

QUALITATIVE STUDY OF IUD CONTRACEPTION SELECTION IN COUPLES OF REPRODUCTIVE AGE IN TUBBI TARAMANU HEALTH CENTER

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ABSTRAK

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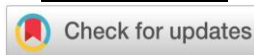
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Abstract:

Intrauterine Device (IUD) is a contraceptive device in the uterus, The IUD works by inhibiting the movement of sperm into the uterine canal to prevent pregnancy from occurring. This study aims to find out in-depth about the choice of IUD contraception for couples of childbearing age at the Tubbi Taramanu Health Center, Polewali Mandar Regency, West Sulawesi Province. This research method is qualitative research with a total of 7 informants. The results of this study were that the informants' knowledge regarding the IUD contraceptive device was sufficient to know and understand so the informant chose the IUD contraceptive device to use. There are complaints that the husband feels during intercourse after using the IUD, but these complaints are temporary so the husband continues to support him in choosing and using the IUD contraceptive because it is considered more effective and efficient than other contraceptives. There were side effects felt by the informants after using the IUD but these side effects were felt to be harmless because they could be taken by taking blood-boosting vitamins/supplements. This research suggests that to increase public knowledge and understanding about IUD contraception, it is hoped that health workers will conduct counseling directly in people's homes. It is suggested to acceptor husbands not only to provide moral support to mothers but support in the form of attention if side effects occur after using IUD contraception.

Abstrak:

Intrauterine Device (IUD) adalah alat kontrasepsi di rahim bekerja dengan menghambat pergerakan sperma ke dalam saluran rahim untuk mencegah kehamilan terjadi. Penelitian ini bertujuan untuk mengetahui secara mendalam tentang pilihan kontrasepsi IUD bagi pasangan usia subur di Puskesmas Tubbi Taramanu, Kabupaten Polewali Mandar, Provinsi Sulawesi Barat. Metode penelitian ini adalah penelitian kualitatif dengan jumlah 7 informan. Hasil dari penelitian ini adalah pengetahuan informan mengenai alat kontrasepsi IUD cukup mengetahui dan memahami sehingga informan memilih alat kontrasepsi IUD yang akan digunakan. Ada keluhan yang dirasakan suami saat berhubungan intim setelah menggunakan IUD, namun keluhan tersebut bersifat sementara sehingga suami tetap mendukungnya dalam memilih dan menggunakan alat kontrasepsi IUD karena dianggap lebih efektif dan efisien dibandingkan alat kontrasepsi lainnya. Ada efek samping yang dirasakan oleh informan setelah menggunakan IUD tetapi efek samping ini dirasakan tidak berbahaya karena dapat dikonsumsi dengan mengonsumsi vitamin/suplemen penambah darah. Penelitian ini mengemukakan bahwa untuk meningkatkan pengetahuan dan pemahaman masyarakat tentang kontrasepsi IUD, diharapkan tenaga kesehatan akan melakukan penyuluhan langsung di rumah-rumah penduduk. Disarankan kepada suami akseptor tidak hanya untuk memberikan dukungan moral kepada ibu tetapi dukungan dalam bentuk perhatian jika efek samping terjadi setelah menggunakan kontrasepsi IUD.



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INTRODUCTION

Family planning is included in the 17 Sustainable Development Goals (SDGs) agreed upon by UN member states in 2015. Family planning is aimed at ensuring a healthy life and supporting well-being for all at all ages which is in the third SDG [1]

Government Regulation Number 87 of 2014 concerning Population Development and Family Development, Family Planning, and Family Information Systems states that the Family Planning program is an effort to regulate childbirths, the ideal spacing and age of delivery, and regulate pregnancy, through promotion, protection, and assistance by reproductive rights to create a quality family [2].

To meet the varied interests of all family planning participants and the general public, the National Family Planning Coordinating Board formulated 3 types of superior contraceptive methods known as the "Effective Contraceptive Method" group which are currently known as Long-Term Contraceptive Methods consisting of Intrauterine Contraception Devices (IUD), Implants and Steady Contraception (MOW and MOP) [3].

This group of Effective Contraceptive Methods is known as long-term contraception in its use which has high effectiveness because of its high continuity of use and low failure rate. In addition, this method of contraception is also easy and safe even though the costs required for use in the early stages are quite large because it is used for a long period (minimum 3 years for intrauterine contraception, 5 years for implants, lifetime for contraception). So overall costs needed to be more and more efficient compared to other methods of contraception [4].

IUD which stands for Intrauterine Device (contraceptive device in the uterus), is also known as spiral contraception. The IUD works by inhibiting the movement of sperm into the uterine canal to prevent fertilization so that pregnancy does not occur [5].

The choice of contraceptive methods

used by husband and wife must follow rational contraceptive methods by the phases faced by married couples, including delaying pregnancy in young couples or mothers who are not yet 20 years old, spacing pregnancies in married couples aged 20 to 35 years, or do not want pregnancy in married couples over 35 years [6].

3.398 couples of childbearing age accepted family planning in 2020, 791 used contraceptive pills, 1.151 injections, 140 implants, 7 condoms, 23 female operating methods, 44 male operating methods, and Intrauterine Contraceptive (IUD) devices as many as 6 people. Data for family planning acceptors as of May 2021 are 15 people using condoms, 832 people with PIL, 1.272 injections, 8 IUDs, 202 implants, 30 women's surgery methods, 44 men's surgery methods, and a total of 2.446 Reproductive Age Couples [7].

Some of the reasons that influence couples in choosing contraceptives are knowledge, husband's support, and the side effects of these contraceptives. Lack of knowledge of Couples of Reproductive Age in choosing contraception so they are reluctant to use contraception, such as IUD contraception, many Couples of Reproductive Age do not want to use it because they do not know the benefits of using IUD contraception, feel afraid and feel uncomfortable during intercourse so the husband does not support using it. The role of the husband in the family is very dominant and holds power in decision-making, including in choosing the contraceptive method to be used [8].

According to Soekidjo Notoatmodjo (2015), another reason for not wanting to use IUD contraception is because of side effects, namely bleeding which can cause anemia, and IUD strings can cause uterine portion injury and interfere with sexual relations [9].

Compared to birth control pills, the Intrauterine Contraceptive Device (IUD) has many advantages and has high effectiveness because there is no possibility of failure due to abnormalities (forgotten), it is more practical and does not bother the acceptor

because this contraceptive is only installed once for several years [10]. Soekidjo Notoatmodjo's (2015) theory, reinforces the above explanation that changes in behavior that are not based on knowledge and awareness will not last long [9].

