



THE RELATIONSHIP BETWEEN MOTHERS' KNOWLEDGE AND ATTITUDES TOWARD THE INTEREST IN USING IUD CONTRACEPTION AT WANAYASA PUBLIC HEALTH CENTER

HUBUNGAN PENGETAHUAN DAN SIKAP IBU TERHADAP MINAT MENGGUNAKAN KB IUD DI PUSKESMAS WANAYASA

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DOI: <https://doi.org/10.62567/micjo.v2i4.1382>

Article info:

Submitted: 02/10/25

Accepted: 16/10/25

Published: 30/10/25

Abstract

Background: The Family Planning Program (KB) is a government effort to control population growth in Indonesia. One of the contraceptive methods that is highly recommended in the KB program is the intra uterine device (IUD) or often called a spiral. IUD is a contraceptive that can be used in the long term with high effectiveness in preventing pregnancy, while having minimal risk of side effects if used correctly, but the number of IUD usage in Indonesia is still relatively low compared to other contraceptive methods. **Research Objective:** To determine the effect of knowledge and attitude on the interest of mothers in using IUD KB at the Wanayasa Health Center. **Method:** This study used a quantitative method with a sample of 66 respondents. Data analysis was carried out using bivariate and univariate, significance was determined if (p value <0.05). data processing was carried out using SPSS. **Result:** The results of the study showed that in the knowledge variable there were 37 respondents with good knowledge, 23 respondents with sufficient knowledge and 6 respondents with less knowledge. As for the attitude variable, there were 52 respondents with positive attitudes and 14 respondents with negative attitudes. The results of this study also show that there is an influence between knowledge and interest in mothers using IUD with P-Value = 0.003, while the attitude variable also shows that there is an influence between attitude and interest in mothers using IUD with P-Value = 0.010. **Conclusion:** there is a significant influence between knowledge on interest in mothers using IUD and attitude on interest in mothers using IUD

Keywords: Contraception, IUD, KB, Spiral



Abstrak

Latar Belakang: Program Keluarga Berencana (KB) adalah suatu upaya pemerintah untuk mengendalikan pertumbuhan penduduk di Indonesia. Salah satu metode kontrasepsi yang sangat direkomendasikan dalam program KB adalah *intra uterine device* (IUD) atau yang sering disebut spiral. IUD adalah alat kontrasepsi yang bisa digunakan dalam jangka panjang dengan efektivitas yang tinggi dalam mencegah kehamilan, sekaligus memiliki risiko efek samping yang minimal jika digunakan dengan benar, namun angka penggunaan IUD di Indonesia masih tergolong rendah dibandingkan metode kontrasepsi lainnya. **Tujuan:** Mengetahui pengaruh pengetahuan dan sikap terhadap minat ibu menggunakan KB IUD di Puskesmas Wanayasa **Metode:** Penelitian ini menggunakan metode kuantitatif dengan sampel berjumlah 66 responden. Analisa data dilakukan dengan bivariat dan univariat, signifikansi ditentukan apabila ($p\text{-value} < 0.05$). pengolahan data dilakukan dengan SPSS. **Hasil:** Hasil penelitian menunjukan pada variabel pengetahuan terdapat 37 responden dengan pengetahuan baik, 23 responden dengan pengetahuan cukup dan 6 responden dengan pengetahuan kurang. Adapun variabel sikap yakni terdapat 52 responden dengan sikap positif dan 14 responden dengan sikap negatif. Hasil penelitian ini juga menunjukan bahwa adanya pengaruh antara pengetahuan dan minat ibu menggunakan KB IUD dengan $P\text{-Value} = 0,003$ adapun variabel sikap juga menunjukan bahwa adanya pengaruh antara sikap dan minat ibu menggunakan KB IUD dengan $P\text{-Value} = 0,010$. **Kesimpulan:** terdapat pengaruh yang signifikan antara pengetahuan terhadap minat ibu menggunakan KB IUD dan sikap terhadap minat ibu menggunakan KB IUD

Kata Kunci: IUD, KB, Kontrasepsi, Spiral

1. INTRODUCTION

The Family Planning (KB) Program is a government effort to control population growth in Indonesia. This program aims to help Indonesian families plan the number of children, the spacing between births, and the ideal age for childbirth in order to create quality families (Gerits & Sambiran, 2022). One of the most recommended contraceptive methods in the KB program is the intrauterine device (IUD), commonly known as the spiral. The IUD is a long-term contraceptive method with high effectiveness in preventing pregnancy (Tanjung, 2023).

