



Factors Influencing the Selection of Contraceptives : A Literature Review

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Abstract. Background: Family planning is a role that helps a person or married couple to achieve the desired goals, application of pregnancy, manage the time and number of births in the conjugal relationship, and choose the number of children the family will have. Objective: This literature aims to explain the factors in the selection of contraceptives. Method: The method used is to use a literature review. Articles to be reviewed are obtained through searches in electronic databases, namely Google Scholar. Results: Results show that this literature review study uses 5 national journals accessed from Google Scholar that explain the factors that cause a woman to choose contraception. Conclusion: It can be concluded that age, education, and occupation factors, as well as husband or family support such as emotional support, informational support, instrumental support, and judgment/appreciation support, are factors that influence a woman in choosing contraceptives.

Keywords: Husband Support; Hormonal Contraceptives; Contraception.

1. Introduction

Family planning is a function that facilitates someone or married couple to achieve goals, follow for favored being pregnant, manage the time and number of births in the conjugal relationship, and choose the number of children the family will have. Many Indonesian women discoverd it difficult to determine the great type of alkon[1]

The selection of contraceptives in Indonesia is normally still focused on hormonal contraceptives such as injections, pills, and implants. In the meantime, the government's family planning policy focuses more on the use of non-hormonal contraceptives such as IUDs, tubectomy, and vasectomy. Program recommendations are based on economic considerations so that the use of hormonal contraceptives is considered more effective. Its efficacy is questionable in reference to the supply of buged for supply of contraceptives and their effectiveness, price, failure change, side effects, and complications. From a clinical factor of view, non-hormonal contraceptives are considered good for the health of the body, but hormonal contraceptives besides being economical also have a considerable impact on health in the long run. Among them are menstrual problems, weight problems, infertility,

decreased libido, headaches, high blood pressure, and stroke. Birth control adopters who use contraceptives temporarily complain of health problems [2]

The husband can take part in family planning directly or indirectly. Direct involvement can be achieved by being an acceptor of birth control. Indirect involvement can be achieved by encouraging wives to participate in family planning and work together to make decisions regarding the number of children to have in the family to participate in birth control using one of the contraceptive methods, the husband's is to help and provide incentives [3]

Referring to the explanation above, there are many factors in the selection of contraceptives, and based on the results of previous studies that produce various research results, it becomes very interesting when examining the factors in the selection of contraceptives.

2. Method

This study is a literature review that aims to determine the factors that influence the selection of contraceptives. The review process begins with identifying journal articles that are relevant to the research topic. Articles to be reviewed are obtained through searches in electronic databases, namely Google Scholar.

Articles to be reviewed in research that explain the factors in the selection of contraceptives. Article search using keywords such as contraceptive selection, factors causing contraceptive selection, and supporting factors for contraceptive selection. Article searches are limited to 2019-2023 publications.

3. Results and Discussion

Searching literature through an electronic database yields 30 journal articles that have the potential to be reviewed. After identifying abstracts from 30 articles, 20 articles were selected. Of the 20 journal articles identified that meet the inclusion criteria, there are 10 articles, and 5 journal articles were selected to be reviewed in this study. The process of article identification can be seen in figure 1.

This literature review research uses 5 national journals accessed from Google Scholar. The five articles selected for review in this study are the results of research from various regions in Indonesia, namely Manado (Bakri et al., 2019) [4], Grobogan (Rahmawati & Fitriani, 2020) [5], Aceh (Nurseptiana & Lestari, 2022) [6] Metro (Nurseptiana & Lestari, 2022), and Lampung (Warsini at all, 2021)[7]. Of the five articles obtained, it is a type of quantitative research using descriptive methods with a cross-sectional research design.

