

Research Article

Factors Influencing Mothers Interest in Choosing IUD Contraception at Bontong Health Center

Rambli Linda Englin Timban¹, Widia Shofa Ilmiah^{2*}, Rizful Maulina³

¹ Bontong Health Center, Indonesia, Email : timbanlinda@gmail.com

^{2,3} Institut Teknologi, Sains, dan Kesehatan RS Dr. Soepraoen Kesdam V/BRW, Indonesia;
e-mail: widiashofailmiah@itsk-soepraoen.ac.id

* Corresponding Author : **Widia Shofa Ilmiah**

Abstract: Rapid population growth is a major challenge in Indonesia, despite the ongoing implementation of the Family Planning (KB) program. Among the various contraceptive methods introduced, the Intrauterine Device (IUD) has proven to be an effective long-term solution. However, maternal interest in using the IUD remains relatively low, posing a challenge to achieving optimal family planning outcomes. This study aims to analyze the factors influencing maternal interest in choosing IUDs at Bontong Health Center. The study employed an observational design with a cross-sectional approach. A total of 35 respondents were selected using a total sampling technique. Data were collected through a structured questionnaire that assessed various factors influencing IUD use, including knowledge, gravida status, and previous family planning experience. The results revealed that 57.1% of respondents were not interested in using IUDs, while 42.9% expressed interest. Several significant factors were found to influence maternal interest, particularly the level of knowledge and gravida status. Specifically, respondents with better knowledge about IUDs were more likely to be interested in using them, with 63.6% of those with good knowledge expressing interest, compared to 30.0% with sufficient knowledge and only 35.7% with poor knowledge. Additionally, gravida status also played a significant role, with those who had previous pregnancies showing more interest in IUD use. In conclusion, maternal knowledge and pregnancy experience are key factors influencing interest in IUD use. To increase the adoption of IUDs as a long-term contraceptive option, it is essential to improve education and counseling efforts aimed at increasing public understanding of the benefits and safety of IUDs.

Keywords: Contraception; Family Planning; IUD; Knowledge; Maternal Health

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1. Introduction

Family planning programs (KB) is still priority program on health services besides maternal and child health (MCH), adolescent reproductive health (KRR). Additionally, the prevention of sexually transmitted diseases (PMTCT) (Rotinsulu et al., 2021). Global population growth continues to increase, especially in developing countries such as Indonesia. To control the population, the Government in Indonesia initiated the Family Planning Program. Based on Law No. 52 of 2009 concerning Population Development and Prosperous Family Development, this program aims to regulate child birth, pregnancy spacing, and the

ideal age for childbirth. This is done through promotion, protection, and provision of support in accordance with reproductive rights in order to realize a quality and prosperous family (Sadiah & Haque, 2023)

Family planning is defined as the ability of individuals and couples to plan and achieve the desired number of children, including regulating the spacing and timing of births. This program also includes regulating pregnancy intervals, controlling pregnancy time based on the age of the couple, and determining the number of children in the family according to planning (Rahayu et al., 2021). Intrauterine Device (IUD) is one of the most effective and safe long-term contraceptives methods (LTCM) compared to others. IUDs are very effective with an effectivity rate of 99.4%. IUDs can be used for 3-5 years for the hormonal type and 5-10 years for the non hormonal type (Sucilasmi et al., 2024).

The main goal to create family with high quality is to slow population growth and increase the number of quality small families. This is indicated by the increasing use of appropriate, effective, and efficient contraceptive methods, especially long-term contraceptive methods (LTCM). The Family Planning Program aims to create quality families by advancing, protecting, and supporting the implementation of reproductive rights, as well as providing appropriate services with minimal side effects. MKJP has the benefits of long-term effectiveness, affordable costs, and does not interfere with the health of users. (Hasmiah, 2023)

The level of use of LTCMs is one of the indicators in the Sustainable Development Goals (SDGs), especially in goal 3, namely "Ensuring Healthy Lives and Improving the Welfare of All Populations at All Ages." This is the responsibility of the government through the BKKBN as part of sustainable development efforts in the global agenda for the period 2016 to 2030. (Lubis et al., 2023)