Based on the above, the researchers are interested in researching how to choose IUD contraception for Couples of Reproductive Age at the Tubbi Taramanu Health Center, Tubbi Taramanu District, Polewali Mandar Regency, West Sulawesi Province.

RESEARCH METHOD

The research design in this study is qualitative with a descriptive approach. To explore in-depth information about the selection of IUD contraception for couples of childbearing age at the Tubbi Taramanu Health Center, Tubbi Taramanu District, Polewali Mandar Regency, West Sulawesi Province using interview guidelines and document review and observation. The time of this research was carried out in July 2021.

The informant selection technique used in this study was purposive sampling, namely informants who were selected deliberately or pointed directly at people who were considered to represent the characteristics of the informants. The informants in the study consisted of key informants and ordinary informants. Key informants are doctors and midwives. While the ordinary informants are family planning acceptors who use IUD contraception. The research instrument, in this case, is the researcher himself who is equipped with 1) a Voice recorder in the form of a cell phone; 2) Mobile Cameras; 3) Field notes; and 4) an Interview guide [11].

The source of data in this study comes from primary data and secondary data. Primary data by conducting direct in-depth interviews between researchers and informants. The secondary data in this study is data related to this research obtained from the administration section of the Tumbi Taramanu Health Center in 2021. The data collection method used to obtain data/information in this study was in-depth interviews accompanied by documentation.

In-depth interviews were conducted with informants who were considered capable of providing accurate data according to what was in the field, regarding questions regarding the IUD contraceptive device at the Tumbi Taramanu Health Center. This method is carried out by directly observing the daily activities of informants in carrying out their duties, namely researchers making observations, where this method aims to help explain the data obtained through in-depth interview techniques or in other words it is carried out as a form of triangulation to ensure the validity of the data obtained. While documentation is a method that is carried out by providing documents as accurate evidence of recording sources of information, the documentation that will be attached is in the form of interviews with informants in the form of photos.

Data analysis techniques are by grouping or collecting interview results according to the research objectives, reducing, and categorizing, then the content analysis is carried out, which is then interpreted and presented in the form of words or narratives. The data validity design used is triangulation, which includes: 1) Data Triangulation. Data triangulation was carried out using various data sources such as documents, archives, interview results, and observations or also by interviewing informants to get feedback. This feedback is useful for improving data quality and conclusions drawn from the information obtained; 2) Source Triangulation. This source triangulation was carried out by using different groups of informants. This triangulation was carried out by obtaining informants related to IUD contraception; 3) Time Triangulation. Time triangulation is a source of data obtained through in-depth interviews with informants at different times.

RESULTS AND ANALYSIS

RESULTS

This research was conducted at the Tubbi Taramanu Health Center, Tumbi Taramanu District, Polewali Mandar Regency, West Sulawesi Province with a

qualitative research design with a descriptive approach. To explore in-depth information about the selection of IUD contraception for couples of childbearing age at the Tubbi Taramanu Health Center using interview guidelines and document review and observation.

Informants in this study were 2 health workers (key informants) and acceptors (ordinary informants) 7 people, The sex of the informants were all women with an age range of 28 to 38 years. The results of interviews with informants are as follows:

1. Knowledge

The following are the results of interviews with all informants about whether the informants knew about the IUD contraceptive device.

...IUD is a contraceptive tool for family planning that is installed in the uterus... (MAW/29Th/July 13th, 2021)

The informant's knowledge about the contraceptive IUD is one of the contraceptives for family planning that is installed in the uterus. The statement of the MAW informant was confirmed by the MYM informant as quoted by the following informant:

...the IUD is a contraceptive device for family planning that is placed in the uterus... (MYM/28Th/July 13th, 2021)

Based on the results of interviews with ordinary informants regarding the understanding of IUD contraception which states that the IUD is a contraceptive that is placed in the uterus as some of the following informant quotes:

...that is implanted in the uterus... (RSI/29Th/July 15th, 2021)

The informant's statement above was confirmed by the MRW informant where this informant stated that the contraceptive method currently being used was as quoted by the following informant:

...yes, I'm using the midwife now... (MRW/34Th/July 15th, 2021)

Based on interviews with MRI, NRH, and RSA informants who stated that they knew about IUD contraceptive devices, but they were unable to explain what was meant as quoted by the following informants:

... yes midwife ... (MRI/38th/August 14th, 2021)

... yes midwife I know... (NRH/27Th/July 15th, 2021)

... yes, my midwife knows... (RSA/33Th/July 15th, 2021)

The results of interviews with all informants about knowing the contraceptive IUD, basically all informants knew that the IUD is a contraceptive for family planning that is inserted in the uterus. In addition to an understanding of contraception, this study also questioned the understanding of the advantages of using an IUD. The following are the results of interviews with all informants:

...the advantage of using an IUD for a long time is that you don't have to take medicine every day... (MRI/38Th/July 14th, 2021)

According to the MRI informant, the advantage of using an IUD is that it prevents pregnancy when you don't have to take medication every day and use it for a long time. Various studies on the use of family planning contraception found that dropout was caused by the level of adherence of family planning participants in taking the drug. The above statement was also justified by the RSI informant regarding the excessive use of the IUD contraceptive device as stated by the following informant:

...can be used for a long time so don't think about family planning every month... (RSI/29th/July 15th, 2021)

The RSI informant said that the advantage of using a contraceptive method like the IUD is that the informant no longer needs to think about having family planning every month. In addition to the expression of excess use of contraceptives, informants no longer need to think about family planning every month. The MRW informant said that the excess use of IUD contraceptives in breastfeeding mothers did not affect their weight and long-term use, so the informants decided to use IUD contraceptives, as stated by the following informants:

...can be used by nursing mothers, does not affect weight, and can be used for a long time...(MRW/34th/November 15th, 2021)

The statement above is also justified that the use of contraceptives with the type of IUD is a contraceptive for long-term or long-term use, as quoted by the following informant:

...as far as I know, midwives are long-term family planning...(NRH/27Th/July 15th, 2021)

...that's a midwife, long-term family planning...(RSA/33Th/July 15th, 2021)

The statement of the common informant above was also expressed by the key informant that the advantages of using IUD contraceptives are that they are cheap they are easily accessible to all groups and they can be used only once for 10 years, as stated by the following informant:

...it has a lot of advantages, namely, it's cheap once installed, practical meaning that one pair can be used for 10 years, if you want to get pregnant you can open it right away...(MAW/29Th/July 13th, 2021)

Another advantage of using IUD contraception is that when the mother wants to get pregnant again, the contraceptive that is attached to the uterus is opened. In

addition, the MYM informant also conveyed the advantages of the IUD contraceptive which does not affect milk production when the mother is breastfeeding. An IUD-like contraceptive device is a device that is installed in the uterus that does not affect the consumption patterns of breastfeeding mothers so that it does not interfere with milk production in breastfeeding mothers, as stated by the following informant:

...the advantage is the long-term method, does not affect breast milk, does not affect sexual relations, and there are no interactions with certain drugs...(MYM/28Th/July 13th, 2021)

Apart from not affecting the production of breast milk in breastfeeding mothers, excess contraception like the IUD when having sexual intercourse with a partner is not disrupted. The results of interviews with all informants, basically all informants knew about the advantages of using IUD contraception, namely that it was cheap once installed, practically meaning that one pair could be used for 10 years, and if you want to get pregnant you can open it immediately.

This study also explored information about procedures for using IUDs in couples of childbearing age in the working area of the Tubbi Taramanu Health Center, Tubbi Taramanu District, Polewali Mandar Regency, West Sulawesi Province. Following are the results of interviews with informants about how to use an IUD:

...it was placed in the midwife's womb...(MRW/34Th/November 15th, 2021)

...placed in the midwife's womb...(MSL/30Th/November 15th, 2021)

Procedures for using IUD contraception by installing it in the uterus to prevent pregnancy. This contraceptive device is installed by an obstetrician or midwife who is an expert in IUD installation, as quoted by the following informant:

...installed at the obstetrician or midwife...(RSI/29Th/July 15th, 2021)

The statements of ordinary informants above were confirmed by key informants who stated that the IUD is a contraceptive tool for family planning programs that are inserted in the uterus to prevent pregnancy, as stated by the following MAW informant:

...IUD is a contraceptive tool for family planning that is installed in the uterus...(MAW/29Th/July 13th, 2021)

The results of interviews with all informants show that informants know how to install IUD contraception, namely to be installed in the uterus. In addition to expressing understanding/knowledge about procedures for using IUDs, this study also explored information about complaints or deficiencies in the use of IUD-like contraceptives in couples of childbearing age in the working area of the Tubbi Taramanu Health Center. The following are the results of interviews with all informants regarding complaints or deficiencies in using IUD contraception:

...the complaint is if menstruation often has a lot of blood, more than usual...(RSI/29Th/July 15th, 2021)

Complaints felt by the informant on the use of an IUD-like contraceptive were that the informant felt that there was an abnormality in the menstrual cycle that the informant lived for approximately 2 (two) weeks and that the informant had excessive or heavy menstrual bleeding. In contrast to what was expressed by the MRW and MSL informants who did not feel any complaints about using IUD-like contraceptives, as quoted by the following informants:

...for now, there is no, usually a lot of menstrual blood...(MRW/34Th/November 15th, 2021)

...no midwives, only lots of menstrual blood...(MSL/30Th/November 15th, 2021)

MRW and MSL informants are used to excessive menstrual blood so they don't feel any complaints about the use of IUD contraceptives. Based on the results of interviews with key informants the drawbacks of using IUD-like contraceptives, namely the first time or at the beginning of using IUD-like contraceptives, they get complaints including excessive menstruation sometimes accompanied by spots and sometimes even festering. In addition, some patients complained of pain in the abdomen, as quoted by the following informant:

...lack of IUD at the start of normal use, excessive menstruation, even spots, usually festering or complaints of abdominal pain...(MAW/29Th/July 13th, 2021)

The statement of the key informant above was also confirmed by other key informants that complaints that are often received by users of IUD contraception are pain during menstruation, which produces a lot of menstrual blood, and changes in the menstrual cycle that are not as usual, as quoted by the following informant:

... usually, there are certain complaints such as a lot of menstrual blood, and changes in the menstrual cycle, during menstruation, it hurts more...(MYM/28th/July 13th, 2021)

The results of interviews with all informants, basically all informants knew the drawbacks of IUD contraception, namely a lot of menstrual blood came out, even though the informants understood this, couples of childbearing age in the working area of the Tumbi Taramanu Health Center continued to use IUD-like contraceptives. In addition to the informants' understanding of the drawbacks of using IUD contraceptives, this study also explored the perceived advantages of using IUD-like contraceptives when compared to using other contraceptives.

The results of interviews with informants regarding understanding /knowledge about the advantages of using

IUD contraception, namely informants feel they do not have to go back and forth to the Community Health Center to get injections or take birth control pills for consumption, as quoted by the following informants:

...you don't have to swear back and forth at the public health center to inject or take midwife pills...(NRH/27Th/July 15th, 2021)

Another advantage experienced by informants by using IUD-like contraception is that the IUD does not contain blade hormones compared to other contraceptives, as quoted by the following informant:

..IUDs don't use hormones, so they don't affect the skin, is it normal for other family planning to cause acne or black skin, and it doesn't affect weight...(RSI/29Th/July 15th, 2021)

The informant above also thought that using an IUD contraceptive did not affect the skin of the blade compared to the use of other contraceptives which had effects including causing acne, black spots on the skin, and affecting body weight. In addition, the benefits obtained by informants in using contraceptives similar to IUDs who feel that they are used for a long time, are as quoted from the following informants:

...the advantage is that it can be used long-term, there is no need to go back and forth to the public health center for family planning...(MYM/28Th/July 13th, 2021)

The advantage of using an IUD-like contraceptive device that uses a long blade compared to an injection-type contraceptive device is the experience of MSL informants before using an IUD-type contraceptive device who previously used an injection-type contraceptive device felt that the period was close enough to get the next injection. The statements of ordinary informants above were also confirmed by key informants as quoted by the following informants:

...one of the advantages for breastfeeding mothers is that it can be immediately installed, then for patients with hormonal disorders, and hypertensive patients, it is recommended to use an IUD...(MAW/29Th/July 13th, 2021)

Based on the results of interviews with key informants, the advantages of using an IUD-like contraceptive device are greatly reduced for mothers who are breastfeeding so that the birth spacing of the children is not too close. For patients who have a history of hormonal disorders and patients who have a history of hypertension, it is recommended to use an IUD-like contraceptive device.

The results of interviews with informants, basically informants know the advantages of using an IUD contraception, namely using it for a long time, and not changing it often so they don't often go to the public health center.

