



Contraceptive Method Selection in Reproductive Age Couples: A Literature Review

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ABSTRACT

Indonesia has the fourth-largest population in the world. Uncontrolled population growth can decrease the health status and quality of life of the population. Therefore, the government has an obligation to control the rate of population growth. One way to manage population growth is through family planning programs and the use of contraceptives by couples of reproductive age. The aim of this program is to regulate the number of births and control birth spacing. Hence, couples of reproductive age need to select appropriate contraceptive methods in order to help control population growth effectively. This study aims to examine the factors that influence couples of reproductive age in choosing contraceptive methods. The researcher used a literature review method. Relevant literature was collected from Google Scholar, comprising 10 articles published between 2020 and 2023, following the PRISMA framework. The results of the study show that there are both direct and indirect factors influencing contraceptive method selection. The direct influencing factor is the husband's support, while the indirect factors include health education and counseling, as well as the level of knowledge of couples regarding contraceptive use. It can be concluded that couples of reproductive age tend to choose appropriate contraceptive methods due to the support from their husbands, exposure to health education or having received counseling from healthcare providers, and having adequate knowledge or access to information about contraceptive tools.

Keywords: Contraceptive Methods, Family Planning, Childbearing Age of Couples.

ABSTRAK

Indonesia memiliki penduduk dengan jumlah tertinggi nomor empat di dunia. Pertumbuhan penduduk yang tak terkendali dapat menurunkan derajat kesehatan dan kualitas hidup penduduk, oleh karena itu pemerintah wajib mengendalikan laju pertumbuhan penduduk. Cara untuk mengendalikan laju pertumbuhan penduduk salah satunya dengan program keluarga berencana dan penggunaan kontrasepsi oleh pasangan usia subur. Program tersebut bertujuan mengukur jumlah kelahiran anak serta untuk mengendalikan jarak kelahiran, maka perlu dilakukan pemilihan cara berkontrasepsi yang tepat oleh pasangan usia subur agar laju pertumbuhan penduduk dapat terkendali. Penelitian ini bertujuan untuk meneliti faktor – faktor yang berpengaruh pasangan usia subur dalam memilih metode kontrasepsi. Peneliti menggunakan metode tinjauan pustaka atau literature review. eneliti mengumpulkan literature yang relevan dari google scholar sejumlah 10 artikel dalam kurun waktu tahun 2020 hingga tahun 202 menggunakan PRISMA. Sesuai dengan hasil penelitian yang dilakukan diperoleh bahwa terdapat faktor yang berpengaruh secara langsung dan faktor yang berpengaruh secara tidak langsung. Faktor yang berpengaruh secara langsung yaitu terhadap dukungan dari suami, sedangkan faktor yang berpengaruh secara tidak langsung yaitu penyuluhan dan konseling dan tingkat pengetahuan pasangan usia subur. Dapat disimpulkan bahwa pasangan usia subur memilih cara berkontrasepsi yang tepat karena adanya dukungan dari suami, paparan penyuluhan atau telah mendapat konseling dari tenaga kesehatan serta adanya pengetahuan atau informasi yang luas mengenai penggunaan alat kontrasepsi.

Kata Kunci: Metode Kontrasepsi, Keluarga Berencana, Pasangan Usia Subur.

INTRODUCTION

Indonesia is the fourth most populous country in the world. Uncontrolled population growth can affect the health status and quality of life of its citizens. The government plays a role in slowing the rate of population growth by controlling the birth rate. Contraceptive methods can be used to help control the birth rate (Rahmidini, 2021; Rotinsulu, Wagey, & Tendean, 2021).

The use of contraception is one of the methods employed to reduce the birth rate in Indonesia. The family planning program is implemented to promote the use of contraceptive methods among the population. The benefits of the family planning program include regulating the number of births and controlling the spacing between births within reproductive-age couples or families. Technically, it aims to manage the number and spacing of children by delaying or preventing pregnancy among couples of reproductive age (Mirawati, Rahmah, & Heryani, 2024; Yani, & Wulandari, 2024).

