's knowledge of contraceptives

Based on the research results, it is known that the category of respondents' knowledge is the most lacking, with 47 (94%) respondents, and the least with insufficient knowledge being 3 (6%) respondents. According to researchers, many respondents have insufficient knowledge due to the lack of public knowledge about utilizing health facilities such as community health centers so information about contraception is not known to respondents. Apart from that, the number of respondents who had at least an elementary school education was 26 (52%) respondents.

Based on research conducted by (Sitompul et al., 2024), knowledge is the understanding or awareness that a person has about facts, information, concepts, ideas, or skills in various fields. Apart from that, one of the factors that influences a husband's knowledge about contraceptives is education. Research by Sari et al. (2021) explains that husbands who have high education have better knowledge about contraceptives compared to husbands who have low education. This data shows that formal education can play a big role in increasing reproductive health knowledge, related to knowledge about contraception.

Apart from education, cultural factors also influence a husband's knowledge. In some areas, there is still stigma and taboo regarding discussing contraception, which can prevent husbands from seeking the necessary information. According to research by Rahman (2022), in rural areas, many husbands feel uncomfortable discussing contraception with their wives, which leads to a lack of understanding and appropriate use of contraceptives. This shows the importance of a culturally sensitive approach to increasing knowledge.

There are several factors that can influence a husband's knowledge about contraceptives, namely education, access to information, and social attitudes. Access to information is a key factor in husbands' knowledge about contraceptives. In today's digital era, a lot of health information is available online. However, not all of this information is accurate and reliable. Research by Setiawan (2023) shows that husbands who rely on information from unreliable sources tend to have a wrong understanding of contraceptives. Therefore, it is important for the government and health institutions to provide information that is valid and easily accessible to the public.

2. Husband's support for the use of contraception

Based on the research results, it is known that the majority of respondents do not support the use of contraceptives, as many as 30 (60%) respondents, while 20 (40%) respondents support the use of contraceptives by their partners. The large number of respondents who do not support the use of contraceptives for their partners is because respondents do not have sufficient knowledge about the use of contraceptives so they still adhere to the tradition that many children bring greater fortune. The family economy is a determining factor for husbands feeling financially sufficient to support the use of contraceptives which may require costs. Apart from that, communication between partners also greatly influences the couple's choice of contraception.

The results of this research are also in accordance with research conducted (Sukmawati, 2022) which explains that husbands who come from more traditional cultural backgrounds tend to be more resistant to the use of contraception. Research conducted by (Nuraini, 2022) shows that couples who often talk about family planning are better able to reach an agreement in choosing an appropriate contraceptive method. Apart from that, the husband's support can also improve the wife's mental well-being. Women who feel supported by their partners are more likely to experience lower levels of stress related to family planning. This has implications for their mental and emotional health, which in turn has a positive impact on the couple's relationship (Astuti, 2022).

Husband's support not only includes emotional aspects but also practical aspects. Husbands who are involved in decisions regarding contraception tend to better understand the benefits and risks of each method. For example, a study by Wulandari and Supriyadi (2020) shows that couples who communicate openly about contraception are more likely to choose a method that suits their needs and preferences. Apart from that, the husband's support can also reduce the social stigma that women may face when using contraception.

There are various factors that influence a husband's support for the use of contraception. One of the main factors is the level of education. Research by Rahman and Hasibuan (2021) shows that husbands with a higher level of education tend to be more open to the use of contraception. They better understand the importance of family planning and the positive impact of contraceptive use on maternal and child health. On the other hand, husbands with low education may have limited understanding, so they are less likely to support the use of contraception.

Cultural factors also play an important role. In some areas, social and cultural norms may influence husbands' views on contraception. For example, in areas where patriarchal traditions are still strong, husbands may feel they have the right to make

decisions regarding reproductive health, including the use of contraception. Research by Nugroho (2020) shows that husbands in these areas often refuse to use contraception because they feel that it reduces their control over their family. Therefore, a sensitive approach to local culture is very important in educational programs about contraception.

Apart from that, communication in the husband-wife relationship is also a key factor. Husbands who have good communication with their wives are more likely to support the use of contraception. A study by Lestari (2022) shows that couples who frequently discuss reproductive health have a higher level of support for the use of contraceptives. This shows the importance of establishing open and honest communication channels between husband and wife.

Family economics also influences the husband's support. In families with good economic conditions, husbands tend to be more supportive of the use of contraception because they realize that good family planning can help manage resources more efficiently. On the other hand, in families with poor economic conditions, husbands may feel that they cannot afford contraceptives, so they refuse to use them. Data from the BKKBN shows that families with low incomes have lower levels of contraceptive use compared to families with high incomes (BKKBN, 2021).

The husband's support for the use of contraception has a significant impact on the wife's reproductive health. First, this support can reduce the risk of unwanted pregnancy. According to data from the World Health Organization (WHO), unplanned pregnancies can increase the risk of health complications for the mother and baby. With the husband's support, wives are more likely to use contraception consistently, thereby reducing the possibility of unwanted pregnancy (WHO, 2020).

To increase husbands' support for the use of contraception, a comprehensive strategy is needed. Namely, comprehensive education regarding contraceptives must be given to both parties. Educational programs involving husbands and wives together can help increase their understanding of the benefits and risks of using contraceptives. According to research by Wijaya (2021), couples who take part in joint education programs have a higher level of support for the use of contraceptives compared to couples who only involve one party.

CONCLUSION

Based on the results of research regarding the description of husbands' knowledge and support for the use of contraceptives in Sumare Village, it can be concluded that, on average, husbands' knowledge of the use of contraceptives is less than 47 people with a presentation (94%) and husbands do not support the use of contraceptives as many as 30 people. With a percentage (60%).

Future researchers are expected to be able to conduct research with many variables and provide constructive and different health education as well as provide counseling using KB decision-making tools (ABPK).

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