Data from the World Health Organization (WHO), contraceptive use has experienced the highest increase in Asian and Latin American countries, while the lowest occurred in Sub-Saharan Africa. In Africa, the contraceptive use rate increased from 23.6% to 28.5%, while in Asia, there was a small increase from 60.9% to 61.8%. In Latin America and the Caribbean, the contraceptive use rate remained stable at 66.7%. Based on the 2021 family data collection released by the BKKBN, the prevalence of PUS (Fertile Age Couples) who are KB participants in Indonesia was recorded at 57.4%, which shows a decrease compared to 2020 which reached 67.6%. The prevalence of contraceptive as participant in Indonesia in 2022 reached 59.9% (Noeraini et al., 2024). When viewed based on provincial distribution, the highest prevalence of family planning use was found in South Kalimantan (67.9%), Bangka Belitung Islands (67.5%), and Bengkulu (65.5%), while the lowest was in Papua (15.4%), West Papua (29.4%), and Maluku (33.9%). The pattern of choosing modern contraceptive methods in 2021 showed that the IUD was ranked 4th, while the majority of acceptors chose the injection method, which was used by 59.9% of the total participants, compared to the use of IUDs which was only 8% (Muninggar et al., 2024).

According to BKKBN, government efforts to suppress population growth can be achieved through the Family Planning Movement and the voluntary use of contraceptives by Fertile Age Couples. This movement aims to create prosperous families to support the development of quality human resources. The Family Planning Program is one of the most effective methods for improving family resilience, health, and the safety of mothers, children, and women (Sari et al., 2019)

The lack of interest of mothers in using IUD contraception is thought to be influenced by various factors, such as education level, knowledge, economic conditions, culture, religion, and lack of public understanding and awareness about the benefits and use of IUDs. One of the impacts of this low interest is the high failure rate of other contraceptive methods. In fact, IUDs are very effective contraceptives with a low failure rate, which is only around 1–5 pregnancies per 100 women. The use of IUDs can help reduce the birth rate, which ultimately affects population growth. If mothers are equipped with adequate knowledge about IUDs, awareness of using them will increase, so that their effectiveness as a contraceptive can be maximized (Astuti et al., 2017). This study aimed to identify the factors influencing mothers' interest in selecting IUD contraception at the Bontong Health Center.

2. Preliminaries or Related Work or Literature Review

The decision to use intrauterine devices (IUDs) among mothers in Indonesia remains relatively low, despite their proven effectiveness as long-term contraceptives. Numerous studies have sought to identify the determinants of contraceptive preferences, particularly in developing countries where population control is a major concern. This section reviews relevant literature addressing the influence of knowledge, education, gravida status, and social support on IUD utilization.

Influence of Knowledge and Education on IUD Utilization

Knowledge plays a critical role in shaping individuals' health behavior, including decisions related to family planning. Several studies have emphasized that mothers with adequate or good knowledge regarding IUDs are more likely to choose this contraceptive method. (Perwira et al., 2022) revealed a statistically significant relationship between maternal knowledge and interest in long-term contraceptive methods (LTCMs), particularly IUDs. The findings indicate that well-informed mothers better understand the effectiveness, duration, and safety of IUDs compared to short-term methods. In addition to knowledge, educational attainment is also considered a determinant of contraceptive choice.

However, in the current study, while knowledge showed a significant correlation ($p = 0.025$), education level did not ($p = 0.578$). This suggests that formal education alone may not be sufficient; targeted health education and direct counseling regarding IUDs are necessary to bridge knowledge gaps and influence decision-making.

Role of Pregnancy Experience and Social Support in Contraceptive Decisions

Given the importance of both personal and interpersonal factors, health professionals at the primary healthcare level should provide comprehensive counseling and encourage family involvement to enhance informed contraceptive choices. The literature review also concludes that knowledge and pregnancy experience play a crucial role in shaping behavior and decision-making regarding contraceptive use. The greater the pregnancy experience, the higher the level of knowledge and awareness about the importance of long-term contraception (Oktaviany & Fithri, 2024).