Couples of reproductive age are defined as married couples between the ages of 15 and 49 years. In 2022, the number of reproductive-age couples recorded as using contraceptive methods or family planning (FP) acceptors was 55.36%. The highest number of FP acceptors was found in rural areas at 59.44%, while in urban areas it was 52.14%. The most commonly chosen contraceptive methods among reproductive-age couples were short-term contraceptive methods (Saputra, & Novianti, 2020; Rahmidini, 2021).

The new paradigm in family planning services emphasizes the concept of a quality family, focusing on improving basic services where the rights and needs of acceptors are fulfilled. Acceptors have the right to choose a contraceptive method that best suits them. The selection of contraceptive methods is based on principles agreed upon by both husband and wife, does not harm the acceptor's health, and is affordable for the acceptor (Mirawati, Rahmah, & Heryani, 2024; Sukma, & Yasa, 2024; Yani, & Wulandari, 2024).

The availability of healthcare services that support contraceptive use plays a critical role in increasing contraceptive uptake. Supporting infrastructure—such as healthcare facilities (e.g., community health centers and hospitals), qualified medical personnel, and the availability of contraceptive drugs and devices that are easily accessible to both potential and current users—can significantly contribute to improving contraceptive coverage in Indonesia. An increase in contraceptive use is closely associated with improved health outcomes among women. This study aims to examine the various factors influencing the selection of contraceptive methods among couples of reproductive age (Sulistiani, & Setiyaningsih, 2021; Yunitasari, Oktarosada, & Agustriyani, 2021; Hikmah, Arisanty, & Hastuti, 2022). The aim of this program is to regulate the number of births and control birth spacing.

RESEARCH METHODS

This literature review employs a meta-synthesis method to examine the selection of contraceptive methods among couples of reproductive age. The stages involved in the meta-synthesis approach include formulating research questions, conducting literature searches, performing screening and selection of relevant articles, and finally synthesizing the selected literature. The literature was sourced from Google Scholar using the keyword "Selection of Contraceptive Methods Among Couples of Reproductive Age." A total of 10 relevant articles were identified and used in the development of this paper. Inclusion criteria were applied to refine the search, focusing on literature published between 2020 and 2025, with research subjects being couples of reproductive age and articles discussing contraceptive method selection (Lestari, Noor, & Armanza, 2021; Iskandar, & Irawati, 2023; Krisnawwati, Sampoerno, & Meiliasari, 2022). The PRISMA diagram below illustrates the stages of the meta-synthesis method employed in this study:

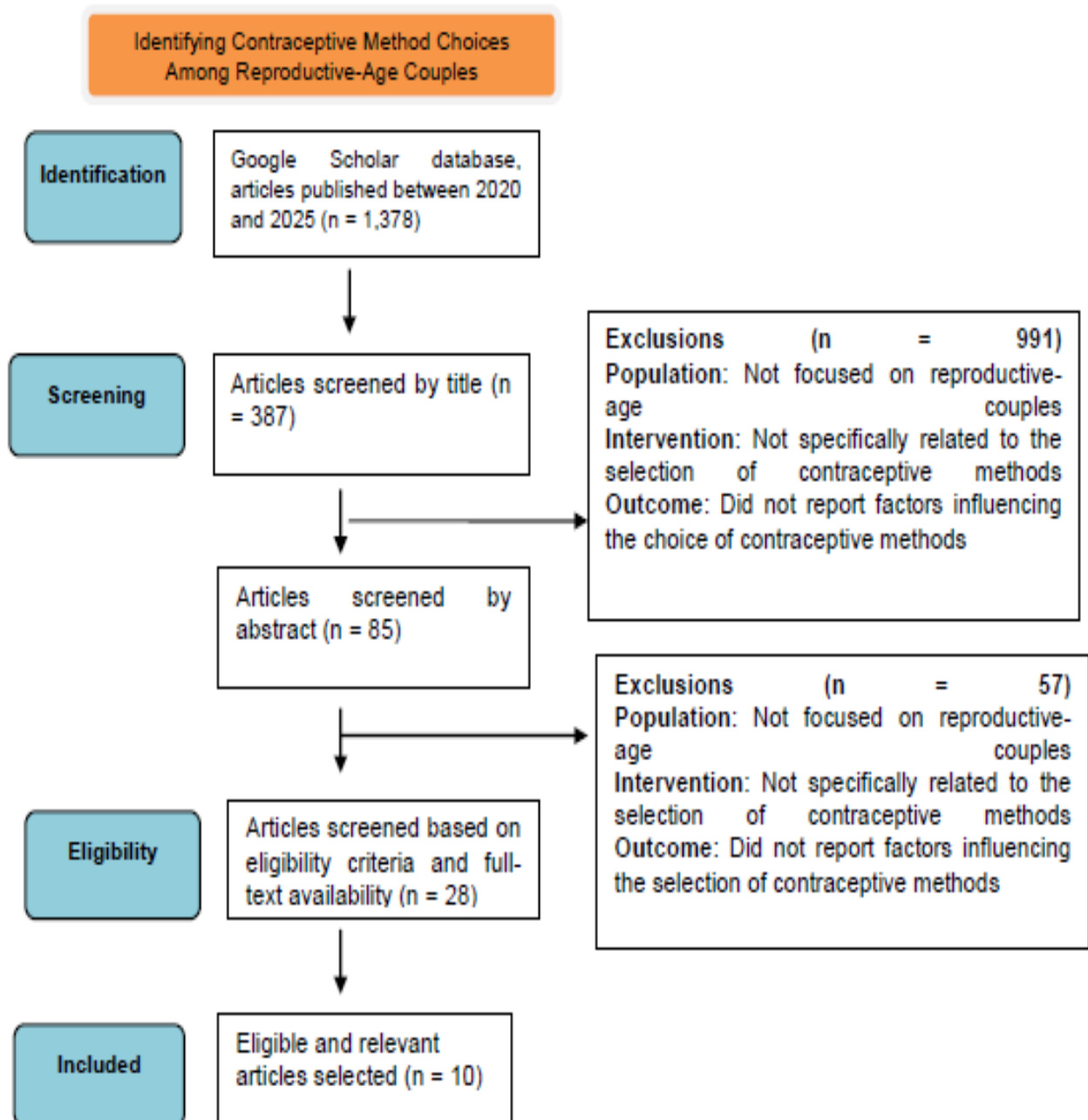


Figure 1. PRISMA Flowchart of the Study Selection Process.

The meta-synthesis method was carried out through several stages, as illustrated in the figure above. These included identifying the research question, followed by the identification of relevant studies through Google Scholar. At this stage, the researcher established inclusion criteria, namely articles focusing on the selection of contraceptive methods among couples of reproductive age and those available in full-text format. The process of article selection is presented in the PRISMA flow diagram. Based on the search results, 10 relevant articles were identified for synthesis. In the final stage, the researcher conducted a synthesis of the selected 10 articles

RESULTS

Based on the literature reviewed regarding contraceptive method selection among couples of reproductive age, the following analysis was obtained:

Table 1. Analysis of Selected Studies

No	Author's Name, Year of Publication, Title	Publisher	Research Results
1	Sudirman, & Herdiana. (2020). The Relationship between Husband Support and the Selection of Contraceptive Methods in Fertile Age Couples at the Sunyaragi Health Center, Cirebon City in 2020.	Journal of Nursing Practice and Education	Support from husbands has a role in the selection of contraceptive methods, where in this study it was found that 51.2% received husband support to use contraceptives and 39.5% of respondents chose the pill method. In the bivariate analysis obtained p value = 0.004
2	Perwira, Ratnawati, & Abidin. (2022). Factors Associated with the Selection of IUD Contraceptives in Fertile Age Couples at the Banjarejo Health Center, Madiun City.	Jurnal Surya Medika	There are several factors that influence the selection of the IUD as a contraceptive by couples of childbearing age category, among others, knowledge with a p-value of 0.019, receipt of information on how to berKB with a p-value of 0.027 and support from the husband with a p-value of 0.010.
3	Hutabarat, Nyorong, & Asriwati. (2022). The Effectiveness of Information and Education Communication with the Lecture Method and Leaflet Media on Decision Making for Couples of Fertile Age (PUS) in Choosing Contraceptives at the Namotras Health Center, Langkat Regency.	Miracle Journal	The use of information communication and education in the form of lectures shows more results than giving leaflets, where the results of statistical tests with T tests are 11.87 for the lecture method and 10.47 for the leaflet method. Using 40 respondents divided into 2 groups, namely 20 people for the lecture group and 20 people in the leaflet group.
4	Rismawati, & Sari. (2021). Analysis of Factors Affecting the Low Interest of PUS in the Use of MKJP	Jurnal Bidan Cerdas	Education, knowledge, husband support, information sources and IEC factors that are low or lacking influence the use of contraceptives. The results in this study obtained the results of education (p=0.013), knowledge of contraceptives results (p<0.001), husband support (p=0.003), sources of information (p=0.030) and provision of counseling or IEC (p=0.008).

