

## The Relationship of Mother's Anxiety Level and Husband's Support With IUD Selection in Binanga Health Center

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### ABSTRACT

Husbands have an important role, where husbands are highly demanded not only as breadwinners but husbands as motivators in various policies that will be decided, including family planning. Therefore, a husband who supports his wife using long-term contraceptives such as the IUD can be an incentive for a woman to participate in government programs. The researcher's preliminary study at the Binanga Health Center, Barumon Tengah District, on 15 (fifteen) people, who used 4 pills, 7 injections, 2 condoms, 2 IUDs and no MOW and MOP. This study aims to determine the relationship between maternal anxiety levels and husband's support with the choice of intrauterine device (IUD). This research uses *total sampling research*. The sample in this study were couples of childbearing age (EFA) as many as 30 respondents. The results showed that the level of anxiety was severe (46.7%), moderate (30%) and mild (23.3%). Meanwhile, husbands who do not support (53.3%), are less supportive (23.3%) and support (23.3%). And who chose the IUD (30%) and Non IUD (70%). The conclusion of the study showed that there was a relationship between the level of maternal anxiety and husband's support with the choice of an intrauterine device (IUD).

#### Keywords:

Mother's Anxiety, Husband's Support, IUD Selection

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## 1. INTRODUCTION

Family is part smallest from Public. Well-being family is the most important part in realizing community resources (HR) which good and quality, for create well-being in family is controlled for the number of births or the spacing of pregnancies within the a family. Effort which could conducted in control amount births and pregnancy intervals, namely by participating in the Family program Planning [3].

Family planning (KB) is effort arrange child birth, distance and ideal age of childbirth, regulate pregnancy, through promotion, protection, and help in accordance with right reproduction to create a family which quality. [3-6].

Based on WHO (*World Health Organization*) data, Family Planning (*Family Planning*) is an action that helps individuals or married couples to get certain objectives, avoid unwanted births, get the desired birth, regulate the interval between pregnancies and determine the number of children in the family. . The country with the fourth largest population after China, India and the United States, according to the results of the 2020 population census, Indonesia's population continues to grow, experiencing a positive growth of 32.56 million people compared to the 2010 census results. According to the 2020 BKKBN Strategic Plan Report- 2024 there will be a decrease in users of MKJP contraceptives (Long-Term Contraceptive Methods) from 57.9% to 57.2% [13]

North Sumatra Province which is the largest population in North Sumatra. Contraceptive devices (Alkon) which are the most widely used in Medan City are the injection type with a total of 18,074 users (46.08%). Furthermore, the types of pills amounted to 12,687 users (32.34%), then implants 3,162 (8.06%), condoms 2,862 (7.29%), IUD 1,735 (4.42%), MOW 2,144 (5.46%) and MOP as many as 318 (0.81%) [13].

Data from the Office of Women's Empowerment and Family Planning (PP and KB) of Padang Lawas Regency shows that the data recapitulation of the target for the achievement of the family planning program in general can still be very low so that it has negative impacts, such as not achieving the target for achieving the family planning program that has been set by the PP KB Office, namely by 85% [11].

The results of Sri's research, (2018) regarding the selection of contraceptives for couples of childbearing age (PUS) with a total of 2962 PUS, recorded that there were 2270 active family planning participants with the following details: injection KB 72.2% acceptors, pills 4.3% acceptors, implant 2.3% acceptors, IUD 2.8% acceptors, MOP and MOW 2.3% acceptors, condoms 0.4% acceptors.

The results of Putri's research, (2017) showed that 114 respondents who supported the husband on the satisfaction of using the IUD showed the husband's low support in choosing the IUD contraception 4.4%.

The researcher's preliminary study at the Binanga Health Center, Barumon Tengah District, Padang Lawas Regency on 15 (fifteen) people, who used 4 pills, 7 injections, 2 condoms, 2 IUDs and no MOW and MOP. This is due to the lack of husband's support due to lack of information about the effects of contraception and lack of guidance and approach so that mothers are anxious and husbands forbid their wives to use contraceptives in the womb.

## 2. METHODS

This study uses a data collection process with a *cross sectional research design*, which aims to study or find out between research variables by observing and identifying the dependent variable and the independent variables collected at the same time (Notoatmodjo, 2010).

This research was carried out at the Binanga Public Health Center, Barumon Tengah District, Padang Lawas Regency from January 2022 to June 2022. The reason for the researcher was because of anxiety problems in the mother, the sample was sufficient, the place was affordable and the research had never been done.

## 3. RESULTS AND DISCUSSION

### 3.1. Results

The results of research on the relationship between the level of maternal anxiety and husband support with the selection of intrauterine contraceptive devices (IUD) at the Binanga Health Center, Barumon Tengah District, Padang Lawas Regency in 2022. From the results of distributing questionnaires, data was obtained and processed based on respondents' answers and then displayed in tabular form.