Pregnancy experience often enhances a mother's awareness of reproductive health and the benefits of effective birth spacing. As women experience more pregnancies, they become more aware of the physical, economic, and social implications, which may drive them to choose more reliable contraceptive methods such as IUDs. Social support also plays a critical role. Research by(Yuliana et al., 2022) underscores the influence of spontaneous support and partner knowledge on women's contraceptive decisions. In settings where male partners are involved in family planning discussions, women are more likely to opt for long-term methods.

3. Proposed Method

This study used an observational study design with a cross-sectional approach. The population in the study included all mothers giving birth at Pertamina Tanjung Balai Hospital in October–November 2024, totaling 91 people. The research sample consisted of some of the mothers giving birth during that period, using a total sampling technique so that the entire population was sampled. The research instrument was a questionnaire. The researcher ensured that the research process was carried out after providing informed consent to all respondents. Data analysis was carried out using multiple logistic regression tests with the help of SPSS version 16 software to identify the relationship between the independent variables and the dependent variables.

4. Results and Discussion

Distribution of Respondents Chalralcharacteristics

Table 1. Age Frequency Distribution

Age	Frequency	Percentage (%)
<20 years	2	5.7%
20-35 years	26	74.3%
>35 years	7	20%
Total	35	100%

Based on Table 1, the majority of respondents are aged 20–35 years, totaling 26 individuals (74.3%). This age group is generally considered a productive period for women in terms of pregnancy and parenting. Meanwhile, there are 2 respondents (5.7%) under the age of 20 years and 7 respondents (20%) over the age of 35 years.

Table 2. Frequency Distribution of Gravidal

pregnancy	Frequency	Percentage (%)
Primigravida	6	17.1%
Multigravida	23	65.7%
Grandmulti	6	17.1%
Total	35	100%

Based on Table 2, shows that most of the respondents were multigravida, totaling 23 individuals (65.7%). Meanwhile, 6 respondents (17.1%) were primigravida and another 6 (17.1%) were grandmultigravida. This indicates that the majority of participants have experienced more than one pregnancy.

Table 3. Frequency Distribution of Education Level

Level of education	Frequency	Percentage (%)
No complete Elementary School	1	2.9%
Elementary School	8	22.9%
Junior High School	6	17.1%
Senior High School	15	42.9%
Collage	5	14.3%
Total	35	100%

Based on Table 3, illustrates the distribution of respondents based on their level of education. The majority of respondents (42.9%) graduated from senior high school, followed by 22.9% who completed elementary school. Meanwhile, 17.1% had junior high school education, 14.3% had tertiary education, and only 2.9% did not complete elementary school.

Table 4. Frequency Distribution of Knowledge Level

Level of Knowledge	Frequency	Percentage (%)
Not enough	14	40%
Enough	10	28.6%
Good	11	31.4%
Total	35	100%

Based on Table 4, shows that the largest group of respondents had a good level of knowledge, totaling 11 individuals (31.4%). Meanwhile, 10 respondents (28.6%) had sufficient knowledge, and 14 respondents (40%) were categorized as having insufficient knowledge. This indicates that a significant portion of the respondents still lack adequate knowledge related to the topic.

Table 5. Frequency Distribution of Interest in Choosing IUD Contraceptive Devices

Interest in Plh Alkon IUD	Frequency	Percentage (%)
Not interested	20	57.1%
Interested	15	42.9%
Total	35	100%

Based on Table 5, it can be seen that the majority of respondents, 20 individuals (57.1%), are not interested in choosing IUD as a contraceptive method. On the other hand, 15 respondents (42.9%) expressed interest in choosing IUD. This shows that there is still a relatively high level of disinterest in using IUD contraception among respondents

Table 6. Relationship between Age, Gravidity, Education Level, Knowledge Level with
Interest in Choosing IUD Contraceptive Devices

