



The Role of Husbands' Support in the Selection of Intrauterine Device (IUD) Contraception in Primary Healthcare Settings: A Literature Review

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ABSTRACT

The intrauterine device (IUD) is a highly effective long-acting contraceptive method; however, its utilization in primary healthcare settings remains relatively low. One of the key factors influencing decision-making regarding IUD use is husbands' support. This study aimed to systematically identify and synthesize the role of husbands' support in the utilization of IUD contraception at primary healthcare centers (Puskesmas). This study employed a narrative literature review with quantitative evidence synthesis, conducted systematically in accordance with the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines. Literature searches were performed in Google Scholar, Garuda, SINTA, and university repositories for articles published between 2021 and 2025. Of the 66 articles initially identified, title and abstract screening followed by full-text eligibility assessment based on predefined inclusion criteria resulted in six cross-sectional studies being included in the analysis. The findings demonstrated that all reviewed studies reported a statistically significant association between husbands' support and IUD use ($p < 0.05$), with odds ratios ranging from 1.214 to 7.713. The variation in effect sizes indicates that husbands' support functions as a reinforcing factor to a key determinant in contraceptive decision-making, depending on social context and regional characteristics. It can be concluded that husbands' support is a critical determinant of IUD utilization in primary healthcare centers. These findings underscore the strategic role of primary healthcare centers in strengthening couple-based family planning programs through education and counseling interventions that actively involve husbands.

Keywords: Husbands' Support, Intrauterine Device, IUD, Primary Healthcare, Family Planning.

ABSTRAK

Alat Kontrasepsi Dalam Rahim (AKDR/IUD) merupakan metode kontrasepsi jangka panjang dengan tingkat efektivitas tinggi, namun pemanfaatannya di layanan kesehatan primer masih relatif rendah. Salah satu faktor yang berperan penting dalam pengambilan keputusan penggunaan IUD adalah dukungan suami. Penelitian ini bertujuan untuk mengidentifikasi dan mensintesis secara sistematis peran dukungan suami terhadap penggunaan KB IUD di Puskesmas. Penelitian ini menggunakan narrative literature review dengan sintesis bukti kuantitatif yang dilaksanakan secara sistematis mengacu pada pedoman PRISMA. Penelusuran literatur dilakukan pada basis data Google Scholar, Garuda, SINTA, serta repositori perguruan tinggi terhadap artikel yang dipublikasikan pada tahun 2021–2025. Dari 66 artikel yang teridentifikasi, dilakukan proses screening judul dan abstrak serta penilaian kelayakan teks lengkap berdasarkan kriteria inklusi, sehingga diperoleh enam artikel dengan desain cross-sectional yang dianalisis. Hasil kajian menunjukkan bahwa seluruh penelitian melaporkan hubungan yang bermakna secara statistik antara dukungan suami dan penggunaan IUD ($p < 0,05$), dengan nilai odds ratio berkisar antara 1,214 hingga 7,713. Variasi besaran pengaruh menunjukkan bahwa dukungan suami berfungsi sebagai faktor penguat hingga determinan utama dalam pengambilan keputusan kontrasepsi, tergantung pada konteks sosial dan karakteristik wilayah. Dapat disimpulkan bahwa dukungan suami merupakan determinan kunci dalam penggunaan KB IUD di Puskesmas. Temuan ini menegaskan posisi Puskesmas sebagai konteks strategis untuk penguatan program keluarga berencana berbasis pasangan melalui edukasi dan konseling yang melibatkan suami secara aktif.

Kata Kunci: Dukungan Suami, AKDR, IUD, Puskesmas, Keluarga Berencana.

INTRODUCTION

The intrauterine device (IUD), also referred to as intrauterine contraception within family planning programs, is a highly effective long-acting contraceptive method for preventing pregnancy through the placement of a device inside the uterus. IUD contraception is recognized for its very high effectiveness, reaching up to 99.8%, depending on the type of IUD used (BKKBN, 2024). Despite this high level of effectiveness, global utilization of IUD contraception remains relatively low compared to short-acting contraceptive methods. Data from the World Health Organization (WHO) in 2020 indicate that injectable and oral contraceptives continue to dominate contraceptive use, accounting for 35.3% and 30.5%, respectively, whereas IUD utilization reaches only 15.2%, particularly in developing countries (Sari et al., 2020). In the same year, IUD use was reported at 13% in China, 5% in Europe, and 6.7% in the United States (Irdawati & Erlinawati, 2025), highlighting a substantial gap between the method's effectiveness and its acceptance at the population level.

