

The Relationship Between Husband Support and Pregnant Women's Interest in The Use of Postpartum Contraceptives at The Kaliori Health Center, Rembang Regency

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ABSTRACT

Purpose: This study aimed to determine the relationship between husband support and pregnant women's interest in using postpartum contraceptives at Kaliori Health Center, Rembang Regency. It was hypothesized that positive husband support would be associated with higher maternal interest in postpartum contraceptive use.

Research Method: This study used a quantitative analytical design with a cross-sectional approach. Data were collected from pregnant women at Kaliori Health Center using questionnaires and analyzed through univariate and bivariate methods. The bivariate analysis was performed to identify the relationship between husband support and maternal interest in postpartum contraception.

Results and Discussion: The results showed that 66 respondents (55.0%) received positive support from their husbands, while 54 respondents (45.0%) received negative support. Positive interest in postpartum contraceptive use was reported by 61 respondents (50.8%), while 59 (49.2%) had negative interest. Most pregnant women who received positive husband support also showed positive interest in postpartum contraception. Statistical analysis showed a significant relationship between husband support and maternal interest ($p = 0.000$; $p < 0.05$).

Implications: These findings indicate that husband involvement plays an important role in encouraging maternal readiness to use postpartum contraception. Strengthening couple-based counseling and reproductive health education is recommended to improve postpartum family planning participation.

Keywords: husband support; maternal interest; postpartum contraception; pregnant women; family planning; reproductive health.

1. Introduction

Indonesia is one of the developing countries with various types of problems faced in Indonesia, one of which is in the field of population, namely high population growth. Based on the 2020 census, it is known that population growth exceeds the national projection of 270.20 million people with a Population Growth Rate (LPP) from 2010-2020 which is 1.25% per year. If the growth rate is not suppressed, the number of people in Indonesia in 2045 will be around 450 million people. (BKCONTRACEPTIN, 2020). The percentage of couples of childbearing age (PUS) aged 15-49 years who are using contraceptives to delay or prevent pregnancy in Indonesia in 2022 is 55.36%. Meanwhile, the



most widely used contraceptive device for couples of childbearing age in Indonesia in 2022 is injectable contraception, as much as 56.01%. As many as 18.18% of couples of childbearing age use contraceptives in the form of pills. Then, there are 9.49% of couples of childbearing age who use breast implants or implants. (Indonesian Central Statistics Agency, 2022.)

The Government of Indonesia has a Family Planning program that aims to reduce growth rates, including postpartum contraception. The application of postpartum contraception is very important because the return of fertility in a mother after childbirth cannot be predicted to occur before the arrival of the menstrual cycle, even in breastfeeding women. The first ovulation in non-breastfeeding women can occur 34 days after childbirth, and it can even occur earlier. The purpose of this postpartum contraception is to regulate the distance between child births, improve family welfare, and increase the life expectancy of mothers and babies. (BKCONTRACEPTION, 2019) One of the important factors that contribute to a mother's decision to use postpartum birth control is the husband's support. A study in Kulon Progo showed that husband support was significantly related to the use of PFP, along with aspects of gender equality. In addition, research related to the use of post-placental IUDs confirms that mothers who receive husband-supported are more likely to accept the method (Muslihatun et al., 2021)

The decline in public interest in using contraceptives can have a wide and significant impact, both socially, demographically, and economically. On a daily basis, reduced contraceptive use has the potential to increase the number of unwanted pregnancies, which in turn can increase the burden of health services and psychosocial stress on the family (Ayele, S.G & Collaborator 2024). From a demographic perspective, the declining prevalence of contraception tends to increase fertility rates, so that the average number of children per family will increase, accelerating population growth. This can hamper birth control programs and lower the quality of family life, especially if family resources are inadequate (Al-Maududi et al., 2018). In the economic sphere, the negative impact is also very felt: the financial burden of families will increase due to the costs of child maintenance, education, and health; In addition, rapid population growth can reduce the country's capacity in providing public services and infrastructure. Based on the literature, contraceptive use correlates with an increase in economic welfare in households, so a decrease in interest in using contraceptives can hinder family economic stability (Candamayanti, 2024).