In addition to gathering information about the advantages of using contraceptives similar to the IUD, this study also sought information about the experiences of informants using contraceptives other than the IUD. The results of interviews with informants are as follows:

... yes, I've used implants for 3 years, and I've also had injections ...(MRI/38Th/July 14th, 2021)

The MRI informant has used an implant-type contraceptive for 3 (three) years and has also used an injection-type contraceptive device. Whereas the RSI informant used an injection-like contraceptive for 3 (three) months and switched to using an IUD-like contraceptive, as quoted by the following informant:

... once, the family planned to inject 1 month and 3 months ...(RSI/29th/July 15th, 2021)

Meanwhile, the MSG informant used contraceptives in the form of pills and injections, as stated by the following informant:

*...have ever used pills with injections
...(MSG/33Th/July 15th, 2021)*

Meanwhile, the MSL informant had used other contraceptive methods for 3 (three) months and the informant felt that he looked old using an injection-like contraceptive. In addition to the informant feeling that she looked old, the informant also experienced menstrual cycles that were almost ½ (half) a month long so the informant received a reprimand from her husband for having menstrual cycles that spanned quite a long time and the informant also felt that by using an injection-like contraceptive they felt that the period was too long. close enough to be injected again, as stated by the following informant:

...had a midwife, who was 3 months old, but she was old, because if you have normal menstruation for half a month, you usually say to your husband why is it taking you so long to menstruate, then the midwife doesn't even feel like it's been 3 months and you just went to the community health center to inject...(MSL/30Th/November 15th, 2021)

MAW informants also said they had used other contraceptive methods. The informant also said that it was rare to find a couple of childbearing age who immediately used an IUD-like contraceptive after giving birth to their first child, as quoted by the following informant:

...must have used other contraception, it's rare for those who use an IUD immediately after giving birth to their first child...(MAW/29Th/July 13th, 2021)

In addition to the informants' understanding or knowledge about the use of contraceptives other than IUDs. This study also explored informants' understanding of the explanation of IUD contraception devices from health workers. Following are the answers of the key informants and the usual as follows:

...yes the midwife has explained...(MRI/29Th/July 14th, 2021)

...yes there is a midwife, na explain that yes...(MSL/30Th/November 15th, 2021)

Based on the results of interviews with ordinary informants, they acknowledged that there was an explanation regarding the use of an IUD-like contraceptive device by the health worker. Meanwhile, the MSG informant did not want to get an explanation from the health worker regarding the use of an IUD-like contraceptive because the informant was afraid of having the contraceptive inserted in the uterus, as quoted by the following informant:

...it's normal for me to explain but I don't want to because I'm afraid...(MSG/27Th/July 15th, 2021)

For the installation of an IUD-like contraceptive device for couples of childbearing age in the working area of the Tubbu Tamaramanu Health Center, the key informant stated that the installation of contraceptives must obtain the consent of the patient, as quoted by the following informant:

...the patient's informed consent is required...(MAW/29Th/July 13th, 2021)

The informant's answer about having an explanation about the IUD from the health worker was the same as who said there was an explanation from the health worker about the IUD.

2. Husband Support

This study also explored information regarding support variables regarding the installation of an IUD-like contraceptive device in couples of childbearing age. The support needed by the patient is to get support from the husband as quoted by the following informant:

...yes, there is...(MRI/28Th/July 14th, 2021)

...there is...(RSI/28Th/July 15th, 2021)

...yes there is a midwife ...(NRH/28Th/July 15th, 2021)

...yes there is a midwife...(RSA/28Th/July 15th, 2021)

...there is a midwife ...(MRW/34Th/November 15th, 2021)

Informants MRI, RSI NRH, RSA, and MRW stated that there was support from husbands for the use of IUD-like contraceptives. Meanwhile, the MYM informant stated that the installation of an IUD-like contraceptive device in the uterus required approval from the husband, as stated by the following informant:

...need...(MYM/28Th/July 13th, 2021)

In contrast to the statement made by the MSG informant who has a husband when asked by the informant about the installation of contraceptives and answered fully submitting the decision to install contraceptives, as quoted by the following informant:

...asked yesterday and told me anything...(MSG/28Th/July 15th, 2021)

Meanwhile, the reason why the MSL informant received support from her husband was because she had been together for a long time and had a child so she decided to use contraception, as quoted by the following informant:

...yes, I support midwives because they have been there for a long time...(MSL/30th/November 15th, 2021)

The informant's statement above was justified by the key informant that the use of an IUD-like contraceptive requires support from the husband because an IUD-like contraceptive has threads attached to the

uterus which usually interfere with intercourse, as quoted by the following informant:

...husband's support is necessary because this IUD interferes with husband and wife relationships, especially husbands when the thread is too long it can interfere with husbands during intercourse...(MAW/29Th/July 13th, 2021)

All informants answered that there was support from their husbands when they were going to use IUD contraception. Regarding the form of the husband's support (moral and material), the following are the results of the interview:

...took me to the doctor to install the IUD...(RSI/29Th/July 15th, 2021)

Forms of support from husbands to wives regarding the use of contraception, one of which is that the husband takes and accompanies his wife to the health center or other health services for the installation of an IUD-like contraceptive device. The statement above is also supported by the statement of the RSA informant that apart from the husband who directed him to health services, the husband also understands the drawbacks of using a contraceptive device similar to the IUD, as quoted by the following informant:

...like taking me to a public health center and understanding the drawbacks of using an IUD... (RSA/33Th/July 15th, 2021)

The support given by the husband regarding the use of an IUD-like contraceptive for his wife was confirmed by key informants that the husband must understand the use of the IUD contraceptive, one of which is the complaint felt by the husband during intercourse caused by the long IUD strings. The key informant also said that when having intercourse there were complaints of feeling pain or spots arising, and it was hoped that the patient would

immediately report it to the health worker, as quoted by the following informant:

...the usual husband's support when there are complaints or pain related to report immediately, if the thread is too long, report, when the wife has spots, report immediately...(MAW/29Th/July 13th, 2021)

According to the ordinary informants regarding the form of support for the husband (moral and material), it was the husband who took him to the Community Health Center when he was about to insert the IUD, but those who listened and learned about the deficiencies of the IUD were only the husbands of RSA and MSL. Apart from the husband's support for his wife regarding the use of contraceptives, this research also explores the reasons why husbands support using contraceptives, as excerpts from interviews with the following informants:

...so that later if there is a husband's complaint he will also understand...(MYM/28Th/July 13th, 2021)

MYM informant's reason that the husband supports the use of IUD contraception is that if complaints arise from informants or husbands, the husband also understands and understands about the use of IUD-like contraceptives. In addition to the reasons given by the MYM informant, the MRI informant also gave reasons that the husband supported because of the age factor that he was no longer young enough to get pregnant again, as quoted by the following informant:

...the reason, for now, is using long-term or long-term family planning...a midwife is no longer young...(MRI/38Th/July 14th, 2021)

The MRI informant also reasoned that the husband provided support for using an IUD-like contraceptive device because the use of this type of contraceptive has a very long period. Meanwhile, the RSI informant also reasoned that the advantages of using

IUD-like contraceptives had been explained to the husband so that the husband understood and understood, as quoted by the following informant:

...because my husband also knows the advantages I have explained so he understands...(RSI/29Th/July 15th, 2021)

In contrast to what was revealed by the MSG informant, the informant had his own will to have long-term family planning so the husband provided support, as quoted from the following informant:

...the reason is because for the time being I want long-term family planning...(MSG/33Th/July 15th, 2021)

In addition to long-term reasons, the MSL informant also reasoned that getting support from her husband for the use of an IUD-like contraceptive was due to the birth of children who were not too close together, as quoted from the following informant:

...yes, midwife May I, because she said it was a long delay, so if the children are not too close to each other, the pregnancy...(MSL/30Th/November 15th, 2021)

...the usual husband's support when there are complaints or pain related to report immediately, if the thread is too long, report, when the wife has spots, report immediately...(MAW/29Th/July 13th, 2021)

In the informants' answers about the husbands' reasons for supporting the use of IUD contraception, all the informants' husbands supported it even though the reasons were different, namely because they wanted long-term family planning, so that the husbands understood the advantages and disadvantages, and the husbands could know the effects of IUD contraception. In addition, this study also explored information about the husband's involvement in planning when using IUD contraception, as quoted by the following informant:

...understand the drawbacks like long menstruation... (MRI/38Th/July 14th, 2021)

The planning that was carried out by the MRI informant before using the IUD contraceptive was to provide an understanding of the drawbacks of using an IUD-like contraceptive to the husband that the long menstrual cycle is not as usual with other contraceptive methods. After providing an explanation or understanding to the husband, the informant RSI received support for using an IUD-like contraceptive, as quoted by the informant below:

...discussed first thank God my husband understands and supports... (RSI/29Th/July 15th, 2021)

With support from the husband to use a contraceptive device similar to the IUD, the MSG informant received a plan for the husband to take him to the Community Health Center to get service, as quoted by the MSG informant below:

...as usual, Ji takes him to the community health center to get service... (MSG/33Th/July 15th, 2021)

Apart from taking them to health services or community health centers, the MRW informant planned for her husband to accompany the installation of a contraceptive device similar to the IUD as well as to receive an explanation from the health worker, in this case, the midwife, as quoted by the following informant:

...accompanied during installation and listening to explanations from the midwife... (MRW/34Th/November 15th, 2021)

The informant's answer about the husband's involvement in planning the use of the IUD contraceptive was accompanying the wife when installing the IUD contraception and knowing the advantages and disadvantages of the IUD so that later if there were side effects from the IUD they could be

anticipated. In addition to the husband's involvement in planning the use of an IUD-like contraceptive device, this study also explored information about the complaints received by the husband in planning the next pregnancy. The following are excerpts of interviews with informants:

...so far none... (MYM/28Th/July 13th, 2021)

According to the informant above, while using an IUD-like contraceptive, the husband never felt any complaints. Meanwhile, the MSL informant thought that her husband had no complaints, but the husband sometimes questioned his wife's long menstrual period, as quoted by the following informant:

...no good midwives, sometimes it's normal to tell my husband why my period is taking so long... (MSL/30Th/November 15th, 2021)

The husband's complaints about the long menstrual period were also felt by MSG informants. The husband of the MSG informant at the beginning of the IUD installation often found his husband complaining about using an IUD-like contraceptive, but over time the husband got used to these complaints. Complaints felt by the MSG informant's husband did not make her husband angry, who decided to be released from the womb, as quoted by the informant below:

... so far there is no midwife, usually, there is one but after a while, you get used to it and it's okay, You don't get angry and you have to let go... (MSG/33Th/July 15th, 2021)

The informant's statement above was also confirmed by the key informant that sometimes there were patients who came to ask questions about the disturbance they felt during sexual intercourse so that the patient felt worried and afraid if the IUD separated from the uterus, as quoted by the following informant:

... yes, some usually come to ask about problems in intercourse because they are afraid that the IUD will come off, but I said it was a little annoying but there's no need to worry because it's okay if you touch it. After all, what you touch is only the threads that bind it... (MAW/29Th/July 13th, 2021)

Some patients are worried about their contraceptives. The key informant provided an understanding that there was no need to worry because all that was touched was the IUD binding threads.

All informants answered the same thing about husbands having complained to you about using the IUD for the next pregnancy program, that is there were complaints that husbands felt while using the IUD as if something was bothering them during intercourse and the duration of menstruation was longer than usual but these complaints were only at the beginning of using the IUD after a few months of using it got used to it and no problem.

3. Side effects

The third variable in this study was the side effects felt by IUD contraceptive users, along with the informants' answers:

...the side effect is that a lot of blood comes out... (MRI/38Th/July 14th, 2021)

...using a regular spiral a lot of blood comes out... (MSG/33Th/July 15th, 2021)

The side effects felt by the MSG and MRI informants by using an IUD-like contraceptive were a lot of menstrual blood coming out. In addition to having more menstrual blood than usual, the MRW informants also felt their menstrual cycles had a long period, as quoted by the following informant:

...it's normal that the midwife's period lasts longer and the blood is also much more than usual... (MRW/34Th/November 15th, 2021)

Meanwhile, the side effects felt by the NRH and RSA informants felt that there was an irregularity in their menstrual cycle, as quoted from the following informants:

...it's normal for my periods to be irregular, then menstrual blood is a lot... (NRH/27Th/July 15th, 2021)

...the usual side effects are irregular menstruation and a lot of menstrual blood... (RSA/33Th/July 15th, 2021)

The experience was different for RSI informants who did not experience side effects from using IUD contraceptives, as quoted by the following informants:

...in my opinion, there is none... (RSI/29Th/July 15th, 2021)

