



## The Relationship Between Knowledge and Attitudes of Multiparous Mothers Toward Intrauterine Device Contraception

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### ARTICLE INFO

**Article Type:**  
Research

**Article History:**  
Received: 29 July 2025  
Accepted: 11 February 2026  
Published: 31 March 2026

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### ORIGINAL ARTICLE

#### ABSTRACT

The use of long-term contraception, particularly the Intrauterine Device (IUD), remains relatively low among multiparous mothers, despite this method being known for its high effectiveness. This study aimed to analyze the relationship between the level of knowledge and attitudes of multiparous mothers toward the use of IUD contraception. This study employed a quantitative approach with a cross-sectional design. The study involved 133 multiparous mothers in the working area of Sumur Batu Community Health Center, Central Jakarta, selected using purposive sampling techniques. Data were collected using questionnaires and analyzed using the Chi-Square test. The results showed that the majority of respondents were aged 20–56 years, with a mean age of 37.7 years and a standard deviation of 7.85. Most respondents had a low level of knowledge (86.5%), although the majority demonstrated positive attitudes toward IUD use (77.4%). The proportion of IUD use was 37.6%. Bivariate analysis revealed a significant relationship between knowledge level ( $p = 0.000$ ) and attitudes ( $p = 0.000$ ) with IUD use. In contrast, no significant relationship was found between age ( $p = 0.285$ ) and obstetric status ( $p = 0.799$ ) with IUD use. Educational level also showed a significant relationship with IUD use ( $p = 0.000$ ). In conclusion, knowledge level, attitudes, and educational level were significantly associated with the use of IUD contraception among multiparous mothers, whereas age and obstetric status were not significantly associated. Therefore, continuous educational and counseling efforts are needed to improve knowledge and foster positive attitudes among multiparous mothers toward IUD contraception in order to increase the use of effective long-term contraceptive methods.

**Keywords:** Knowledge, Attitude, Intrauterine Device, Multiparous Women, Contraception.

#### ABSTRAK

Penggunaan kontrasepsi jangka panjang, khususnya IUD (Intrauterine Device), masih tergolong rendah di kalangan ibu multipara, meskipun metode ini dikenal memiliki tingkat efektivitas yang tinggi. Tujuan penelitian ini adalah untuk menganalisis hubungan tingkat pengetahuan dan sikap ibu multipara dengan penggunaan kontrasepsi IUD. Metode penelitian ini menggunakan pendekatan kuantitatif dengan rancangan cross-sectional. Penelitian melibatkan 133 ibu multipara yang berada di wilayah kerja Puskesmas Sumur Batu, Jakarta Pusat, dengan teknik purposive sampling. Pengumpulan data dilakukan menggunakan kuesioner, kemudian dianalisis menggunakan uji Chi-Square. Hasil penelitian menunjukkan bahwa sebagian besar responden berusia 20–56 tahun dengan rata-rata usia 37,7 tahun dan standar deviasi 7,85. Mayoritas responden memiliki tingkat pengetahuan yang tergolong rendah (86,5%), namun sebagian besar menunjukkan sikap positif terhadap penggunaan IUD (77,4%). Proporsi penggunaan IUD tercatat sebesar 37,6%. Hasil uji bivariat menunjukkan adanya hubungan yang signifikan antara tingkat pengetahuan ( $p = 0,000$ ) dan sikap ( $p = 0,000$ ) dengan penggunaan IUD. Sebaliknya, tidak ditemukan hubungan yang signifikan antara usia ( $p = 0,285$ ) dan status obstetri ( $p = 0,799$ ) dengan penggunaan IUD. Tingkat pendidikan juga menunjukkan hubungan yang signifikan dengan penggunaan IUD ( $p = 0,000$ ). Kesimpulan: Tingkat pengetahuan, sikap, dan pendidikan memiliki hubungan yang signifikan dengan penggunaan kontrasepsi IUD pada ibu multipara, sedangkan usia dan status obstetri tidak berhubungan secara signifikan. Oleh karena itu, diperlukan upaya edukasi dan penyuluhan yang berkelanjutan untuk meningkatkan pengetahuan dan membentuk sikap positif ibu multipara terhadap kontrasepsi IUD guna meningkatkan penggunaan kontrasepsi jangka panjang yang efektif.

