

## Literature Review: Factors Influencing Contraceptive Choice Among Women of Childbearing Age

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### Article Info

#### Keywords :

Contraceptive Choice, Family Planning, Women of Childbearing Age

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### ABSTRACT

**Background & Objective:** Family planning is an effort to regulate childbirth, including the spacing and ideal age of childbirth, as well as pregnancy, through promotion, protection, and assistance in accordance with reproductive rights, in order to realize a quality family. Therefore, family planning is a government program designed to balance population needs. Contraceptive use aims to fulfill reproductive rights, help people plan the number and timing of their children, and prevent unwanted pregnancies. Proper contraceptive use can reduce the risk of maternal and infant mortality. Therefore, ensuring access to quality family planning programs should be a priority in health services. The purpose of this literature review is to determine the factors that influence the selection of contraceptives in women of childbearing age. **Method:** The research method used is a literature review study that tries to explore information about the factors that influence the selection of contraceptives in women of childbearing age. The type of data used is secondary data. Sources for conducting this literature review include a systematic search study of computerized databases on Google Scholar in the form of research journals totaling 5 articles. The research journals used are from 2020 to 2024. **Result:** The results of the research analyzed by the researchers, from 5 journals, showed that the main factors influencing the selection of contraceptives were knowledge and husband support. While other factors that influence the selection of contraceptives are age, education, occupation and attitude. **Conclusion:** Increase education to husbands and always involve husbands in family planning counseling. So that husbands can provide appropriate support to their wives and can strengthen couple communication in making contraceptive decisions.

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DOI: <https://doi.org/10.56359/igi.v4i2.735>



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## Introduction

According to Law Number 52 of 2009 on Family Planning in the Republic of Indonesia, family planning is an effort to regulate childbirth, including the spacing and ideal age of childbirth, as well as pregnancy, through promotion, protection, and assistance in accordance with reproductive rights, in order to realize a quality family. Therefore, family planning is a government program designed to balance population needs (Kementerian Kesehatan RI, 2014).

The Family Planning Program (KB) is a program that serves as the basis for implementing government policies in the population sector, which has significant implications for the development of the health sector in terms of both quantity and quality. The family planning program should be positioned strategically in efforts to control the rate of population growth through birth and the maturation of marriage age. This can be done quantitatively or qualitatively by fostering resilience and improving family welfare to realize small, happy, and prosperous families. This will allow the family planning program and movement to be positioned as the most important part of an economic development strategy (Astyandini et al., 2024).

According to the 2023 update of family data collection by BKKBN, the prevalence rate of PUS participating in family planning in Indonesia is 60.4%. The provinces with the highest prevalence rates are South Kalimantan (71.2%) and East Java (67.5%), while the provinces with the lowest rates are West Papua (31.1%) and Maluku (39.2%) (Kementerian Kesehatan RI, 2024).

Contraceptive services and family planning are strategic interventions that reduce MMR and IMR. Contraceptive use aims to fulfill reproductive rights, help people plan the number and timing of their children, and prevent unwanted pregnancies. Proper contraceptive use can reduce the risk of maternal and infant mortality. Therefore, ensuring access to quality family planning programs should be a priority in health services (Kementerian Kesehatan RI, 2020).

In 2023, the pattern of choosing modern contraceptive methods in Indonesia shows that the majority of acceptors chose injections (35.3%), followed by pills (13.2%). This pattern occurs every year, with family planning participants choosing short-term methods over long-term ones (Kementerian Kesehatan RI, 2024).

Contraceptive methods are divided into three, namely based on content, protection period, modern and traditional methods according to the classification in the table. The contraceptive methods used in the government program are based on the protection period, namely Long-Term Contraceptive Methods (MKJP) and non-Long-Term Contraceptive Methods (non-MKJP). Contraceptive types can be divided into hormonal and non-hormonal contraceptives. Hormonal contraceptives include Combination Injectable Contraceptives (CWC), Progestin Injectable Contraceptives (PSC), Combination Pill Contraceptives (KPK), Progestin Pill Contraceptives (PPP), implants. Non-hormonal contraceptives include IUD Copper, IUD Levonorgestrel (IUD-LNG), condoms, tubectomy and vasectomy (Kementerian Kesehatan RI, 2020).

## Objective

The purpose of this literature review is to determine the factors that influence the selection of contraceptives in women of childbearing age.