In addition to the absence of side effects mentioned by the RSI informant, the MSL informant experienced side effects with long menstrual cycles for ½ (half) a month with a lot of menstrual blood which made the MSL informants change pads, as quoted by the following informant:

...that's the midwife, if your period lasts a long time, usually half a month, a little bit, I mean a lot, change the midwife's pads little by little... (MSL/30Th/November 15th, 2021)

Based on the results of interviews with key MAW informants who stated that the side effects of using an IUD-like contraceptive device were during installation in the early stages there were often spots coming out of the vagina, the patient experienced pain in the uterus and an unpleasant odor appeared, as quoted by the informant the following:

...the first side effects of the IUD during initial installation are spots, there is a pain in the uterus, usually, there is a smell, when the IUD is inserted incorrectly, a pregnancy

outside the womb can occur or it is called an Ectopic pregnancy... (MAW/29Th/July 13th, 2021)

In addition, MAW key informants also revealed that there were side effects when improperly inserting an IUD-like contraceptive device that would cause an ectopic pregnancy. MYM's key informant also explained that the side effects of using an IUD-like contraceptive device were that the patient would feel changes in the menstrual cycle, bleeding more than usual, during menstruation the patient felt pain and sometimes there was inflammation in the pelvis and even complications occurred, as MYM informant quotes the following:

...side effects of changes in the menstrual cycle, more menstrual blood, more painful menstruation, pelvic inflammatory disease, other complications, pain 3-5 days after insertion but not all... (MYM/28Th/July 13th, 2021)

Other side effects that are felt by the patient will be pain in the early stages of installation, ranging from 3-5 days. However, not all patients will feel this way. The informants' answers about the side effects of using the IUD, all the informants' answers were the same, namely side effects, changes in the menstrual cycle, more menstrual blood, more painful menstruation, pelvic inflammatory disease, other complications, pain 3-5 days after insertion but not all, side effects. The first IUD at the time of installation in the early stages there are spots, there is a pain in the uterus, usually there is a smell, when the IUD is inserted incorrectly an ectopic pregnancy can occur or it is called an ectopic pregnancy.

This study also explored information about the side effects experienced by informants, as quoted by the following informants:

...it's okay if the midwife because those are the side effects... (RSA/33Th/July 15th, 2021)

...it's okay if the midwife because those are the side effects... (MRW/34Th/November 15th, 2021)

The side effects experienced by the RSA and MRW informants stated that there was no problem because the informants had an earlier understanding of the side effects experienced when using an IUD-like contraceptive. Meanwhile, the MRI informants did not have a problem with the side effects of using IUD contraception, only the MRI informants felt tired of the intended side effects. As quoted by the following MRI informant:

...not a problem but we are tired... (MRI/38Th/July 14th, 2021)

In addition to the feeling of fatigue felt by the MRI informant as a result of the side effects of using the IUD contraceptive, the MYM informant felt menstrual blood coming out more than usual, as quoted by the following informant:

...more menstrual blood... (MYM/28Th/July 13th, 2021)

The side effect that was concern by the MYM informant with the presence of menstrual blood that came out a lot, was not a problem by the MSG informant because the informant was used to menstrual blood coming out with volumes in the large category as stated by the following informant:

...not really a problem because it's common for women to have a lot of menstruation... (MSG/33Th/July 15th, 2021)

In contrast to the MSL informants who had problems using contraceptives similar to the IUD who experienced long menstrual cycles accompanied by large volumes of menstrual blood that required the informants to change their pads as quoted by the following informant:

...that's a midwife test, if your period lasts a long time, usually half a month, a little bit, I mean just a little bit, replace the midwife's pads... (MSL/30Th/November 15th, 2021)

The MSL informant hopes that by using a contraceptive device similar to the IUD the side effect is not release a lot of menstrual blood, hoping that menstrual blood will be released in a small volume so that it does not require changing pads. Meanwhile, the RSI informant did not feel any side effects from using an IUD-like contraceptive, as quoted by the informant below:

...in my opinion, there is none... (RSI/29Th/July 15th, 2021)

Apart from the absence of side effects experienced by the RSI informants, the NRH informants also did not mind the side effects caused by the use of IUD-like contraceptives because at the beginning of the installation of these contraceptives, they had received an explanation about the side effects of using IUD contraceptives, as quoted by the following informant:

... yes, it's okay if the midwife, because from the beginning the midwife explained during IUD insertion... (NRH/27Th/July 15th, 2021)

According to the key informant, the side effect that was feared was the occurrence of an error in inserting an IUD-like contraceptive device in the uterus which could result in an ectopic pregnancy and put the mother's life at risk, as quoted by the following informant:

... Side effects can be dangerous when an ectopic pregnancy can threaten the mother... (MAW/29Th/July 13th, 2021)

The results of interviews with informants about the side effects that are felt are side effects that can be dangerous during an ectopic pregnancy, pregnancy outside the womb can threaten the mother, and more menstrual blood. Even though there were

side effects felt by the informants, it was not a problem for the informants. In addition to the side effect variables, this study also explored the dangers caused by the side effects felt by the informants, along with the results of the interviews:

...I don't think it's dangerous... (MSG/33Th/July 15th, 2021)

Based on the results of interviews with informants about the consequences caused by the side effects felt by the informant there was no danger felt by using an IUD-like contraceptive. There is no danger because the informant feels he understands the use of contraceptives similar to the IUD, as quoted by the informant below:

...it's okay if the midwife because those are the side effects... (MRW/34Th/November 15th, 2021)

The danger posed by the side effects of the use of IUD contraception is the occurrence of an error in inserting the IUD in the uterus which can cause an ectopic pregnancy that threatens the life of the mother, as quoted by the following informant:

... Side effects can be dangerous when an ectopic pregnancy can threaten the mother... (MAW/29Th/July 13th, 2021)

According to the MYM informant, the side effects caused by the use of contraceptives similar to the IUD are not dangerous for the patient as long as the intended side effects can be overcome, as quoted by the following informant:

...it's not dangerous if it can still be overcome, for example, menstrual blood is more abundant if the patient is not dizzy and Hb is still normal... (MYM/28Th/July 13th, 2021)

The side effect that is often experienced by patients is the occurrence of

menstrual discharge with a large volume which can cause patients to feel dizzy due to abnormal HB. According to the informants from MRI, MSG, NRH, and RSA, although there are side effects from using IUD contraception, they are not felt to be dangerous.