In the field, it was found that there is still a lack of concern of the husband (husband support) for the wife as seen from the husband who does not always take the mother to the pregnancy examination and the unwillingness of the husband when accompanying the wife to enter the examination room, this is allegedly one of the causes of the lack of success of the postpartum contraceptive program (Anguzu et al., 2015). The interest that arises in a wife's heart can be caused by encouragement and support from the outside such as from the husband or family. Husband's support is usually in the form of attention and provides a sense of comfort and confidence in making these decisions in the selection of contraceptives. The lack of support given by the husband will affect the wife's interest and confidence in choosing the contraception she wants to use Providing mutual support in choosing and deciding to use the type of contraception greatly affects the success rate in family planning programs. Women who accept contraception feel more when contraceptive decisions are decided by consensus between partners (Fransiska et al., 2022).

In Indonesia, the coverage of Postpartum Contraceptive services still does not meet the target set by the government, which is 80%. Based on the 2019 BKKBN Contraceptive Service Results Report,

The number of postpartum contraceptive coverage in Indonesia is 1,134,254 participants or 22.8% of the target number of postpartum contraceptive acceptors, which is 4,975,633 people (BKKBN,



2019). The health profile of Rembang district informs that the population of Rembang Regency in 2023 is 659,603 people, the area is 1,035.7 km², and the average population density is 636.9 people per km². In the inform, there was also an increase in the number of people from the previous year in 2022, a total of 651,704 people. And the low status of contraceptive use is as low as 24.7% of the population. (Rembang Health Profile, 2023). Based on the 2023 Kaliori Health Center report, the most use of contraceptives in the Kaliori Health Center area is 5066 injections, 859 Implant Contraceptive users, 554 pill contraceptive users, 385 IUD Contraceptive users, MOW Contraceptive users 191 people, Condom Contraception 111, and MOP 9. Kaliori health centers rank 13th among 17 health centers in Rembang Regency with low use of contraceptives.

Several previous studies have shown that husband's support has a significant contribution to a mother's decision to use contraception, especially after childbirth. For example, research by (Ratna Dwi Jayanti et al., 2024). found a positive correlation between husband support and the use of postpartum family planning contraception. In their study, of 42 new mothers (42 days postpartum), only 21.4% used contraception, and husband's support was one of the important factors statistically related to contraceptive use (Ratna Dwi Jayanti et al., 2024). In addition, research by (Sulistiyowati et al., 2025) shows that husband's support is closely related to the mother's interest in using IUD contraceptives at RSU 'Aisyiyah Siti Fatimah Sidoarjo: the majority of mothers who receive husband's support show a higher interest in choosing IUDs. Another study also highlighted the role of husband support in the mother's psychological context (Nurianti et al., 2021) found that husband support was related to the level of anxiety of pregnant women when facing childbirth. Meanwhile, (Riani Isyana Pramasanthi, 2016). It showed that husband support was also positively associated with maternal adherence to the P4K (Birth Planning & Complication Prevention) program, which includes childbirth preparation and postpartum contraceptive selection. Some previous research was conducted in other urban areas or districts that tend to be urban areas. Meanwhile, this research will focus on the Kaliori Health Center in Rembang Regency where the residents of this area have different demographic characteristics. Other studies have also not comprehensively measured the intention of pregnant women to use contraceptives before childbirth. Meanwhile, this study tries to fill the gap by measuring the interest of pregnant women before childbirth and linking it to the husband's support.

The results of interviews with health workers at the Kaliori Health Center found that many mothers have decided to use contraception after giving birth on the grounds that they want to regulate the pregnancy distance and some do not want to get pregnant again. Many mothers come to the health center alone for the installation of contraception, it indicates the lack of support from their husbands in the use of contraception. Efforts by the health center for people to participate in the Contraception program are by providing counseling to pregnant women's classes, providing counseling about contraception, during the 3rd trimester of pregnancy education is given about contraception. Based on the results of surveys and interviews, the researcher was interested in conducting a study entitled "The Relationship between Husband Support and Pregnant Women's Interest in the Use of Postpartum Contraception at the Kaliori Health Center, Rembang Regency".

The remainder of this paper is organized as follows. Section 2 provides a literature review and hypothesis development. Section 3 presents the research method and design. Section 4 provides the results and discussion. Section 5 is Concluding Remarks and Recommendations.