#### 1. Univariate Analysis

**Table 1**  
**Frequency Distribution of Maternal Anxiety Levels at Binanga Health Center, Barumon Tengah District, Padang Lawas Regency 2022**

Mother's Anxiety Level		
Level Mother's Anxiety	Frequency (f)	Percent (%)
Light	7	23.3
Currently	9	30
Heavy	14	46.7
Total	30	100.0

Table 1 shows that the majority of mothers at the Binanga Public Health Center, Barumon Tengah District, Padang Lawas Regency experienced severe anxiety levels as many as 14 people (46.7%).

**Table 2**  
**Frequency Distribution of Husband's Support at Binanga Health Center, Barumun Tengah District, Padang Lawas Regency in 2022**

<b>Husband Support</b>	<b>Frequency (f)</b>	<b>Percent (%)</b>
Support	7	23.3
Less Support	7	23.3
Does not support	16	53.3
<b>Total</b>	<b>30</b>	<b>100.0</b>

Based on table 2 above, it shows that 16 mothers at the Binanga Health Center, Barumun Tengah District, Padang Lawas Regency who did not get support from their husbands (53.3%).

**Table 3**  
**Frequency Distribution Based on IUD Selection at Binanga Health Center, Barumun Tengah District, Padang Lawas Regency in 2022**

<b>IUD Selection</b>	<b>Frequency (f)</b>	<b>Percent (%)</b>
IUD	9	30
Non IUD	21	70
<b>Total</b>	<b>30</b>	<b>100.0</b>

Table 3 above shows that the majority of mothers at the Binanga Health Center, Barumun Tengah District, Padang Lawas Regency chose non-IUD contraception as many as 21 people (70%).

## 2. Bivariate Analysis

**Table 4**  
**Cross Tabulation of Frequency Distribution Based on Mother's Anxiety Level and Husband's Support with IUD Selection at Binanga Health Center, Barumun Tengah District, Padang Lawas Regency 2022**

<b>Mother's Anxiety</b>	<b>IUD Selection</b>			<b>P. Value</b>
	<b>IUD</b>	<b>NON IUD</b>	<b>Total</b>	
	<b>N</b>	<b>n</b>	<b>N</b>	
	<b>%</b>	<b>%</b>	<b>%</b>	
Light	6	1	7	0.001
	85.7	14.3	100	
Currently	1	8	9	
	11.1	88.9	100	
Heavy	2	12	14	
	14.3	85.7	100	
<b>Total</b>	<b>9</b>	<b>21</b>	<b>30</b>	
	<b>30</b>	<b>70</b>	<b>100</b>	

Based on table 4 shows that the majority of respondents who experienced severe stress as many as 14 people where as many as 2 people (14.3%) chose the IUD and 12 people (85.7%) did not choose the IUD.

**Table 5**  
**Cross Tabulation of Frequency Distribution Based on Mother's Anxiety Level and Husband's Support with IUD Selection at Binanga Health Center, Barumun Tengah District, Padang Lawas Regency 2022**

Husband Support	IUD Selection		p. Value
	IUD	Non IUD	
	N	N	n
	%	%	%
Support	6	1	7
	85.7	14.3	100
Less Support	1	6	7
	14.3	85.7	100
Does not support	2	14	16
	12.5	87.5	100
Total	9	21	30
	30	70	100

Table 5 shows that the majority of husbands who do not support as many as 16 people where as many as 2 people (12.5%) choose the IUD and 14 people (87.5%) do not choose the IUD.

### 3.2. Discussion

#### 3.2.1 Univariate Analysis

#### **Mother's Anxiety Level at Binanga Public Health Center, Barumun Tengah Subdistrict, Padang Lawas Regency in 2022**

Based on the results of research on 30 respondents, it can be seen that at the Binanga Public Health Center, Brumun Tengah District, Padang Lawas Regency, the majority of mothers experienced severe anxiety levels as many as 14 people (46.7%). While the majority of husbands who do not support as many as 16 people (53.3%) and who do not choose an intrauterine device (IUD) as many as 21 people (70%).

The results of Sri's research, (2018) regarding the selection of contraceptives for couples of childbearing age (PUS) with a total of 2962 PUS, recorded that there were 2270 active family planning participants with the following details: injection KB 72.2% acceptors, pills 4.3% acceptors, implant 2.3% acceptors, IUD 2.8% acceptors, MOP and MOW 2.3% acceptors, condoms 0.4% acceptors.

Sriwidya (2021), Family Planning (*Family Planning*) is an action that helps individuals or married couples to get certain objectives, avoid unwanted births, get the desired birth, regulate the interval between pregnancies and determine the number of children in the family.

IUD. An intrauterine device (IUD) is a contraceptive device that does not contain hormones. The IUD is made of a plastic material that usually contains copper/steroid hormones and is inserted into the uterine cavity. IUDs containing copper such as CuT 380 A mainly work by preventing sperm from meeting the egg, reducing the number and activity of sperm reaching the tube (Journal of Medicine, 2017).

The advantages of this intrauterine device (IUD) in addition to being more effective and practical, does not affect the quality in volume of breast milk for breastfeeding mothers, the price is relatively affordable, does not increase body weight<sup>40</sup>, is recommended for certain conditions and the recovery of fertility after the removal of the contraceptive device is good, safe, easy to use, because you don't have to remember the schedule for injections or take birth control pills (Jurnal Kebidanan, 2018).