## Method

The research method used is a literature review study that tries to explore information about the factors that influence the selection of contraceptives in women

of childbearing age. The type of data used is secondary data. Sources for conducting this literature review include a systematic search study of computerized databases on Google Scholar in the form of research journals totaling 5 articles. The research journals used are from 2020 to 2024.

The analysis method used is to use content analysis of online research journal documents obtained through searches of trusted journal sites with inclusion criteria, namely research journals that examine the factors that influence the selection of contraceptives in women of childbearing age within the last 5 years, national and international class, have ISSN (International Standard of Serial Number) numbers, both printed and electronic versions or there are DOI (Digital Object Identifiers) in the journal.

## Result

The result of the review found 5 articles that met the objectives.

**TABLE 1.** Analysis of Literature Review Results

No	Title and Year of Publication	Author	Methods and Samples	Results
1.	Factors Influencing Kb Acceptors in Choosing Contraceptives, 2021.	Saniasa Luba, Rukinah.	This research uses a mixed-methods design with quantitative and qualitative stages. The study population consisted of all mothers who used birth control. Researchers used accidental sampling based on patients who visited the health center during the study. A total of 51 people met the inclusion criteria.	That the four variables (education, knowledge, number of children, husband's support) together have no significant effect on the use of non-hormonal hormonal contraceptives with a chance of $0.2776 > 0.05$ . The magnitude of the influence of the four independent variables together can be seen from the Pseude R value of 13% (Luba & Rukinah, 2021).
2.	Factors Affecting the Selection of Contraceptive Methods in Women of Fertile Age in the Working Area of the Darul Azhar Batulicin Health Center, Tanah Bambu Regency in 2022.	Puput Melati, Ritna Udiyani, Bayu Purnama, Atmaja, Nita Rahayu	This research method uses a case control design, the sample in this study was 196 respondents divided into two groups, namely the case groups 98 respondents and the control 98 respondents using purposive sampling technique.	The results of the bivariate analysis using Komogrov-Smirnov on age and education obtained p value $< 0,05$ , the results of the chi-square analysis of work obtained p value $< 0,05$ and the results of the Fisher's analysis of knowledge, attitudes, husband support and the role of labor for health, the p value $< 0,05$ means that H0 is rejected and H1 is accepted. Furthermore, the result of

No	Title and Year of Publication	Author	Methods and Samples	Results
				multivariate analysis using multiple logistic regression test on age with an OR value = 0,385, education with an OR value = 2,239 (Melati, Udiyani, Atmaja, & Rahayu, 2023).
3.	Affecting Factors in the Selection of Contraceptive Devices for Family Planning Acceptors, 2022.	Septi Widiyanti, Yusro Hadi M, Sri Lestariningsih.	Quantitative research with a cross-sectional design, the population of family planning acceptors is 1374 family planning acceptors. With the results of the calculation of the sample size obtained, a sample of 94 respondents was sampled with a simple random sampling technique.	Result the most dominant factor is the husband's support factor, followed by maternal health during family planning, knowledge of contraceptives, and mother who do not work/homemakers (Widiyanti, M, & Lestariningsih, 2022).
4.	Influencing Factors of Contraception Use among Women in the Mengwi II Community Health Center, 2023.	Putu Indah Budipsari, Putu Arya Suryanditha, Ngurah Yogi Prasta, I Wayan Darwata	This study was cross sectional, with 167 subject selected by simple random sampling.	The results showed that the intrauterin device was the contraception type most used by the respondent (31,3%). The majority of the respondents had a college education level. The contraceptive knowledge of most of the respondents was sufficient (>97,2%). Most of the respondents (69,8%) received information from health workers. It was found that knowledge was an influencing factor in choosing a contraceptive method (p=0,010) (Budiapsari, Putu Arya Suryanditha, Ngurah Yogi Prasta, & I Wayan Darwata, 2023).
5.	Factors Affecting the Selection of Contraceptives in Women of Fertile Age in Midwife Independent Practice, 2024.	Meti Kusmiati, Efril Serliana Maulida, Indri Widya Sari, Jahra Salsabila Fitri, Stevanie Wielhelmina Phelma Nanariaian	The type of research used is an analytical survey with a cross sectional approach. In this study, samples were taken using the random (probability) sampling method. The population is 266 with a	The results showed that based on the chi square statistical test, there was no relationship between age, parity, education, work, welfare, husband support, and

No	Title and Year of Publication	Author	Methods and Samples	Results
			sample of 160. Statistical test using chi square test, the tool used to collect data in this study is a questionnaire.	information sources with the selection of contraceptives. Women with good knowledge tend to choose implantable contraceptives (Kusmiati, Maulida, Sari, Fitri, & Nanariain, 2024).