**Kata Kunci:** Pengetahuan, Sikap, IUD, Ibu Multipara, Kontrasepsi.

## INTRODUCTION

Pregnancy is a physiological process that begins when a sperm cell successfully fertilizes an ovum within the female reproductive tract, specifically in the fallopian tube. This fertilization process produces a zygote, which subsequently undergoes cell division and migrates to the uterus for implantation in the endometrial lining. Following successful implantation, the embryo develops into a fetus accompanied by the formation of the placenta, which supports fetal growth and development throughout pregnancy. The pregnancy process generally lasts approximately nine months until the fetus reaches maturity for delivery (Wati et al., 2023). Childbirth, on the other hand, represents the culmination of pregnancy and is considered a significant moment for every expectant mother. It is the final physiological stage of pregnancy during which the fetus, placenta, and fetal membranes are expelled from the uterus through the birth canal (Febrianti & Andari, 2024). This phase, known as the intrapartum period, is characterized by regular and progressive uterine contractions that facilitate cervical dilatation and effacement, thereby enabling the baby to pass through the birth canal more easily (Pratiwi et al., 2024).

In Indonesia, the birth rate remains relatively high, reaching 859,055 births in 2024, making population control a major challenge in improving community welfare. High birth rates contribute to several social and health-related problems, including population density, increased family economic burden, and reduced maternal and child health quality (Meilani et al., 2023). As part of efforts to address this issue, the government promotes the Family Planning Program through the use of Long-Acting Reversible Contraception (LARC), particularly the Intrauterine Device (IUD) (Santi et al., 2025). The IUD is recognized as a highly effective contraceptive method with a success rate of 99.4%, while also being safe and non-disruptive to hormonal balance (Amalia et al., 2025). Despite these advantages, the utilization of IUDs in Indonesia remains low. World Health Organization (WHO) data showed that only 7.4% of active family planning participants used IUDs in 2019, a proportion significantly lower than injectable contraceptive methods. Low knowledge levels, negative perceptions, and concerns regarding side effects are among the major factors contributing to the low adoption of IUDs (Oktayanti et al., 2025; Sumastri et al., 2026).

The persistently low use of IUD contraception may lead to unintended pregnancies, short birth intervals, and pregnancy-related complications such as anemia, preterm labor, and low birth weight (LBW). In the long term, these conditions may increase maternal and infant mortality rates while negatively affecting maternal physical and mental well-being, child development, and overall family quality of life (Ren et al., 2024). Therefore, improving women's knowledge and fostering positive attitudes toward IUD use are essential components of promotive and preventive strategies within family planning programs (Amra et al., 2023; Fransiska et al., 2023). Previous studies have demonstrated that knowledge and attitudes are significantly associated with IUD utilization. However, most existing studies have focused on the general population of reproductive-age women and have not specifically examined multiparous mothers, who are at greater risk of repeated pregnancies. In addition, variations in sociocultural factors, husband support, and access to health information across regions may contribute to differences in contraceptive behavior (Delima et al., 2022). This condition indicates a research gap regarding the specific determinants influencing IUD use among multiparous mothers in primary healthcare settings.

This study offers novelty by focusing specifically on multiparous mothers in the working area of Sumur Batu Community Health Center and by applying the Green and Kreuter theoretical framework to analyze predisposing factors influencing contraceptive behavior (Bulu et al., 2024). The study emphasizes that greater reproductive experience among multiparous mothers does not necessarily correspond with adequate knowledge or positive attitudes toward IUD contraception. This finding suggests that experience alone is insufficient to encourage behavioral change without adequate information and supportive attitudes (Lumbantoruan et al., 2025). Furthermore, the Green and Kreuter approach provides a more comprehensive understanding of health behavior by considering not only predisposing factors such as knowledge and attitudes, but also enabling factors including healthcare access and service availability, as well as reinforcing factors such as family and healthcare provider support (Amra et al., 2023). Therefore, this framework is considered relevant for developing more targeted and effective health promotion interventions in primary healthcare services.