5	Shintya, & Monde. (2021). Relationship between knowledge of childbearing age couples about contraceptive methods and contraceptive use.	Nutrix Jurnal	The choice of contraceptive method is influenced by acceptor knowledge. In this study, it was found that the knowledge of PUS was related to the choice of contraceptive method with a p-value of 0.000 <0.05 while the contingency coefficient result was 0.695.
6	Yunita, Oktarosada, & Agustriyani. (2021). The Relationship between Parity, Age, Husband's Support and Knowledge of Islamic Opinions with Contraceptive Selection of Fertile Age Couples.	Jurnal Aisyah : Jurnal Ilmu Kesehatan	There is a relationship between parity, husband's support, age and knowledge of Islamic opinions about contraceptive selection. Where the results of the statistical test are parity (p=0.001), age (p=0.004), knowledge of Islamic opinion (p=0.001).
7	Hikmah, Arisanty, Hastuti. (2022). Characteristics of couples of childbearing age who use short-term contraceptive methods in Central Banjarmasin District.	Jurnal Publikasi Berkala Pendidikan Ilmu Sosial	In Central Banjarmasin, couples with childbearing age category as respondents in this study as users of short-term contraceptive methods aged 20-35 years by 61%. Having <2 children by 66%, a high level of education by 66% and having a good level of knowledge about contraception by 100%.
8	Amelia, Maryati, & Hardjanti. (2020). The Effect of Video Media Counseling on Increasing Knowledge and Attitudes about Intra Uterine Contraceptive Devices (IUD) in Fertile Age Couples in Gunungpati Semarang District.	Jurnal Ners dan Kebidanan	Counseling on contraceptive methods can be done through video which aims to determine the magnitude of the influence of counseling media on knowledge and attitudes in couples who are of childbearing age. Counseling through video media has an effect on increasing knowledge about contraceptives by (0.000 <0.05) and increasing attitudes by (0.000 <0.05). The research method used was one group pre test - post test and the test conducted with wilcoxon.
9	Rahmi, & Hadi. (2020). Determinants of Implant Selection Among Fertile Age Couples in Medan Petisah Subdistrict.	Perilaku dan Promosi Kesehatan : Indonesian Journal of Health Promotion and Behavior	There is a picture of behavior in childbearing age couples in choosing the use of implantable birth control, namely acceptors have less knowledge by 65.9%, acceptors have a negative attitude by 83.5% and as many as 67.1% of acceptors do not get husband support.

10	Eja, Suryatno, & Khaerina. (2024). The Influence of Maternal Attitudes of Fertile Age Couples (PUS) About Contraceptive Methods on the Selection of Contraceptive Methods.	Jurnal Midwifery Update (MU)	There is a significant influence on attitude with the selection of contraceptive methods. The statistical test results with chi-square showed a p-value of 0.000 <0.005.
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The article analysis table above indicates that several factors influence the decision-making of couples from reproductive age in selecting contraceptive methods. These factors include spousal support, counseling or education provided by healthcare professionals, and the level of knowledge possessed by current or prospective contraceptive users, all of which can significantly affect their choice of contraceptive methods.

DISCUSSION

A total of 10 relevant articles were identified and included in this study to examine the selection of contraceptive methods among couples of reproductive age. The reviewed literature revealed several factors that influence contraceptive method choices among these couples. The following section discusses the key influencing factors in detail:

Husband's Support as a Determining Factor in Contraceptive Method Selection Among Couples of Reproductive Age.