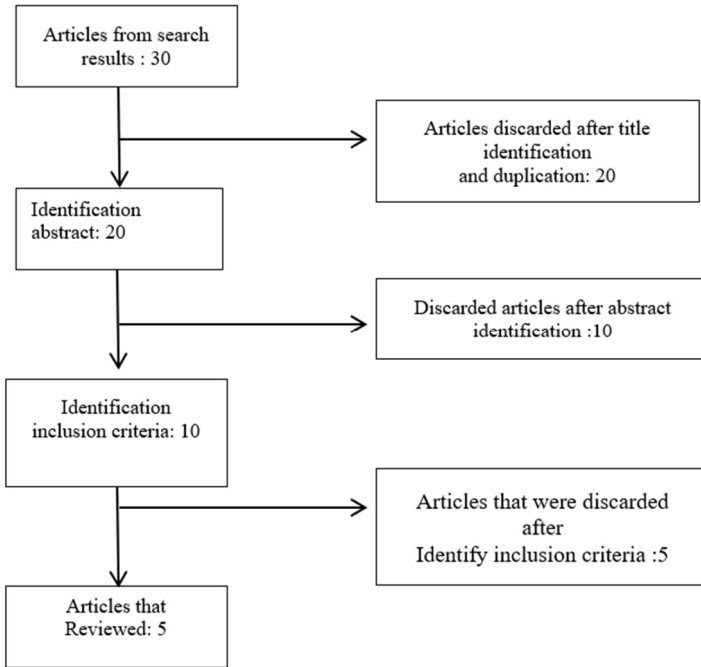


Fig 1. Article identification process

Table 1. Article summary

Writer	City	Research Title	Method	Result
(Bakri et al., 2019)	Manado	Factors related to the selection of contraceptive methods in women of childbearing age in the working area of Ranotana Weru Health Center	Cross-Sectional	Using the Chi-Square test with $\alpha=0.05$ knowledge obtained ($p = 0.036$), husband support ($p = 0.030$) the role of PLKB ($p = 0.317$).
(Rahmawati & Fitriani, 2020)	Grobokan	Overview of Husband Support with the Selection of Hormonal Contraceptive Methods in Gading Village, Kuripan Village, Purwodadi District	Cross-sectional	The results of the analysis of husband support are very good 2 people (10.5%), good 9 people (47.4%), quite good 6 people (31.6%), not good 2 people (10.5%).
(Nurseptiana & Lestari,	Aceh	Husband's Support for the Selection of	Cross-sectional	Univariate analysis shows the dimensions of

Writer	City	Research Title	Method	Result
2022)		Implantable Contraception in Wus in the Working Area of the Folding Kajang Health Center 2022		Knowledge and spousal Support. The bivariate test showed a significant relationship between the dimensions of Knowledge ($0.004 < 0.05$) and spousal Support ($0.001 < 0.05$).
(Widiyanti et al., 2022)	Karangrejo Village, Metro City	Factors affecting the selection of contraceptives in family planning acceptors	Cross-sectional	The results of the bivariate test were knowledge ($p = 0.03$), employment ($p = 0.002$), economy ($p = 0.041$), husband support ($p = 0.000$), and health status at birth control ($p = 0.000$) while the other four variables were not related because the p-value was more than 0.05, namely education ($p = 0.210$), number of children ($p = 0.670$), family history of hereditary diseases ($p = 1,000$) and self-confidence ($p = 1,000$). In multivariate analyses variables due to husband support and maternal health status during constant birth control were not included in the modeling. The final modeling results obtained knowledge ($p = 0.07$, 95% CI: 0.35 - 0.597) and work ($p = 0.12$, 95% CI: 1.493 - 25.631).
(Warsini et al., 2021)	Lampung	Factors Influencing Couples' Decision-Making in Choosing Contraceptives	Cross-sectional	There is a relationship between age, parity, and spousal support for contraception with the average short- and long-term contraceptive scale of 1.58 with a standard deviation of 0.496 and

Writer	City	Research Title	Method	Result
				standard error of 0.053, the average age scale of < 20 years, 20 to 30 years and > 30 years is 1.85 with a standard of revision of 0.766 and a standard error of 0.082, the average parity scale is 1.73 with a standard of revision of 0.690

Based on the results above, factors that influence the selection of contraceptives are obtained:

Age

From the results of the study [7] There is a relationship between contraceptive selection and respondents' age. Age is one of the factors in choosing contraception. Age is an intrinsic factor, in a person's decisions in choosing contraceptives. The age of 20-35 is an age that is not at risk because this is the time when a woman's organs, reproductive functions, and hormonal system are mature enough to have children [8].