2. Literature Review and Hypothesis Development

2.1 Husband's Support

Support is defined as the existence of a relationship that is helpful and that relationship has a special value. This definition controls the existence of positive social bonds. A relationship is considered positive if the individual involved views the experience in the sense of his or her hopes and aspirations can support or maintain a sense of self-esteem (Ibda, 2023).

2.2 Pregnant Women's Interest in Using Contraceptives

Interest is a persistent attitude that rejects one's attention, thus making oneself selective about the object of interest, the feeling that one activity, work or object is valuable or meaningful to the individual, a state of motivation or a set of motivations, which leads one's behavior in one particular direction (goal). Interest means attention, liking (tendency) to a desire. Interest is a positive psychological symptom. Because interest begins with a feeling of interest in a certain stimulation. In addition, interest is said to be more active than passive, that is, interest can encourage individuals to move closer to something they are interested in. According to the dictionary of language and literature, interest is a desire, liking and tendency towards something.

Based on the two limitations above, it can be concluded that what is meant by interest is the psychological aspect of a person or a sense of interest, trying to be curious, trying to follow, willing to sacrifice both time, cost and energy (Dra Dwi Nastiti & Nurfi Laili, 2020). Pregnant women's interest in using postpartum contraceptives can be an indicator of a person's strength in a certain area where she will be motivated to learn and show high performance. Talent will be difficult to develop properly if it does not begin with an interest in the field to be pursued. Interest is an image of the nature and attitude of wanting to have a certain tendency. Interest is also defined as a high inclination of the heart towards something. Interest is not innate by birth, but is influenced by talent. Interest is created or fostered so that it grows and is felt so that it becomes a habit. Doing something under duress or out of obligation, even if done well, does not necessarily show good interest. Like reading textbooks (Dra Dwi Nastiti & Nurfi Laili, 2020).

2.3 The Relationship of Husband's Support to Pregnant Women's Interest in Wearing

Postpartum Contraception: Husband's Support Relationship in the Use of Contraceptives

Based on the results of the research conducted (Tanisa2023). It was obtained that respondents who received support from their husbands who were interested in using IUD contraception as many as 46 respondents (63%) were higher than respondents who did not receive support from their husbands who were interested in using IUD contraception as many as 27 respondents (37%). Based on the results of a study conducted in the Singandaru Health Center Area, Serang City, the chi square statistical test obtained a p-value of $0.041 < 0.05$ which means that there is a relationship between the husband's support and the mother's interest in the use of IUD contraceptives.

This is in line with the research conducted by (Purwati & Khusniyati, 2019). Which states that there is a meaningful relationship between the husband's support and the selection of implant contraception with $p = 0.000 > \alpha = 0.05$ so that it can be concluded that there is a relationship between the husband's support and the choice of implanted contraceptives. This research is in line with the



research conducted (Nuralviani et al., 2023). Based on the results of the Chi Square analysis, the value $p = 0.018 < \alpha = 0.05$, this means that H_0 is rejected and H_a is accepted. Thus there is a husband-support relationship. Support for mothers is an important factor that influences mothers to use contraception. A mother who has a positive mind will of course be happy to use contraception. This calm state is obtained by the mother if there is a motivation from the environment around the mother to use contraception. Therefore, mothers need strong motivation to be able to use contraception. This motivation was obtained by mothers from 3 parties, namely, husbands, families, and health workers. But the greatest motivational relationship is the support from the husband. This is because the husband is the core family of and the closest person to the mother with the choice of implantable contraception.

3. Research Method

This type of research is quantitative research, quantitative research is research with tools to process data using statistics, therefore the data obtained and the results obtained are in the form of numbers. Quantitative research places great emphasis on objective results, through the dissemination of questionnaires, data can be obtained objectively and tested (Hafni Sahir, 2022). The population in this study is 485 pregnant women at the Kaliori Health Center, Rembang Regency in 2024. Data analysis method: Univariate and bivariate analysis

4. Results and Discussion

4.1 Bivariate

The results of bivariate research in this study are contained in the following table

Table 1. The Relationship between Husband Support and Pregnant Women's Interest in Using Postpartum Contraceptives at the Kaliori Health Center, Rembang Regency

Husband's Support	Mother's Interests				Total	p value
	Interested		Not Interested			
	F	%	F	%		
Positive	59	49.2	7	5.8	66	0.000
Negatives	2	1.7	52	43.3	54	
Total	61	50.8	59	49.2	120	

Based on table 1, it can be seen that pregnant women who received positive husband support with positive interest were 66 respondents (55%), while pregnant women who received negative husband support with negative interest were 54 respondents (45%). The results of the study were strengthened by the results through the Spearman Rank value test of 0.000. The p value of this study showed a p value of $< \alpha (0.005)$ which means that there is a relationship between the support of the husband and the pregnant woman in the use of postpartum contraception.