However, the use of IUDs in Indonesia remains relatively low compared to other contraceptive methods. According to data from the National Population and Family Planning Agency (BKKBN) in 2023, only about 7% of contraceptive users chose IUDs, while injectable contraception was the most preferred method, with a percentage of 62%. Based on the 2023 Health Profile from the Central Java Provincial Health Office, the pattern of contraceptive choice shows that most users preferred injections at 56%. This pattern has been consistent over the years, where participants tend to favor short-term contraceptive methods, despite a gradual increase in the use of long-term methods, with IUDs only accounting for 9%. Data from the Central Bureau of Statistics (BPS) of Central Java indicates that in Banjarnegara Regency, there were 13,956 new family planning participants in 2023. Among them, injectable contraception was the most popular (6,403 users), followed by implants (3,307 users), while only 2,979 women chose the IUD. These data suggest that IUDs are still less popular among Banjarnegara residents. This phenomenon highlights the challenges in increasing public interest in IUD use, especially among mothers.



Wanayasa Public Health Center, as a primary healthcare facility in Banjarnegara Regency, has an important responsibility in supporting the implementation of the KB program. In addition to providing IUD insertion services, this health center also plays a role in delivering education and counseling to the community regarding various contraceptive options. This situation raises important questions about the causes of low maternal interest in choosing IUDs. Although the number of IUD users is relatively small, the fact that some mothers do choose IUDs indicates that there are influencing factors encouraging its use.

A study by Kadir and Sembiring (2020), involving 33 respondents, identified several factors influencing women's interest in using IUD contraceptives. These include mothers' knowledge about IUDs, husband's support, healthcare workers' support, information from social media, and income. These factors are likely to play a role in shaping mothers' interest in the Wanayasa Public Health Center area, where the community has diverse educational, social, and economic backgrounds.

This study aims to identify and examine the factors influencing women's interest in choosing IUD contraception at Wanayasa Public Health Center. The findings are expected to provide a comprehensive overview of the barriers faced and offer recommendations for the health center and related parties to develop more effective strategies to increase IUD use. In this way, the Family Planning Program can operate more optimally and contribute to achieving healthy, happy, and prosperous families.

2. RESEARCH METHOD

This study employed a descriptive research design with a survey method. Descriptive research emphasizes factual data and aims to provide an overview of phenomena occurring within a specific population. The research was conducted at Wanayasa Public Health Center, Banjarnegara Regency, Central Java Province, from May 23 to June 2, 2025. The population consisted of mothers who used IUD contraception at the health center during the last three months, totaling 198 individuals. The sample size was determined using the Slovin formula with a 10% margin of error, resulting in 66 respondents. Inclusion criteria included mothers who were willing to participate, able to read and write, and currently using IUD contraception at Wanayasa Health Center. Exclusion criteria were uncooperative respondents, illiteracy, or those not using IUDs. The variables in this study were knowledge and attitude (independent variables) and the interest in using IUD contraception (dependent variable). Data were collected using a structured questionnaire consisting of both favorable and unfavorable statements. The instrument employed a Guttman scale, and responses were scored based on accuracy. Data were analyzed using univariate and bivariate analyses. Univariate analysis described the distribution and characteristics of each variable, while bivariate analysis examined the relationship between knowledge, attitudes, and mothers' interest in using IUD contraception. Statistical analysis was conducted using SPSS, with significance determined at $p\text{-value} < 0.05$.

3. RESULTS AND DISCUSSION

Results

The research conducted from May 23 to June 2, 2025, describes several important aspects processed using SPSS, including respondent characteristics, univariate analysis, and bivariate analysis.



1. Respondent Characteristics

In this study, respondents were classified into three categories: age, address, and education. The distribution is shown below:

Table 4.1 Distribution of Respondents by Age

No	Age	Frequency	Percentage
1	20-25 Year	8	12,1%
2	26-30 Year	27	40,9%
3	31-35 Year	26	39,4%
4	36-40 Year	5	7,6%
Total		66	100%

Source: Primary Data, processed

Table 4.1 shows that 8 respondents (12.1%) were aged 20–25 years, 27 respondents (40.9%) were aged 26–30 years, 26 respondents (39.4%) were aged 31–35 years, and 5 respondents (7.6%) were aged 36–40 years.

Table 4.2 Distribution of Respondents by Address

No	Address	Frequency	Percentage
1	Wanayasa	13	19,7%
2	Tempuran	5	7,6%
3	Kasimpar	6	9,1%
4	Balun	9	13,6%
5	Pesantren	11	16,7%
6	Pandansari	1	1,5%
7	Susukan	10	15,2%
8	Kubang	11	16,7%
Total		66	100%

Source: Primary Data, processed

Table 4.2 shows that among the 66 respondents, 13 (19.7%) lived in Wanayasa, 5 (7.6%) in Tempuran, 6 (9.1%) in Kasimpar, 9 (13.6%) in Balun, 11 (16.7%) in Pesantren, 1 (1.5%) in Pandansari, 10 (15.2%) in Susukan, and 11 (16.7%) in Kubang.

Table 4.3 Distribution of Respondents by Education

No	Education	Frequency	Percentage
1	SD	12	18,2%
2	SMP	18	27,3%
3	SMA	28	42,4%
4	Higher Education	8	12,1%
Total		66	100%

Source: Primary Data, processed

Table 4.3 shows that 12 respondents (18.2%) had elementary education, 18 (27.3%) had junior high school education, 28 (42.4%) had senior high school education, and 8 (12.1%) had higher education.