Education

Education is one of the factors that influence a person to accept new ideas, including using contraception. Someone who has a higher level of education will be broader and easier to accept ideas, more independent and rational in making decisions and actions. Women who have higher education will tend to implement family planning programs [9]. The level of education also influences making choices, because someone who has higher education will generally have a wider view and more easily accept innovative ideas and things [10] In line with the results of the study [11] which explains that the level of education is closely related to the selection of contraceptives in family planning acceptors in Kupang City.

Work

Work is generally a time-consuming activity for mothers and will influence the family. The work of family planning participants and husbands will affect the income and economic status of the family. A family with upper economic status has fertility behaviors that encourage the formation of large families. Employment status can affect participation in birth control because of the influence of the work environment that encourages someone to participate in birth control, so it will indirectly affect the status of contraceptive use [1]

Emotional support

In the research by Habibi, 2022 [12] statistical test results were obtained using the Chi-Square test obtained $p\text{-value} = 0.000 < 0.05$ so that the null hypothesis (H_0) was rejected which means that there is a relationship between the husband's emotional support and the selection of contraceptives in the Kuta Alam Health Center Work Area Banda Aceh in 2022. Emotional support is an effort by the husband to help provide comfort and emotional calm for the wife such as by listening to complaints, providing empathy, showing affection, and providing motivation in the use of contraceptives [13] Emotional support can be in the form of giving consent to choose or use contraceptives, and giving attention if side effects or complaints occur due to the use of contraceptives [13]

Informational support

Informational support can be shown by explaining the situation and everything related to reproductive health problems such as contraceptive use. This support includes the provision of advice, advice, knowledge, and information as well as guidance. The role of the husband in providing information is very influential for the wife. Roles such as participating in consultations, when the wife will use contraceptives, reminding wives of the schedule of taking medication or schedules for control, reminding wives of things not to do when using contraceptives, and so on will be very instrumental for wives when going to or have used contraceptives. The magnitude of the husband's role will greatly help him and the husband will be more and more. Realizing that reproductive health problems are not only a woman's (wife's) business [14] In line with the results of the study by [5] It was found that most women received good informational support with 64 respondents (74.4%).

Instrumeariental support

Based on the results of researchers Habibi [12] It was found that the husband's instrumental support was closely related to the selection or use of contraception. It can be seen from husbands/families providing good instrumental support they chose the type of non-hormonal contraception 24 respondents (44.4%), but if the husband providing instrumental support is less to his partner then they preferred the type of hormonal contraceptive 33 people (89.2%) [12]. Instrumental support is support in the form of providing facilities, such as meeting all the needs of the wife when going to check her reproductive health problems [16]. Instrumental support can be shown when the husband accompanies the wife to install contraceptives, assists the wife in determining the appropriate place of service or health worker, helps seek help in case of side effects or complications from the use of contraceptive devices, and escorts the wife to a health care facility for control or referral [16].

Assessment / award support

The family acts as a feedback guide, guiding and mediating problem-solving, as a source and validator of family members' identities including providing support, appreciation, and attention. This form of support involves providing information, advice, or feedback about individual situations and conditions. This type of information can help individuals identify

and resolve problems easily [17] Assessment/appreciation support such as husbands always ask the midwife for an explanation of the results of the examination [18].

4. Conclusion

From the results of the study above, it can be concluded that several factors influence women of childbearing age in choosing contraceptives. It was found that age, education, and occupation factors, as well as husband or family support such as emotional support, informational support, instrumental support, and assessment/appreciation support, are factors that influence a woman in choosing contraceptives.

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