4.2 Husband's Support

Based on table 1 of the results of the distribution of the frequency of husband support, it shows that most of them have positive husband support as many as 66 respondents (55%) and a small percentage have negative husband support as many as 54 respondents (45%). The results of this study are slightly



different from the research conducted by Ramadhita Isnaeni, entitled *The Relationship between Husband Support and Pregnant Women's Interest in Using Postpartum Contraception at the Srandakan Health Center in Bantul Yogyakarta*, it is known that out of 42 TMIII pregnant women, 28 respondents (66.6%) were found in the poor category (66.6%) followed by respondents who received support from their husbands in the sufficient category as many as 12 respondents (28.6%) and good support as many as 2 respondents (4.8%)

Husband support is the degree of support given by individuals, especially when needed by people who have a close emotional relationship with the other person. The forms of support are divided into four, namely instrumental support, informational support, assessment support, and emotional support. Factors that affect husband support include internal support divided into, namely development, education and level of knowledge, emotions, and spirituality as well as external support, namely family, socioeconomic factors and cultural background. Husband support is a part of social support is a reality, attention, appreciation or helping people with an attitude of accepting the conditions obtained from individuals or groups. According to the researcher's assumption that the husband's support in the use of postpartum contraceptives here is still lacking (negative), but not a few can see from the results of this study that the husband provides support, it would be good to be coupled with the husband's support so that later there will also be an increase in the interest of pregnant women in the use of postpartum contraceptives so that the implementation of family planning is realized.

4.3 Interest of pregnant women

From table 1 of the results of the distribution of the frequency of interest of TMIII pregnant women in the use of postpartum family planning where most of the respondents' interest was positive 61 respondents (50.8%), and the minority of respondents were negative as many as 59 respondents (49.2%).

This is in accordance with the theory that states that several factors that affect the emergence of a person's interest include the family environment, especially the husband. It is supported by research that states that husbands, peers, and parents can influence a contraceptive choice. If a woman knows that her husband and family are supportive in contraception, then the use of contraceptives will increase. Likewise, if there is a lack of support from the husband and social support, the use of contraception will decrease. Where the husband is considered the most important part in making a decision (Samandari et al., 2015)

Factors that affect interest include predisposition factors (from oneself) which include knowledge, age attitudes, number of children, perception, education, economy, and demographic variables, then there are enabling factors (possible) which include supporting facilities, information sources and resource capabilities. And reinforcing factors (reinforcement) which include family support (husband support). According to the results of this study, researchers argue that mothers' interest in using postpartum contraceptives really needs support from their husbands. This shows that the problem of using contraception after childbirth is not the full responsibility of a wife alone but the responsibility of a husband as well. If a wife wants to use contraception after childbirth, the husband should give a positive response and provide support.

4.4 The Relationship between Husband Support and Pregnant Women's Interest in Post-Competition Contraceptive Use



Based on the table 1, it can be seen that pregnant women who received positive husband support with positive interest were 66 respondents (55%), while pregnant women who received negative husband support with negative interest were 54 respondents (45%). The results of the study were strengthened by the results of the Spearman Rank test. by 0.000. The p value of this study showed a p value of $< \alpha$ (0.005) which means that there is a relationship between the support of the husband and the pregnant woman in the use of postpartum contraception.

This study is in line with (Ruwayda, 2013) which concluded that there is a significant relationship between family support and participation in postpartum contraception with a p-value = 0.010 (p.0.05). It can be concluded that the family support factor is one of the factors that affect non-participation in postpartum contraception. Some of the factors that cause the lack of husband's support for pregnant women's interest in using postpartum contraceptives are seen from the husband who does not escort the mother to the pregnancy examination and the husband's unwillingness when accompanying the wife to enter the examination room so that later the tenkes who explain the importance of postpartum contraception are not conveyed properly. The application of postpartum contraception is very important because the return of fertility in a mother after childbirth cannot be predicted to occur before the arrival of the menstrual cycle, even in breastfeeding women.