With the assumption that the informants were harmless about the side effects caused by using contraceptives similar to the IUD, this study also explored information on how to deal with these side effects along with the quotes:

...no special treatment, just change the pads frequently... (MSG/33Th/July 15th, 2021)

MSG informants in dealing with side effects caused by the use of IUD contraception which causes heavy menstrual bleeding are enough to just change the pads. The statement above was also confirmed by the RSA informant, but felt it was difficult to change the blade pads compared to before using an IUD-like contraceptive device, as quoted by the following informant:

...handling these side effects, change pads frequently... (RSA/33Th/July 15th, 2021)

Meanwhile, the NRH, MRW, and MSL informants felt that no treatment had been carried out to overcome the side effects caused by the use of IUD-like contraceptive devices, as quoted by the following informants:

...no. (NRH/27Th/July 15th, 2021)

...no special handling... (MRW/34Th/November 15th, 2021)

...no midwife... (MSL/30Th/November 15th, 2021)

According to key informants, in dealing with side effects caused by the use of contraceptives similar to the IUD, for example, the occurrence of irregular bleeding, it is enough to have counseling

with the health worker (obstetrician or midwife), as quoted by the following informant:

...how to deal with side effects, for example, irregular bleeding, it is enough to counsel that the initial installation of 3-6 months is common, if no abnormalities or serious bleeding problems are found, you can be given Profen 800 mg 3x a day... (MYM/28Th/July 13th, 2021)

Side effects caused by the use of IUD-like contraceptives at the beginning of installation often occur between 3-6 months. If no abnormalities are found in the patient, it is enough to give 800 mg of protein to be consumed 3 (three) times a day. Unless the patient has an abnormality, of course, the patient will be given special action. According to the informant's MRI, RSI, MSG, NRH, and RSA regarding how to deal with these side effects, if a lot of menstrual blood comes out, you will often change pads and there is no special treatment (just leave it alone).

Apart from that, the way the informant dealt with the side effects that were produced when using IUD contraception, is as quoted by the following informant:

...there isn't any... (MRI/38Th/July 14th, 2021)

...there isn't any... (NRH/27Th/July 15th, 2021)

Overcoming the side effects that are produced when using IUD contraception, no MRI and NRH informants have been done. Meanwhile, the MSG informant overcame the side effects caused by using contraceptives similar to the IUD by consuming blood-boosting tablets, as quoted by the following informant:

...nothing, just drink a blood booster if you have a headache... (MSG/33Th/July 15th, 2021)

In contrast to what was expressed by the informant's RSI and RSA in overcoming the side effects of using IUD-like contraceptives by simply changing pads, as quoted by the following informants:

...that's a pad... (RSI/29Th/July 15th, 2021)

...just change pads... (RSA/33Th/July 15th, 2021)

According to the informant's MRI, RSI, MSG, NRH, and RSA regarding how to deal with the side effects produced when using IUD contraception, there is no special treatment method, only changing pads frequently, and if you feel dizzy, you will take blood-boosting drugs.

DISCUSSION

1. Knowledge

Knowledge is information that someone knows or is aware of. In another sense, knowledge is a variety of symptoms encountered and obtained by humans through intellectual observation [12].

The use of IUD contraception has enormous benefits, but due to ignorance or wrong beliefs, many do not want to use the contraceptive [13]. By increasing the correct knowledge and beliefs, it is hoped that mothers, in this case, couples of childbearing age, can use IUD contraception [14].

The results of the study through information on all informants as many as 9 people were related to whether the informants knew IUD contraception, all informants knew IUD contraception and informants answered the same thing, namely the IUD is one of the contraceptives for family planning that is installed in the uterus.

However, the knowledge that was known to informants using IUD family planning was only related to the use of the IUD, namely a device that was installed in the uterus for long-term use. Where the researcher hopes that the informant's knowledge does not only cover these two things but also includes the following: 1) IUD is family planning that is installed in the

uterus; 2) Long-term use can be up to 5 to 10 years; 3) It is in the form of a small object made of plastic rubber wrapped around copper, has threads that function to control the presence of an IUD in the uterus; 4) The recommended insertion time is after menstruation ends or at any time when using a 3-month hormonal contraceptive injection or implant; 5) Can be removed at any time and return to fertility which does not take a long time; 6) Must be installed in a health center with a doctor or midwife; 7) Return to control if you experience complaints for more than 2 weeks.

The results of interviews with all informants related to the lack of using IUD contraception, Basically all informants said the same thing and knew the drawbacks of IUD contraception, namely a lot of menstrual blood came out, even though they still used it.

Associated with other deficiencies such as complaints of feeling sick and having cramps for three to five days after insertion to heavy bleeding during menstruation or some of them that might cause anemia, none of the informants experienced it.

Regarding the advantages of using an IUD, based on the results of interviews with informants, all informants said the same thing and knew the advantages of using an IUD contraception, namely being used for a long time, not changing it often so they didn't go to the public health center often.

This could be one of the reasons for choosing IUD contraception for couples of childbearing age considering the distance from the place of residence to the location of the public health centre which is quite far from the difficult terrain. As well as the pattern of activity of informants who have to go to the garden to work every day.

The answers of the common informants were related to whether there was an explanation from the health worker about IUD contraception before using it. All informants answered the same, namely whether there was an explanation from the health worker about the IUD both before use

and during use, and they were allowed to consult if there were complaints.

The results showed that the informant knowledge regarding IUD contraception already knew about the IUD contraception, starting from how to use it, the advantages and disadvantages/effects of IUD contraception to how to handle if there is a change in the menstrual cycle than usual. Because the informant/acceptor knew this, this factor was the reason for the informant choosing the IUD contraceptive as the contraceptive used.

Theoretically, it is known that the level of knowledge has a major contribution to changing a person's behavior to do something [15]. Sufficient knowledge about the benefits or advantages of using IUD contraceptives will influence the use of IUDs [16].

This research is in line with the results of research conducted by Lisdiana Nasution (2022), that a mother's knowledge about using IUD contraceptives is something she knows about the benefits, advantages, and how to use IUDs compared to other contraceptives [17].

2. Husband Support

Mother's knowledge about using IUD contraceptives is something she knows about the benefits, advantages, and how to use IUDs compared to other contraceptives. [18].

Support from a husband or someone close to him, for example, a husband, will have a better impact on the mother's emotions, such as motivating her to use an IUD contraceptive [19]. Besides that, a husband can accompany his wife in installing contraceptives. Thus the husband or close family must be included in education and family planning counselling which can provide information to couples of childbearing age [20].