In Indonesia, according to the 2024 Health Profile, 69.39% of women of reproductive age have participated in family planning programs; however, contraceptive method choice remains dominated by injectable contraception (35.39%), while IUD utilization accounts for only 6.08% (Kementerian Kesehatan Republik Indonesia, 2025). Marked regional disparities persist, with Papua Province reporting the lowest family planning coverage at 22.11%, far below provinces such as South Kalimantan and Bangka Belitung Islands, where coverage exceeds 70%. This situation is increasingly relevant given that Indonesia's population reached 284.4 million in 2025, making population growth control through the use of effective contraceptive methods a continuing national strategic priority (Badan Pusat Statistik, 2025).

IUD contraception offers several advantages, including high effectiveness, long-term protection, and the absence of daily adherence requirements such as those associated with oral contraceptives, or repeated visits as required for injectable methods (BKKBN, 2024; WHO, 2019). Nevertheless, despite these advantages being emphasized in policies and service guidelines, IUD utilization remains low. Previous studies have indicated that this condition is influenced by limited maternal knowledge, concerns about side effects, and suboptimal counseling as well as insufficient husbands' involvement in contraceptive decision-making (Devita et al., 2020; Irdawati & Erlinawati, 2025; Merlin et al., 2025; Chadaryanti et al., 2025).

Various efforts have been undertaken by the National Population and Family Planning Board (BKKBN) to increase the uptake of long-acting contraceptive methods, including IUDs, through free family planning services at primary healthcare facilities such as Puskesmas, family planning clinics, and hospitals, as well as through educational activities targeting couples of reproductive age, including husbands (BKKBN, 2024). Husbands' support plays an important role in contraceptive decision-making as it is embedded within family dynamics that influence women's psychological conditions and beliefs (Retnowati & Novianti, 2018). Such support encompasses approval, motivation, and emotional as well as instrumental support in family planning processes (Zakiati et al., 2025; Setiono, 2011).

A growing body of research has examined the relationship between husbands' support and IUD utilization in primary healthcare facilities, particularly Puskesmas. However, most of these studies have been conducted independently, have primarily employed quantitative approaches, and have been limited to specific local contexts (Ariani et al., 2023; Zakiati et al., 2025). These studies generally conceptualize husbands' support as an individual-level variable, without providing an integrated synthesis of the forms and roles of husbands' support in contraceptive decision-making processes. Consequently, a comprehensive and contextual understanding of the contribution of husbands' support within primary healthcare settings remains insufficiently articulated (Irdawati & Erlinawati, 2025; Diannita & Manurung, 2023).

Primary healthcare services, including Puskesmas, play a strategic role in the delivery of family planning services through promotive, preventive, and couple-based counseling approaches. This aligns with the Regulation of the Minister of Health Number 43 of 2019, which states that healthcare facilities serve as venues for delivering health services to individuals and communities through promotive, preventive, curative, rehabilitative, and palliative approaches (Kementerian Kesehatan Republik Indonesia, 2019). Nevertheless, to date, there remains a limited number of studies that systematically synthesize research findings on husbands' support

and IUD utilization within the context of primary healthcare services through a structured literature review approach (Ariani et al., 2023; Sholikah et al., 2024; Asmiranti et al., 2023; Irdawati & Erlinawati, 2025).

Therefore, this study aims to systematically identify and synthesize the role of husbands' support in the utilization of IUD contraception at Puskesmas. The novelty of this review lies in its effort to integrate findings from previous studies while emphasizing Puskesmas as a strategic context for couple-based contraceptive decision-making. This synthesis is expected to provide a scientific basis for strengthening family planning education and counseling strategies that actively involve husbands within primary healthcare settings (BKKBN, 2024).

RESEARCH METHODS

This study employed a narrative literature review with quantitative evidence synthesis, conducted systematically in accordance with the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines. Literature searches were carried out in Google Scholar, Garuda, SINTA, and university repositories for articles published between 2021 and 2025. The search strategy used combinations of keywords and Boolean operators, including "husbands' support" OR "partner support" AND "IUD" OR "intrauterine device" AND "Puskesmas" OR "primary healthcare services."