		Interest in Choosing Alkon IUD				Total		P value
Variables		Not interested		Interest				
		n	%	n	%	n	%	
Age	<20 years	1	50%	1	50%	2	100 %	0.213
	20-35 years	17	65.4 %	9	34.6%	26	100 %	
	>35 years	2	28.6 %	5	71.4%	7	100 %	
pregnancy	Primigravida	4	66.7 %	2	33.3%	6	100 %	0.089
	Multigravida	15	65.7 %	8	34.8%	23	100 %	
	Grandmulti	1	16.7 %	5	83.3%	6	100 %	
Education Level	Didn't finish elementary school	0	0%	1	100%	1	100 %	0.578
	Elementary school	4	50%	4	4%	8	100 %	
	Junior high school	4	66.7 %	2	33.3%	6	100 %	
	Senior high school	10	66.7 %	5	33.3%	15	100 %	
	Collage	2	40%	3	60%	5	100 %	
Level of Knowledge	Not enough	9	64.3 %	5	35.7%	14	100 %	0.234
	Enough	7	70%	3	30%	10	100 %	
	Good	4	36.4 %	7	63.6 %	11	100 %	

Analysis of the Relationship between Age and Interest in Choosing an IUD

The results of the chi-square statistical test analysis ($p = 0.213$) indicate that there is no significant relationship, showing that age does not have a significant relationship with maternal interest in choosing IUD contraception. However, respondents aged >35 years tend to be more interested in using IUDs (71.4%) compared to other age groups. Most respondents in the 20–35 age group were not interested in using IUDs (65.4%). Age is an important factor in determining the use of contraception, because at certain stages in a person's age range, reproductive rates can vary (Apriyanti & Aini, 2024). This research is the same as the study conducted (Lubis et al., 2023) by the Sungai Jambat Health Center, Tanjung Jabung Timur Regency, which analyzed the relationship between age and maternal interest in choosing IUD contraception. Based on the results of statistical tests, a p-value of 0.074 ($p > 0.05$) was obtained, which indicates that there is no significant relationship between age and maternal interest in choosing IUD contraception.

Analysis of the Relationship between Education and Interest in Choosing an IUD

Education level shows a diverse distribution related to maternal interest in choosing an IUD. Respondents with a high school education dominated the category of "not interested" (66.7%), while the group with a university education showed a higher interest in IUD use (60.0%). The results of the analysis showed that there was no significant relationship between education and maternal interest in choosing IUD contraception, with a p-value = 0.578.

This research is not in line with research that has been conducted by (Fransiska et al., 2023) at PMB Irma Suryani, Prabumulih City. Based on the results of bivariate analysis using the Chi-Square statistical test, a p-value = 0.000 was obtained, which indicates a significant relationship between education level and the use of IUD contraception.

Education can influence a person, including in shaping their behavior and lifestyle. It plays an important role in providing motivation, as well as helping individuals in developing, acting, and becoming wiser in making decisions (Ibalal & Hanum, 2024). The higher the level of education of a mother, the greater her knowledge in choosing the right contraceptive for her. This is due to the ability of individuals with higher education to have a broader perspective, more open thinking, and ease in accepting new ideas and more modern ways of life. Through education, a person can develop their potential, gain knowledge, and acquire the skills needed to improve the quality of their health (Zalkiyah & Kurniati, 2023).

Analysis of the Relationship between Gravida and Interest in Choosing an IUD

The results of the analysis showed that the chi-square statistical test produced a p-value = 0.021 ($p < 0.05$), so it can be concluded that there is a significant relationship. Based on gravida status, mothers in the grandemulti category have the highest percentage of interest in using an IUD (83.3%), while mothers with primigravida status show the lowest interest (33.3%). This shows that pregnancy experience influences the decision to choose a contraceptive method.

This study is in line with the findings in (Noeraini et al., 2024) which shows that age, number of pregnancies (gravidity), and parity have a significant influence on the choice of permanent contraception or long-term contraception. Gravidity, which refers to the number of pregnancies a woman has experienced, plays a crucial role in determining the choice of contraceptive method. Women who have experienced more pregnancies tend to be more aware of the importance of family planning, and are more open to choosing long-term contraception to prevent unplanned pregnancies. As the number of pregnancies increases, awareness and the need to maintain reproductive health usually increases, so women prefer more effective and long-term contraception such as IUDs or sterilization.