The results of the research on all informants related to whether there was husband's support in choosing IUD contraception, all informants answered that there was support from husbands when going to use IUD contraception, and it was recommended that health workers before

using IUD contraception have an agreement with their husbands.

According to the ordinary informants regarding the form of support for the husband (moral and material) when using the IUD contraception, the husband took him to the community health center when he was about to install/use the IUD contraception, the husband also listened to directions from the health worker so that later the husband could also find out about IUD contraception such as the advantages and disadvantages/effects of the IUD contraception.

The informant's answers were related to what the husband's reasons were for using IUD contraception, all the informants answered the same, all the informant's husbands supported them even though the reasons were different, namely because they wanted long-term family planning, they didn't use it often, they didn't have to remember it so it was practical to use, it wasn't a hassle so the husband can understand the advantages and disadvantages, and the husband can know the effects of IUD contraception, and age that is not young is also a factor in determining the choice of contraception.

According to the informant, the husband's involvement in using the IUD contraception (planning) is accompanying the wife when installing the IUD contraception and knowing the advantages and disadvantages of the IUD so that later if there are side effects from the IUD, they can be anticipated.

The results of interviews with regular informants related to whether there were complaints from husbands after using IUD contraception, all informants answered the same thing about husbands having complained to their wives regarding the use of the IUD for the next pregnancy program, that is, there were no complaints from husbands while using the IUD.

The results of research related to husband's support can show that husband's support is one of the reasons acceptors/informants use or choose IUD

contraception compared to other contraceptives. The husband's support/role determines the success or failure of the IUD contraceptive use.

Husbands can support their wives in obtaining good health services, providing transportation and funds for consultation fees [21]. The husband is also required to understand his wife during the consultation so that the husband can learn about the benefits of the IUD contraceptive so that his wife can use the IUD contraceptive in peace [22].

This research is in line with the results of research conducted by Siti Nurmaliza, Yulia Irvani Dewi, and Herlina (2022) that now there is a habit of wives asking their husbands to accompany their wives when installing IUD contraceptives. This request can be justified, so it can be profitable, where the husband can provide moral encouragement and increase enthusiasm for the wife to reduce the anxiety experienced by the wife [23].

However, of all the regular informants, only two informants whose husbands took part in the planning, such as accompanying their wives while listening to explanations from midwives understood the advantages and disadvantages of using IUDs. Meanwhile, according to other informants, husbands only follow whichever is the best for the chosen family planning program.

3. Side effects

IUD side effects are any adverse IUD response due to IUD use. IUD contraception side effects: 1) Pain and heartburn, cramps and lumbago; 2) Bleeding outside of menstruation (spotting) and metrorrhagia, 3) Leucorrhoea; 4) More menstrual blood (menorrhagia); 5) Dyspareunia (pain during coitus) threads that are too long; 6) expulsion (the IUD comes out by itself); 7) Infection may occur; and 8) Perforation (IUD penetrates outside the uterine wall) [24].

The results of the study related to the side effects of using the IUD, all the answers from the informants were the same, namely side effects from using the contraceptive

IUD, there were changes in the menstrual cycle, menstrual blood was more abundant than usual, during menstruation it hurts more, pelvic inflammatory disease can occur, other complications, pain 3-5 days after installation but not all, the first side effect of the IUD during initial installation is spots, there is a pain in the uterus, usually, there is a sense of smell, when the IUD is inserted incorrectly, a pregnancy outside the womb can occur or it is called an ectopic pregnancy.

Ectopic Pregnancy is an emergency condition because it can cause severe bleeding in the abdominal cavity. This can cause death if not treated immediately. Curettage serves to take embryonic tissue that is in the uterine cavity in normal pregnancies [25].

The results of interviews with informants about how side effects are felt after using the IUD contraceptive are Side effects can be dangerous during an Ectopic pregnancy Pregnancy outside the womb can threaten the mother, and Menstrual blood is more abundant. Even though there were side effects felt by the informants, it was not a problem for the informants. According to regular informants, even though there are side effects from using IUD contraception, they are not felt to be dangerous, so they keep using it and don't feel worried about the side effects they are experiencing because they are not that dangerous.

Other information from ordinary informants related to how to deal with these side effects, the informant answered the same thing, that is, if a lot of menstrual blood comes out often, it is enough to just change the pads and there is no special treatment (just leave it alone) as long as you feel fine or don't look dangerous can still be anticipated by taking blood booster drugs.

According to an ordinary informant regarding how to deal with the side effects that are produced when using IUD contraception, there is no special treatment method, only changing pads frequently, and if you feel dizzy, you will take blood-boosting drugs.

The results of the study related to side effects from using IUD contraception, although there were side effects felt by informants when using IUD contraception such as pain during menstruation and menstrual blood that was more abundant than usual, this was not a concern and dangerous for informants because it had been explained previously so that it was not I was shocked again and the side effects didn't last long, so this is what made the informant choose the IUD contraception as a means of spacing pregnancies.

Before using/inserting an IUD, the health worker first explains the side effects that acceptors will experience after inserting the IUD contraception so that the mother/acceptor is not surprised, for example, menstrual pain, spotting, and more blood volume than usual [26]. This happens, doesn't last long, and will slowly disappear, so you don't need to worry, it's enough to change pads as often as possible and you can take blood-boosting drugs and pain relievers [27].

There were no informants who made repeated visits to the public health center to obtain control services after IUD use. There should be a schedule for a repeat visit in the following month to ensure the condition after the IUD installation.

CONCLUSION

Based on the results and discussion, this study concluded: 1) Informants' knowledge regarding the IUD contraceptive device was sufficient to know and understand so that the informant chose the IUD contraceptive device to use; 2) There are complaints that the husband feels during intercourse after using the IUD, but these complaints are temporary so that the husband continues to support him in choosing and using the IUD contraceptive because it is considered more effective and efficient in using it than other contraceptives; 3) There were side effects felt by the informants after using the IUD but these side effects were felt to be harmless because they could take blood-boosting vitamins/supplements so they

still chose the IUD contraceptive as a means of spacing pregnancies.

Based on the conclusions, this study suggests: 1) To increase public knowledge and understanding of IUD contraception, it is hoped that health workers will conduct counseling at the family level directly in people's homes; 2) It is recommended that acceptor husbands not only provide moral support to mothers but support in the form of attention if side effects occur after using IUD contraception; and 3) The need for acceptors to provide always and routinely consume blood-boosting supplements after using IUD contraception.

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