The initial identification process yielded 66 articles, which were subsequently screened through several stages. The first stage involved title and abstract screening to exclude irrelevant articles and duplicates. The second stage consisted of full-text eligibility assessment based on predefined inclusion criteria, namely the availability of full-text articles, study settings located in Puskesmas, cross-sectional study design, and the use of chi-square statistical analysis with reported odds ratios (ORs). Articles that did not meet these criteria, were conducted outside primary healthcare settings, or failed to report clear measures of association were excluded from the analysis to minimize selection bias.

Based on this selection process, six articles met the inclusion criteria and were included in the final analysis. The methodological quality and potential risk of bias of the selected studies were assessed through critical appraisal, taking into account the clarity of study design, appropriateness of sampling methods, validity of measurement instruments, adequacy of statistical analysis, and consistency of the reported findings.

Data from the included studies were then synthesized narratively, with an emphasis on comparative analysis of odds ratios, statistical significance, and study context, in order to provide a comprehensive overview of the role of husbands' support in IUD utilization within primary healthcare settings.

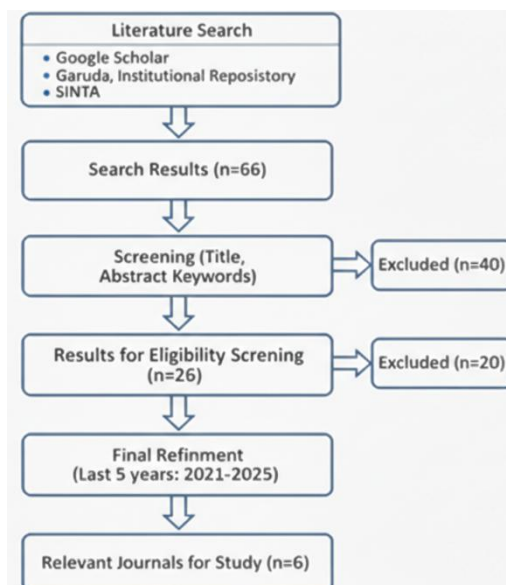


Figure 1. Literature Review Process.

RESULTS

The results of the literature review indicate that all analyzed studies reported a statistically significant association between husbands' support and the utilization of intrauterine device (IUD) contraception, with p-values < 0.05. Consistently, the odds ratio (OR) values across all studies were greater than one, indicating that husbands' support increases the likelihood of IUD use. However, the magnitude of the ORs showed considerable variation, ranging from 1.214 to 7.713, suggesting differences in the strength of the association across study contexts.

This variation in OR values can be understood contextually through differences in study locations, sample sizes, and accompanying variables included in the analyses. Studies reporting relatively lower ORs, such as Yulihah et al. (2022), suggest that husbands' support functions as a reinforcing factor, while its effect may still be influenced by other factors such as maternal knowledge or access to healthcare services. In contrast, studies reporting higher ORs, including those by Setyorini et al. (2020) and Retno et al. (2025), position husbands' support as a dominant factor in contraceptive decision-making, in some cases exceeding the influence of maternal knowledge. These findings indicate that in certain contexts, particularly in regions characterized by strong family norms, husbands' support serves as a primary determinant that legitimizes decisions regarding long-acting contraceptive use.

These findings are consistent with social support theory, which posits that support from significant others plays a critical role in shaping individuals' attitudes, beliefs, and health-related behaviors. Husbands' support is not limited to informational support, but also includes emotional and instrumental support that influences women's sense of security, confidence, and willingness to choose long-acting contraceptive methods such as the IUD. Within the context of family decision-making, contraceptive choices are often the result of negotiation and mutual agreement between partners rather than purely individual decisions. Accordingly, husbands' support can be understood as a social mechanism that bridges medical knowledge with practical acceptance at the household level.

From a primary healthcare perspective, particularly within Puskesmas, these findings have important implications. Puskesmas function not only as providers of technical IUD insertion services, but also as strategic spaces for couple-based interventions. Family planning counseling that focuses solely on women may be less effective if it does not actively involve husbands. Therefore, family planning programs at Puskesmas should integrate educational and counseling approaches that actively engage husbands through couple counseling, father-focused classes, or family-based educational activities to enhance acceptance and sustained use of IUD contraception.

Table 1. Synthesis of Studies on Husbands' Support and IUD Utilization.