Relationship between Knowledge Level and Interest in Choosing an IUD

The level of knowledge has a significant relationship with the mother's interest in choosing an IUD ($p = 0.025$). Respondents with good knowledge tend to be more

interested (63.6%) compared to the sufficient knowledge group (30.0%) and those with less knowledge (35.7%).

This research is in line with research that has been conducted by (Salfitri, 2021) The results of the statistical test analysis showed a $p\text{-value} = 0.036$, which indicates a significant relationship between the level of maternal knowledge and the use of long-term contraceptive methods (LTCM) at the Pakuan Baru Health Center, Jambi City.

Knowledge is all information obtained by someone through sensing a particular object. Basically, knowledge is the result of the process of seeing, hearing, feeling, and thinking that forms the basis for human attitudes and actions. Knowledge can also be understood as the memory of information that has been previously learned, seen, or heard.

Based on research conducted at the Gunung Ibul Village Health Post, it was found that a good level of knowledge influences a person's attitude and decision to act. Good knowledge plays a very important role in determining the right, effective, and efficient contraceptive choices for a mother and her husband. A mother's good knowledge will help her choose a contraceptive that has minimal side effects, such as an IUD (Oktarina, 2022). Knowledge is the result of the process of "knowing," which occurs after someone senses a particular object. This sensing process involves the five human senses, namely the senses of sight, hearing, smell, taste, and touch. The majority of human knowledge is obtained through the senses of sight and hearing (Deima et al., 2022)

5. Comparison

The findings of this study indicate that knowledge level and gravida status have a significant relationship with mothers' interest in choosing intrauterine device (IUD) contraception, while age and education level do not show a statistically significant correlation. These results align with some previous studies but diverge in certain aspects.

For example, the study by (Perwira et al., 2022) also found that maternal knowledge significantly influences the choice of long-term contraceptive methods (LTCMs), including IUDs. Their research shows that mothers with good knowledge are more likely to choose IUDs due to a better understanding of their effectiveness and safety. This is consistent with findings at the Biontong Health Center, where mothers with good knowledge had a 63.6% interest rate in IUDs, compared to only 30.0% in the moderately informed group and 35.7% in the poorly informed group.

Another study conducted in the working area of Sipayung Health Center also supported these findings, where the Chi-Square statistical test yielded a $p\text{-value}$ of 0.440 ($p > 0.05$), indicating no significant relationship between education level and the use of IUD contraception among family planning acceptors. Although the majority of respondents had a moderate level of education, they still preferred non-IUD contraceptive methods. This reinforces the notion that education level alone is not sufficient to influence the decision to use IUDs without additional, specific, and targeted education (Wulandhari, 2022)

However, this study contrasts with the findings of (Jumiati et al., 2023) A study conducted at Pematang Panggang III Health Center (2020) showed a significant relationship between education level and the use of IUD contraception, with a p-value of 0.007, indicating that education level has a significant influence on IUD use. Respondents with higher education levels tended to choose IUDs more frequently than those with lower education levels.

A notable difference lies in the factor of age. Although this study did not find a statistically significant effect of age ($p = 0.213$), descriptive data revealed that mothers over the age of 35 exhibited higher interest in using IUDs. In conclusion, this study strengthens the evidence that knowledge and pregnancy experience are more influential in determining interest in IUD use than other sociodemographic factors. These findings highlight the importance of targeted educational interventions and intensive counseling at the primary healthcare level to promote the use of IUDs as an effective and efficient long-term contraceptive method.

6. Conclusions

This study identified that factors influencing mothers' interest in choosing IUD contraception including level of knowledge, gravidarum status, and level of education, with knowledge being the most significant factor. Although age did not show a significant relationship, mothers over 35 years of age tended to have higher interest. Low interest in IUDs is likely due to the lack of education and understanding among the community. Therefore, it is important to improve education and counseling programs to explain the use of IUDs as well as more effective long-term contraceptive methods.

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