2. Univariate Analysis

This study conducted univariate analysis consisting of the distribution of respondents by knowledge and by attitude.

a. Distribution of Respondents by Knowledge

Table 4.4 Distribution of Respondents by Knowledge



No	Knowledge	Frequency	Percentage
1	Good	37	56,1%
2	Fair	23	34,8%
3	Poor	6	9,1%
Total		66	100%

Source: Primary Data, processed

Table 4.4 shows that out of 66 respondents, 37 (56.1%) had good knowledge, 23 (34.8%) had fair knowledge, and 6 (9.1%) had poor knowledge.

b. Distribution of Respondents by Attitude

Table 4.5 Distribution of Respondents by Attitude

No	Attitude	Frequency	Percentage
1	Positive	52	78,8%
2	Negative	14	21,2%
Total		66	100%

Source: Primary Data, processed

Table 4.5 shows that out of 66 respondents, 52 (78.8%) had a positive attitude, while 14 (21.2%) had a negative attitude.

3. Bivariate Analysis

This study also performed bivariate analysis to examine the relationship between knowledge, attitudes, and the selection of IUD contraception.

a. Relationship between Knowledge and IUD Selection

Table 4.6 Relationship between Knowledge and IUD Selection

Variable	Interest	using	P- Value
	IUD F	%	
Good	37	56,1%	0.003
Fair	23	34,8%	
Poor	6	9,1%	
Total	66	100%	

Source: Primary Data, processed

Table 4.6 indicates a significant relationship between respondents' knowledge of IUDs and their choice of IUD contraception, with a p-value of 0.003.

b. Relationship between Attitude and IUD Selection

Table 4.7 Relationship between Attitude and IUD Selection

Variable	Interest	Using	P- Value
	IUD F	%	
Positive	52	78,8%	0.010
Negative	14	21,2%	
Total	66	100%	

Source: Primary Data, processed

Table 4.7 indicates a significant relationship between respondents' attitudes toward IUDs and their choice of IUD contraception, with a p-value of 0.010.



B. Discussion

Based on the findings above, the discussion focuses on how knowledge and attitudes influence IUD selection.

1. Relationship between Knowledge and IUD Selection

According to Sitepu (2019), knowledge is classified into three levels: good, fair, and poor. Using this classification, the study found that among 66 respondents, 37 (56.1%) had good knowledge, 23 (34.8%) had fair knowledge, and 6 (9.1%) had poor knowledge. Bivariate analysis showed a p-value of 0.003, which is below 0.05, indicating a significant relationship between knowledge and IUD selection. This finding aligns with Dalimawaty & Sembiring (2020), who also reported a significant relationship between knowledge and IUD selection ($p=0.005$).

Educational background did not always align with knowledge levels. Some respondents with only elementary or junior high education still demonstrated good knowledge. This suggests that knowledge is influenced not only by formal education but also by information from the environment, healthcare providers, and media. Healthcare workers play a crucial role in counseling, providing accurate explanations of IUD benefits, mechanisms, and side effects. Social media and family experiences also contribute to shaping perceptions and knowledge (Santi & Putri, 2023).

2. Relationship between Attitude and IUD Selection

Attitudes are generally divided into positive and negative (Sitepu, 2019). In this study, 52 respondents (78.8%) had positive attitudes, while 14 (21.2%) had negative attitudes. The bivariate analysis produced a p-value of 0.010, indicating a significant relationship between attitude and IUD selection. This finding supports Halimahtussadiah et al. (2021), who found a significant relationship between attitude and IUD selection ($p=0.002$).

Positive attitudes toward IUDs—such as confidence in their effectiveness and lack of excessive fear of side effects—increase the likelihood of choosing IUDs. Such attitudes reflect acceptance and readiness to use IUDs, ultimately influencing contraceptive decision-making (Ningsih & Abidin, 2019).

4. CONCLUSION

The conclusions drawn from this scientific paper on *The Relationship Between Mothers' Knowledge and Attitudes Toward the Interest in Using IUD Contraception at Wanayasa Public Health Center* are as follows:

1. This study successfully illustrates that the factors influencing the selection of IUD contraception at Wanayasa Public Health Center include mothers' knowledge and attitudes. Both factors were proven to have a significant relationship with mothers' interest in using IUDs.
2. There is a significant relationship between knowledge about IUDs and the choice of IUD contraception, with a p-value of 0.003. This indicates that the better a mother's knowledge about IUDs, the higher her tendency or interest in choosing this contraceptive method.
3. There is a significant relationship between mothers' attitudes toward IUD use and their choice of IUD contraception, with a p-value of 0.010. Their views on safety, effectiveness, and comfort were significantly associated with their interest in using this contraceptive method. In other words, the more positive the attitude a mother has toward IUDs, the greater the likelihood that she will choose and be interested in using them.



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