Author	Study Location	Sample Size	Odds Ratio (OR)	p-value	Main Findings
Yulihah et al. (2022)	Puskesmas Mancak	91	1.214	0.000	Husbands' support was significantly associated with IUD utilization
Turiyani (2025)	Puskesmas Lubuk Batang	76	3.857	0.016	Women who received husbands' support were more likely to use IUDs
Yuniarti et al. (2025)	Puskesmas Teluk Dalam	80	3.917	0.037	Husbands' support was significantly associated with IUD utilization
Setyorini et al. (2020)	Sleman Regency, Yogyakarta	398	7.713	0.0001	Husbands' support had a significant effect on the use of IUD and implant contraception

Lanita et al. (2024)	Working Area of Puskesmas Tanjung Pinang, Jambi City	96	Knowledge: 18.846 Husbands' support: 3.364	Knowledge: 0.000 Husbands' support: 0.011	Maternal knowledge and husbands' support were significantly associated with IUD selection
Retno et al. (2025)	Working Area of Puskesmas Bumi Nabung, Central Lampung Regency	192	Maternal knowledge: 2.478 Husbands' support: 5.343	Maternal knowledge: 0.004 Husbands' support: 0.000	Husbands' support was the most dominant factor in IUD selection

DISCUSSION

The findings of this literature review indicate that husbands' support plays a significant role in the selection and use of IUD contraception. The studies analyzed consistently reported a statistically significant association between husbands' support and IUD utilization, as reflected by p-values below 0.05 and odds ratio values greater than one (Yulihah et al., 2022; Turiyani, 2025; Yuniarti et al., 2025). These findings suggest that women who receive support from their husbands have a higher likelihood of choosing and using IUDs compared to those who do not receive such support.

Variations in odds ratio values across studies indicate differences in social context and respondent characteristics, although the direction of the association remains consistent. The findings of Yulihah et al. (2022) demonstrate that although the strength of the association was relatively lower compared to other studies, husbands' support still influenced IUD utilization. In contrast, the studies by Turiyani (2025) and Yuniarti et al. (2025) reported stronger associations, suggesting that in certain contexts, spousal support may function as a dominant factor in contraceptive decision-making.

Husbands' support functions as a psychological and social reinforcing factor that influences women's confidence in choosing long-acting contraceptive methods. Approval, involvement in decision-making, and positive attitudes toward IUDs are important aspects that facilitate acceptance of this method at the family level (Turiyani, 2025; Yuniarti et al., 2025; Naibaho et al., 2024). Furthermore, the literature indicates that husbands' support encompasses emotional, informational, and instrumental dimensions. Husbands' involvement in counseling processes and their understanding of the benefits and safety of IUDs contribute to reducing doubts and negative perceptions regarding this contraceptive method (Retnowati & Novianti, 2018; Yuniarti et al., 2024). Therefore, husbands' support should not be viewed merely as formal approval, but rather as a source of motivation and a sense of security for women using IUD contraception.

These findings imply that family planning service approaches that focus solely on women are suboptimal. Partner involvement, particularly that of husbands, represents a key component in increasing both acceptance and sustained use of IUD contraception, as consistently demonstrated across the reviewed studies (Yulihah et al., 2022; Turiyani, 2025; Yuniarti et al., 2025).

CONCLUSION

Based on the critical synthesis of the analyzed literature, this review confirms that husbands' support is a key determinant of IUD contraception utilization, with consistently significant effect sizes across various Puskesmas contexts. The novel contribution of this review lies in emphasizing that husbands' support functions not merely as a facilitating factor, but as a structural component in contraceptive decision-making within primary healthcare services, where couple dynamics, family norms, and social legitimacy strongly influence the selection of long-acting contraceptive methods.

In contrast to previous studies that commonly conceptualized husbands' support as an individual or psychosocial variable, this review demonstrates that its influence becomes stronger and more consistent when examined specifically within the context of Puskesmas as the primary entry point for family planning services. Accordingly, Puskesmas occupy a strategic position not

only as providers of technical contraceptive services, but also as platforms for couple-based interventions that enable the strengthening of husbands' roles through integrated education and counseling.

Although the number of included studies remains limited, these findings provide a conceptual foundation for the development of more context-sensitive family planning policies and programs by positioning husbands' involvement as a key strategy for enhancing acceptance and sustained utilization of IUD contraception within primary healthcare settings.

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