Husband's support in the selection of contraceptive methods is a frequently identified factor in the literature, including in several studies analyzed in this research. Among the 10 articles reviewed, three studies specifically highlighted that spousal support significantly influences the choice of contraceptive methods. Such support fosters a sense of confidence and comfort in the wife when using contraception, and reinforces the perception that the husband is attentive to her reproductive health.

This finding is consistent with the results of a study conducted by Sudirman et al., which reported that the level of husband's support for their wives in using contraception was categorized as moderate, with a percentage of 67.4%. Similar results were also found in the study by Tarigan et al., which demonstrated that husband's support had a significant influence on the choice of contraceptive methods, with a p-value of 0.002 ($p < \alpha = 0.05$) (Sudirman & Herdiana, 2020; Tarigan et al., 2022).

Husbands play a significant role in the selection of contraceptive methods used by their wives. The involvement of husbands in the decision-making process—both for prospective and current contraceptive users—is essential in determining the appropriate method of contraception. Couples of reproductive age are encouraged to engage in discussions prior to choosing a contraceptive method. Such shared decision-making helps ensure that the use of contraception does not place an undue burden on the wife and does not negatively impact her health (Sudirman, & Herdiana, 2020; Leviana, & Nurlaela, 2021; Hikmah, Arisanty, & Hastuti, 2022; Hutabarat, Nyorong, & Asriwati, 2022).

Husband's support can be categorized into four types: informational support, emotional support, instrumental support, and appraisal support. Informational support refers to actions such as providing advice, suggestions, knowledge, information, and guidance to the wife. Instrumental support involves the husband engaging in discussions with his wife to help her choose a contraceptive method that aligns with her health condition before its use. Emotional support is demonstrated when the husband gives his consent for the wife to become a contraceptive user and shows concern and empathy in the event of any side effects resulting from contraceptive use. Appraisal support refers to the husband's willingness to accompany his wife to healthcare services (Yunitasari, Oktarosada, & Agustriyani, 2021; Ramadhanti, & Bahasoan, 2022; Suwanti, Julyartha & Najahah, 2022; Sari & Hadi, 2023).

Husband's support can provide a sense of comfort to contraceptive acceptors, as it enables them to use a method that is appropriate and mutually agreed upon by both husband and wife. The appropriate selection of contraceptive methods is grounded in cooperation and mutual trust

between partners. The ideal condition for reproductive-age couples in determining contraceptive methods involves collaborative decision-making, shared financial responsibility for contraceptive use, and mutual support in monitoring for warning signs or potential side effects related to contraceptive methods (Sudirman, & Herdiana, 2020; Lajuna, & Sari, 2022; Sukma, & Yasa, 2024; Rahmawati, Syari and Saragih, 2024).

Counseling or Education Provided by Healthcare Experts as a Determinant in Contraceptive Method Choice Among Reproductive-Age Couples.

Based on the analysis of 10 articles reviewed by the researcher, two articles specifically addressed the influence of counseling or educational interventions provided by health professionals on the selection of contraceptive methods among couples of reproductive age. In a study conducted by Amelia et al., it was found that counseling using video media significantly improved contraceptive knowledge among acceptors—specifically, reproductive-age couples—with a p-value of 0.001. Similarly, a study by Hutabarat et al. demonstrated that counseling through lecture-based methods was more effective in enhancing the understanding and knowledge of reproductive-age couples regarding contraceptive method selection, with an independent sample test score of 39.33. Based on these findings, it can be concluded that counseling has an indirect influence on the selection of contraceptive methods among reproductive-age couples, primarily by increasing their level of knowledge (Amelia, Maryati, & Hardjanti, 2020; Hutabarat, Nyorong, & Asriwati, 2022).

These findings are consistent with the study by Sulistiani et al., which showed that counseling through video media can significantly enhance or broaden the knowledge of reproductive-age couples regarding contraceptive methods, with a p-value of 0.001. Similarly, a study conducted by Mahmudah et al. reported that providing information to prospective contraceptive users through the Communication, Information, and Education (CIE) program yielded a prevalence ratio of 1.393. This indicates that prospective acceptors who received family planning CIE were 1.393 times more likely to choose a contraceptive method compared to those who had not received CIE (Mahmudah & Indrawati, 2015; Sulistiani & Setiyaningsih, 2021).