Preliminary data from Sumur Batu Community Health Center revealed that only 11 out of 35 multiparous family planning acceptors chose IUD contraception during 2024, indicating the low utilization of long-acting contraceptive methods among this population group. This condition further highlights the importance of identifying factors associated with IUD utilization among multiparous mothers. Therefore, this study aims to determine the relationship between the level of knowledge and attitudes of multiparous mothers toward the use of IUD contraception in the working area of Sumur Batu Community Health Center. The findings of this study are expected to serve as a basis for healthcare providers in designing educational interventions and continuous counseling programs to improve the acceptance and utilization of IUDs as an effective long-term contraceptive method.

## RESEARCH METHODS

This study employed a quantitative analytic design with a cross-sectional approach to examine the relationship between independent and dependent variables measured simultaneously at a single point in time. The independent variables in this study were the level of knowledge and attitudes of multiparous mothers, while the dependent variable was the use of Intrauterine Device (IUD) contraception. The study population consisted of all multiparous mothers residing within the working area of Sumur Batu Community Health Center, Central Jakarta. Samples were selected using a purposive sampling technique based on the following inclusion criteria: multiparous mothers currently using any contraceptive method, willing to participate as respondents, and able to communicate effectively. A total of 133 respondents were included in this study.

Data were collected using a structured questionnaire comprising three sections: respondents' demographic characteristics, knowledge regarding IUD contraception, and attitudes toward the use of IUD contraception. Prior to data collection, the research instrument underwent validity and reliability testing to ensure the accuracy and consistency of the measurements.

Data analysis was conducted in two stages, namely univariate and bivariate analyses. Univariate analysis was used to describe the frequency distribution of respondents' characteristics, levels of knowledge, attitudes, and IUD contraceptive use. Meanwhile, bivariate analysis was performed to determine the relationship between knowledge level and attitudes with the use of IUD contraception using the Chi-Square test. Statistical significance was established at a p-value of  $< 0.05$ . This study received ethical approval from the Health Research Ethics Committee under ethical clearance number No.1234/KEPK-FIK/V/2025. All respondents were informed about the objectives and procedures of the study and provided written informed consent prior to their participation..

## RESULTS

**Table 1.** Distribution of Respondents' Age Characteristics (n = 133).

Variable	Minimum	Maximum	Mean	Standard Deviation
Age (years)	20	56	37.71	7.85

Based on Table 1, the respondents' ages ranged from 20 to 56 years, with a mean age of 37.71 years and a standard deviation of 7.85. These findings indicate that the majority of respondents were within the mature reproductive age group, approximately 37–38 years old. The relatively large standard deviation demonstrates considerable variation in respondents' ages, suggesting that the study population was relatively heterogeneous in terms of age distribution. This variation may influence respondents' knowledge, attitudes, and decision-making regarding the use of IUD contraception.

**Table 2.** Distribution of Respondents According to Education Level, Obstetric Status, Knowledge Level, and Attitudes Toward IUD Contraception (n = 133).

Variables	Frequency (n)	Percentage (%)
Educational Level		
Elementary School/No Formal Education	17	12.8
Junior High School	22	16.5

Variables	Frequency (n)	Percentage (%)
Senior High School	51	38.3
Higher Education	43	32.3
Obstetric Status (Parity)		
Low Parity (2 children)	18	13.5
Moderate Parity (3–4 children)	65	48.9
High Parity (≥5 children)	50	37.6
Knowledge Level		
Good	22	16.5
Poor	111	83.5
Respondents' Attitudes		
Positive Attitude	103	77.4
Negative Attitude	30	22.6

Based on Table 2, most respondents had completed senior high school education (38.3%), followed by higher education (32.3%). This finding indicates that the majority of respondents had a moderate to high educational background, which may support their ability to understand information regarding contraceptive methods, including IUDs.