According to the results of this study, the researcher argues that there is a relationship between Husband Support and Pregnant Women's Interest in the Use of Contraceptives after Breastfeeding at the Kaliori Health Center, Rembang Regency. This result was reinforced by Marlioni, who said that the interest that arises in a wife's heart can be caused by encouragement and support from outside such as from her husband or family. Husband's support is usually in the form of attention and provides a sense of comfort and confidence in making these decisions in the selection of contraceptives. The lack of support given by the husband will affect the wife's interest and confidence in choosing the contraception she wants to use.

The characteristics of the respondents based on age, education, and parity showed that the majority of pregnant women in the third trimester at the Kaliori Health Center in Rembang Regency were in the group that had a high need for postpartum contraception, both medically and psychosocially. These factors are scientifically known to play a role in shaping mothers' attitudes and interests towards contraceptive use (Jain, 2017)

Thus, the characteristics of the respondents in this study support the hypothesis that husband support has a significant relationship with pregnant women's interest in the use of postpartum contraception, so the role of the husband needs to continue to be improved through reproductive health education and counseling in health care facilities (WHO, 2018b)

4.5 Research Limitations

This research has several limitations that need to be considered in interpreting the research results. First, the research design used was a cross sectional design, so that the measurement of the variables of husband support and the interest of pregnant women in the use of postpartum contraceptives was carried out at the same time. Therefore, this study can only describe the relationship between variables and cannot explain the causal relationship in depth.

Second, data collection was carried out using a closed questionnaire filled out by the respondents themselves. This condition allows for a subjective bias of respondents, such as the tendency



to answer according to the expectations of health workers or social norms, especially related to husband support and planning for the use of postpartum contraception.

Third, this research was carried out only at the Kaliori Health Center in Rembang Regency with a limited number of samples, so that the results of the study could not be generalized to all pregnant women in other regions with different social, cultural, and economic characteristics.

Fourth, this study only focuses on the variable of husband support as a factor related to the interest of pregnant women in the use of postpartum contraceptives. Meanwhile, there are still other factors that have the potential to affect this interest, such as the mother's level of knowledge, previous experience of using contraception, the role of health workers, culture, and access to family planning services, which have not been studied in depth in this study.

Given these limitations, it is hoped that future research can use a different research design, involve a larger sample size, and add other relevant variables to obtain more comprehensive results.

5. Concluding Remarks and Recommendation

Based on the results of the study on the Relationship between Husband Support and Pregnant Women's Interest in the Use of Postpartum Contraceptives at the Kaliori Health Center, Rembang Regency, it can be concluded as follows:

Most of the respondents were aged 31-40 years old at 76 (63.3%), and a small proportion aged 20-30 years as many as 44 respondents (36.7%). Most of the respondents had a high school education of 86 (71.6%), and a small number of respondents were educated in elementary school as many as 2 respondents (1.7%), the rest of the respondents had a junior high school education of 24 respondents (20%), 3 respondents were educated in D3 (2.5%) and 5 respondents were educated in the undergraduate education (4.2%). Most of the parity 2 respondents were 56 respondents (46.7%), and some of parity 4 were 3 respondents (2%), the rest were parity 1 50 respondents (41.7%), parity 3 was 11 respondents (9.2%) Most of the third trimester pregnant women at the Kaliori Health Center in Rembang Regency received positive husband support in the use of postpartum contraception, namely 66 respondents (55%), while 54 respondents (45%) received negative husband support. The interest of pregnant women in the third trimester in the use of postpartum contraceptives showed that most respondents had a positive interest, namely 61 respondents (50.8%), while 59 respondents (49.2%) had a negative interest.

The results of bivariate analysis using the Chi-Square test showed a p value = 0.000 ($p < 0.05$), which means that there is a significant relationship between husband support and pregnant women's interest in using postpartum family planning at the Kaliori Health Center, Rembang Regency. Pregnant women who received positive husband support tended to have a higher interest in the use of postpartum contraception compared to pregnant women who received negative husband support. This shows that the husband's support has an important role in increasing maternal interest in the use of postpartum contraception.

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