## Discussion

The choice of contraception is to determine the tools or drugs used to prevent or avoid pregnancy as a result of the meeting between a mature egg cell and a sperm cell, both temporary and permanent (Indriani Djusair, 2022).

The age factor affects the choice of contraceptive methods in women of childbearing age, this is in line with research (Indrayani & Nita, 2020) that age affects the selection of long-term contraceptive methods with a p value of 0.006 (<0.05). The older you get, the wiser you will be in choosing the contraceptives to be used.

Education affects the selection of contraceptives. According to (Notoatmodjo, 2018) education is an activity or learning process to develop or improve certain abilities so that the target of education can stand alone. This is in line with research (Rosidah, 2020) that the level of education also affects the selection of MHJP methods. In receiving information, a mother who has higher education will more easily analyze good or bad information, so that it greatly influences decision making (Jasa, Listiana, & Risneni, 2021).

Work affects the selection of contraceptives. According to (Notoatmodjo, 2018) work is a daily activity carried out in everyday life in order to obtain an income, both basic income and additional income. The wife's activities serve to help the family income or ease the burden on her husband. This is in line with research (Mahmudah & Daryanti, 2023) that most respondents are working mothers. Working women have a high value of time so that the opportunity to take care of children is less than women who do not work, and working women will tend to limit the number of children. A working mother will have broader insights and relationships so that more information is obtained and can easily choose contraceptives that are more effective and efficient for her (Jasa et al., 2021).

Knowledge affects the selection of contraceptive methods. In line with research (Widiyanti et al., 2022) that family planning acceptors with good knowledge were 61.7%. According to (Notoatmodjo, 2018) the level of knowledge is a very important domain for the formation of a person's actions, including in terms of choosing the contraceptives they use. This is supported by research (Yulizar et al., 2022) which states that there is an influence between knowledge factors on the selection of Long-Term Contraceptive Methods (MKJP) with a p value of 0.005 (p

<0.05). Those who have good knowledge tend to choose to use the Long-Term Contraceptive Method because someone who is well informed will be easy to receive information in applying his knowledge in everyday life as well as the selection of the Contraceptive Method.

Attitude affects the selection of contraceptive methods in women of childbearing age. This is supported by the results of Riswanti's research (2020) which states that there is an influence on attitudes towards the selection of Long-term Contraceptive Methods (MKJP) because respondents' attitudes are influenced by several factors including personal experience, the influence of people who are considered important, the influence of people and mass media.

Husband support affects the choice of contraceptive methods in women of childbearing age. In line with research (Widiyanti et al., 2022) that all family planning acceptors (100%) have received the blessing and support of their wives in choosing to use contraceptives. Husband's support is needed for decision-making in family planning because the reality in the community is that if the husband does not allow or support only a few mothers dare to keep the contraceptive. Husband support is very important to motivate and support wives in choosing contraceptives to be used. The absence of support from the husband often makes the wife not entitled to decide something in making decisions. Support that can be provided includes choosing suitable contraception, namely contraception that suits the wife's condition, reminding her to control and deliver it when there are side effects or complications (Yulizar et al., 2022).

The role of Rural Community Institutions (IMP) cadres is very important in reminding Fertile Age Couples (PUS) about the importance of participation in the family planning program, and choosing the right contraceptives so that they can succeed in government programs in reducing population and forming small healthy and prosperous families (Asmarani & Heryani, 2023).

## **Conclusion**

The results of the research analyzed by the researchers, from 5 journals, showed that the main factors influencing the selection of contraceptives were knowledge and husband support. While other factors that influence the selection of contraceptives are age, education, occupation and attitude.

Referring to these conclusions, it is suggested that there should be a program from the government to increase education to husbands and always involve husbands in family planning counseling. So that husbands can provide appropriate support to their wives and can strengthen couple communication in making contraceptive decisions. Use digital platforms to deliver educational information that is interesting and easily understood by both women of childbearing age and their husbands.

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