Regarding obstetric status, most respondents were categorized as having moderate parity (3–4 children) (48.9%), followed by high parity (≥5 children) (37.6%). This result suggests that the majority of respondents had substantial reproductive experience.

In terms of knowledge level, most respondents demonstrated poor knowledge regarding IUD contraception (83.5%), while only 16.5% had good knowledge. These findings indicate that multiparous mothers still have limited understanding of the benefits, functions, and effectiveness of long-term contraceptive methods.

Conversely, most respondents showed positive attitudes toward IUD contraception (77.4%), while 22.6% demonstrated negative attitudes. This suggests that despite limited knowledge, the majority of respondents generally had favorable perceptions toward the use of IUD contraception.

**Table 3.** Association Between Respondents' Characteristics and the Use of IUD Contraception (n = 133).

Variables	Using IUD n (%)	Not Using IUD n (%)	p-value
Age			0.806
<35 years	20 (36.4)	35 (63.6)	
≥35 years	30 (38.5)	48 (61.5)	
Educational Level			0.000*
Elementary School/No Formal Education	1 (0.8)	16 (12.0)	
Junior High School	6 (4.5)	16 (12.0)	
Senior High School	15 (11.3)	36 (27.1)	
Higher Education	28 (21.1)	15 (11.3)	
Obstetric Status (Parity)			0.799
Low Parity (2 children)	7 (5.6)	11 (8.7)	
Moderate Parity (3–4 children)	26 (20.6)	39 (31.0)	
High Parity (≥5 children)	17 (13.5)	26 (20.6)	
Knowledge Level			0.000*
Good	16 (12.0)	5 (3.8)	
Poor	34 (25.6)	78 (58.6)	
Respondents' Attitudes			0.002*
Positive Attitude	46 (44.7)	57 (55.3)	
Negative Attitude	4 (13.3)	26 (86.7)	

\*Significant at  $p < 0.05$

Based on Table 3, the Chi-Square analysis showed no significant relationship between respondents' age and the use of IUD contraception ( $p = 0.806$ ). This finding indicates that age

was not a determining factor in respondents' decisions to use IUD contraception. Similarly, obstetric status (parity) was not significantly associated with IUD use ( $p = 0.799$ ), suggesting that the number of children did not significantly influence contraceptive choice among multiparous mothers.

In contrast, educational level showed a statistically significant association with IUD use ( $p = 0.000$ ). Respondents with higher education were more likely to use IUD contraception compared to those with lower educational backgrounds. This finding suggests that educational attainment may influence women's understanding and decision-making regarding long-term contraceptive methods.

Knowledge level was also significantly associated with IUD use ( $p = 0.000$ ). Respondents with good knowledge were more likely to use IUD contraception, whereas most respondents with poor knowledge tended not to use IUDs. This result indicates that adequate knowledge plays an important role in encouraging the adoption of long-term contraception.

Furthermore, respondents' attitudes toward contraception were significantly associated with IUD use ( $p = 0.002$ ). Mothers with positive attitudes were more likely to use IUD contraception compared to those with negative attitudes. This finding suggests that positive perceptions and acceptance of contraception may increase the likelihood of utilizing IUDs as a long-term contraceptive method.

## DISCUSSION

This study demonstrated that the use of intrauterine device (IUD) contraception among multiparous mothers remained relatively low, despite the majority of respondents being within mature reproductive age, having secondary-level education, and presenting moderate to high parity. Theoretically, these conditions should support the selection of long-term contraceptive methods. However, these findings indicate that demographic factors are not automatically proportional to IUD utilization behavior (Rua et al., 2026). This finding emphasizes that contraceptive decision-making is more complex and is influenced by both internal factors and the surrounding social context of individuals (Handayani et al., 2025).