The husband as the head of the family has full responsibility in a family and the husband has an important role, where the husband is highly demanded not only as a breadwinner but also as a motivator in various policies that will be decided including family planning. Therefore, a husband who supports his

wife using long-term contraceptives such as the IUD can be an incentive for a woman to participate in government programs. Husband's support where if only women are given information while the husband lacks guidance and approach, then the husband will forbid his wife to use the IUD contraception [13].

Journal of Health (2019), husband's support is one of the factors causing the low use of IUDs. Husband's support is very important for the wife, especially in determining which family planning method to choose. The husband is more dominant in directing, selecting and ending the contraceptives to be used. The cause of the husband's low support in the selection of the IUD is because of the perceived discomfort during intercourse, disturbing or feeling uncomfortable. Therefore, husband's support is one of the reinforcing factors that can influence the mother in determining her attitude to using the IUD so that the wife does not feel anxious in choosing an intrauterine device (IUD).

Rasmawati [25], The forms of support from husbands are emotional support, appreciation support, informational support and instrumental support.

Based on the explanation above, the researcher assumes that maternal anxiety has a big influence in the selection of contraceptives, especially in the selection of intrauterine devices (IUD). This is due to the lack of husband's support for his wife caused by various factors such as the husband's lack of knowledge, fear of being disturbed during sexuality, the number of children who are still primiparous and seen from the age factor of EFA. A husband who supports his wife using long-term contraceptives such as the IUD can be an incentive for a mother to participate in government programs so as to increase stability in using contraceptives.

In this case, it can be seen the magnitude of the influence of husband's support in choosing contraceptives, especially the IUD in the form of emotional support, appreciation support, informational support and instrumental support. Therefore, husband's support is one of the reinforcing factors that can influence the mother in determining her attitude to using the IUD so that government programs can improve.

### 3.2.2 Analysis of Biva Riat

#### **The relationship between the level of maternal anxiety and husband's support with the selection of intrauterine devices at the Binanga Health Center, Barumon Tengah District, Padang Lawas Regency in 2022**

Based on the results of research from 30 respondents, it shows that from 30 respondents showed that the majority of respondents who experienced severe stress were 14 people where as many as 2 people (14.3%) chose the IUD and 12 people (85.7%) did not choose the IUD. As well as the majority of husbands who did not support as many as 16 people where as many as 2 people (12.5%) chose the IUD and 14 people (87.5%) did not choose the IUD.

Table 4.5 also shows that the results of statistical tests using chi square obtained a *p-value* of 0.001 which means that  $H_0$  is rejected because *the p-value* is  $<0.05$ . Thus, it can be interpreted that there is a relationship between parenting patterns and children's learning achievement because *p value*  $<0.05$ .

The results of Putri's research, (2017) showed that 114 respondents who supported the husband on the satisfaction of using the IUD showed the husband's low support in choosing the IUD contraception 4.4%.

Heo [22], husband's support is one of the factors causing the low use of IUDs, husband's support is very important for wives to avoid anxiety, especially in determining which family planning method to choose. The husband is more dominant in directing, selecting and ending the contraceptives to be used. The cause of the husband's low support in the selection of the IUD is because of the perceived discomfort during intercourse, disturbing or feeling uncomfortable. Therefore, husband's support is one of the reinforcing factors that can influence the mother in determining her attitude to using the IUD so that the wife does not feel anxious in choosing an intrauterine device (IUD).

Based on the description above, the researcher assumes that to reduce maternal anxiety, husband's support regarding family planning is strong enough to determine the use of family planning methods by the wife. The husband's consent is an important factor in determining whether the wife will use contraception or not and what type of contraception method should be chosen, either the IUD or the Non-IUD. By using contraception, the family will be healthier and more prosperous.

#### 4. CONCLUSION

Based on the results of research and discussion that have been described in the previous chapter, it can be concluded that several important things in this research are as follows:

- 1 The level of anxiety of mothers with the selection of IUDs at the Binanga Health Center, Barumun Tengah District, Padang Lawas Regency in 2022 the majority experienced severe anxiety , namely 14 people (46.7%).
- 2 Husbands who did not support the mother in the selection of the IUD at the Binanga Health Center, Barumun Tengah District, Padang Lawas Regency in 2022, the majority did not support, namely 16 people (53.3%).
- 3 The contraceptive devices chosen by respondents at the Binanga Health Center, Barumun Tengah District, Padang Lawas Regency in 2022 were the majority of Non IUDs, namely 21 people (70%).
- 4 There is a relationship between the level of maternal anxiety and the selection of the IUD at the Binanga Health Center, Barumun Tengah District, Padang Lawas Regency in 2022 with a  $p$  value of 0.001.
- 5 There is a relationship between husband's support and IUD selection at the Binanga Health Center, Barumun Tengah District, Padang Lawas Regency in 2022 with a  $p$  value of 0.001

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