Counseling or health education is one of the efforts aimed at increasing public knowledge on specific topics. Counseling can be provided by professionals who have a thorough understanding of the subject matter being discussed. The benefits of counseling activities include the establishment of communication between the counselor and participants, the delivery of relevant information to the participants, and the provision of education or learning by the counselor. Counseling is expected to offer motivation and advocacy to prospective family planning users in selecting a contraceptive method that best suits their needs. Accurate information provided by healthcare professionals or experts can greatly assist prospective users in making informed decisions regarding the most appropriate contraceptive method for themselves (Amelia, Maryati & Hardjanti, 2020; Sulistiani & Setiyaningsih, 2021; Hutabarat, Nyorong & Asriwati, 2022).

Contraceptive education and family planning services in Indonesia are the responsibility of the government. Counseling and educational activities may be conducted by professionals, including midwives, physicians, family planning field officers, as well as practitioners or academics with expertise in the field. These counseling and education efforts can be implemented through various activities and the dissemination of information via mass media (Fatchiya et al., 2021; Rismawati & Sari, 2021; Susiloningtyas, Cahyani & Machfudloh, 2024).

Counseling and educational activities can be conducted through community-level meetings at the village level, such as *dasa wisma* gatherings, neighborhood (RT) meetings, and community (RW) meetings, with the involvement of local community leaders. The support of community leaders in counseling and education initiatives serves to foster public trust in these activities. It is expected that collaboration between healthcare professionals or experts and community leaders will contribute to increasing the number of family planning acceptors. This is supported by the common societal perception that healthcare providers and community leaders continue to serve as role models within the community (Henniwati, 2020; Sulistiani & Setiyaningsih, 2021; Hutabarat, Nyorong & Asriwati, 2022).

Health education activities are not limited to lecture-based methods but can be implemented through various innovative approaches to engage prospective contraceptive users, such as the

use of video media or a combination of lectures and video presentations. Similarly, counseling sessions may be conducted by forming small groups or focus group discussions (FGDs), which can be facilitated through social media platforms such as WhatsApp and Telegram groups. Regular implementation of education and counseling activities can enhance prospective users' knowledge about the different types of contraceptives, thereby contributing to an increase in contraceptive uptake (Amelia, Maryati & Hardjanti, 2020; Sulistiani & Setiyaningsih, 2021).

Knowledge of Prospective or Current Acceptors Influences the Selection of Contraceptive Methods Among Reproductive-Age Couples.

Based on the review of research articles by Perwira et al., Rismawati et al., Shintya et al., Hikmah et al., and Yunitasari et al., knowledge was identified as a direct factor influencing the selection of contraceptive methods among reproductive-age couples. However, findings from studies by Eja, Suryatno & Khaerina, (2024) and Rahmi & Hadi, (2020), indicated that knowledge primarily affects the attitudes of women or reproductive-age couples, which in turn influences their choice of contraceptive.

Knowledge has a direct influence on reproductive-age couples in determining their choice of contraceptive methods. This finding is consistent with a study conducted by Hatijar et al., which demonstrated that knowledge significantly affects contraceptive method selection (p -value = 0.001). Similarly, a study by Kusmiati et al., (2024), revealed that knowledge contributes to the choice of contraceptive methods, with a p -value of 0.046 (< 0.05). However, differing results were reported by Eja, Suryatno & Khaerina, (2024) who stated that knowledge does not directly influence the selection of contraceptive methods among reproductive-age couples (p -value = 0.001), but rather affects respondents' attitudes first. This is in line with the findings of Rahmi et al., who reported that 65.9% of respondents with negative attitudes were influenced by low levels of knowledge, accounting for 71.8%. Therefore, it can be concluded that the level of knowledge among reproductive-age couples regarding contraceptive methods plays a crucial role in determining their method of choice (Hatijar & Saleh, 2020; Rahmi & Hadi, 2020; Eja, Suryatno & Khaerina, 2024; Kusmiati et al., 2024).