According to the Green and Kreuter theory, health behavior is influenced by predisposing factors such as knowledge and attitudes, which in this study were shown to have a significant relationship with IUD use (Soleha, 2022). The low level of respondents' knowledge regarding IUDs indicates the presence of information gaps, both in terms of access and the quality of educational exposure received. This condition may be attributed to limited effective counseling, inadequate interpersonal communication from healthcare providers, and the dominance of non-medical information circulating within the community (Sagita & Salanti, 2023). Previous studies have shown that insufficient comprehensive understanding regarding the benefits and safety of IUDs often leads mothers to prefer short-term contraceptive methods that are considered more familiar (Rualembe et al., 2025).

In addition, respondents' attitudes, which tended to be unsupportive toward IUD use, further reinforce the notion that negative perceptions remain a major barrier. Such attitudes are shaped not only by knowledge but also by sociocultural factors, including myths, experiences of others, and concerns regarding side effects. This finding is consistent with previous studies reporting that attitudes toward contraception are often more strongly influenced by subjective experiences and social environments than by medically based information (Atikah, 2024; Chadaryanti et al., 2025). Within the context of primary healthcare services such as community health centers, the interaction between healthcare providers and patients plays a crucial role in shaping more positive perceptions of long-term contraceptive methods (Ramadhana et al., 2024).

Although the majority of respondents were aged  $\geq 35$  years and had relatively high parity, these two variables did not demonstrate a significant association with IUD use. This finding differs from several previous studies reporting that mature age and higher number of children tend to increase the use of long-term contraceptive methods (Aminatussyadiah & Febriani, 2025). This discrepancy may be explained through a contextual approach, in which factors such as preferences for previously used contraceptive methods, subjective comfort, and the influence of partners and social environments may be more dominant than rational considerations based on

reproductive needs. In other words, although the need to limit pregnancy increases, decisions regarding contraceptive method selection remain strongly influenced by individual perceptions and beliefs.

Conversely, education, knowledge, and attitudes were found to have significant associations with IUD use. Education plays an important role in enhancing individuals' ability to receive, understand, and evaluate health information. This finding supports previous studies indicating that higher educational attainment is correlated with more rational decision-making in contraceptive selection (Lengkong et al., 2025). Nevertheless, formal education alone is insufficient without effective and sustainable health education. Adequate knowledge can encourage the formation of positive attitudes, which subsequently influence IUD utilization behavior, as explained in Bloom's health behavior theory and supported by various previous studies (Anggraina et al., 2023).

Overall, the findings of this study confirm that internal factors, particularly knowledge and attitudes, play a more dominant role than demographic factors in determining IUD contraceptive use. Therefore, interventions focusing on improving the quality of education, needs-based counseling, and effective interpersonal communication from healthcare providers are essential. Such approaches aim not only to improve knowledge but also to transform public perceptions and attitudes toward IUDs as safe and effective contraceptive methods.

Nevertheless, this study has several limitations. The cross-sectional study design does not allow the researchers to establish direct causal relationships, but only associations between variables. In addition, the relatively limited sample size and data collection methods relying on respondents' self-reports may introduce bias, including information bias and social desirability bias. These limitations should be considered when interpreting the study findings and may serve as considerations for future studies to employ longitudinal designs or qualitative approaches to explore contextual factors more comprehensively.

## CONCLUSION

This study concluded that the use of IUD contraception among multiparous mothers in the working area of Puskesmas Sumur Batu was significantly influenced by knowledge, attitudes, and educational level. Multiparous mothers with better knowledge and more positive attitudes were more likely to accept and choose IUDs as a long-term contraceptive method. In contrast, age and obstetric status were not found to have a significant role in decision-making regarding IUD use. Therefore, the objective of this study to analyze the relationship between the knowledge and attitudes of multiparous mothers and the use of IUD contraception was successfully achieved. These findings confirm that cognitive factors and attitudes are important determinants of contraceptive selection behavior among multiparous mothers. Consequently, the findings of this study are specifically applicable to multiparous mothers in the working area of Puskesmas Sumur Batu and may serve as a basis for developing more targeted contraceptive education and counseling strategies.

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