According to the literature by Eja et al. and Rahmi et al., knowledge influences the attitudes of family planning (FP) acceptors. Knowledge serves as an indirect factor in the selection of contraceptive methods. Reproductive-age couples with a good understanding of contraceptive methods are more likely to develop positive attitudes toward choosing appropriate contraceptive options. This aligns with the findings of a study by Patimah et al., which showed that 81.1% of respondents had a positive attitude, with a p -value of 0.001, and that 61.1% of respondents who demonstrated good knowledge or awareness of intrauterine devices (IUDs) were more likely to choose the IUD as their preferred contraceptive method (Rahmi & Hadi, 2020; Patimah & Nurani, 2022; Eja, Suryatno & Khaerina, 2024).

The knowledge of prospective and current contraceptive acceptors is influenced by various factors, including educational level, access to information media, and exposure to counseling or educational sessions. Prospective acceptors with a higher level of knowledge regarding contraceptive methods are more likely to make accurate choices in selecting appropriate contraceptive methods. Therefore, efforts to enhance knowledge among prospective acceptors are essential and should be continuously promoted through targeted educational initiatives (Shintya & Monde, 2021; Wahyuningtyas, Kristianti & Wijayanti, 2022).

Educational level is a significant factor influencing both the knowledge and perception of prospective contraceptive acceptors regarding contraceptive use. Generally, individuals with higher levels of education tend to possess broader knowledge about contraceptive methods, which enables them to make informed decisions regarding method selection with greater ease. Education level greatly affects individuals' mindset, perception, and behavior. Among family planning acceptors with higher educational attainment, there is a greater awareness that the use of contraceptive methods can contribute to controlling population growth (Rahmidini, 2021; Yunitasari, Oktarosada & Agustriyani, 2021; Perwira, Ratnawati & Abidin, 2022).

The knowledge of prospective family planning acceptors regarding contraception plays a critical role in determining their choice of contraceptive methods. This includes understanding potential adverse effects associated with contraceptive methods that may not be compatible with

the individual's physiological condition, as well as knowledge on how to manage such side effects. The level of knowledge among prospective acceptors or reproductive-age couples is largely influenced by the information they receive. A lack of understanding about the benefits, drawbacks, and functions of contraceptive methods may stem from a low level of curiosity or initiative to seek information independently or consult with healthcare providers. Information can be obtained through various sources and media, as well as through counseling or educational sessions delivered by healthcare professionals or experts (Saputra & Novianti, 2020; Suwanti, Julyartha & Najahah, 2022; Mirawati, Rahmah, & Heryani, 2024).

This literature review study on the selection of contraceptive methods among reproductive-age couples has several limitations, including: 1) The researcher relied solely on articles sourced from the Google Scholar database, without utilizing other academic search engines or databases. 2) The researcher did not include or synthesize articles that discuss religious perspectives on contraceptive use, which limits the scope of knowledge-related factors examined in this study. 3) The researcher has not yet conducted a synthesis of contraceptive method selection from a religious perspective

CONCLUSION

Based on the reviewed literature, it can be concluded that the selection of contraceptive methods among reproductive-age couples is influenced by several factors, including spousal support, the provision of counseling and education to prospective acceptors, and the level of knowledge held by prospective acceptors. These factors can be categorized into those with direct and indirect influences. Spousal support is a direct factor that significantly affects the decision-making of reproductive-age couples in choosing a contraceptive method. The provision of information or counseling serves as an indirect factor, as it contributes to enhancing the knowledge of reproductive-age couples. Similarly, knowledge functions as an indirect factor, influencing the attitudes of reproductive-age couples in determining the most appropriate contraceptive method.

It can be concluded that the provision of counseling or health education influences the level of knowledge among reproductive-age couples. This increased knowledge, in turn, affects their attitudes in determining the appropriate contraceptive method to use. The selection of the most suitable contraceptive method for reproductive-age couples is intended to improve their quality of life, support the development of a quality family, and enhance both maternal and family health outcomes. It is expected that the findings of this study can contribute to the improvement of family planning services, making them more effective in increasing the number of contraceptive users or family planning acceptors, thereby helping to slow down population growth.

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