

Opinion of Mothers in the Acceptor Family Planning Program who are Less Interested in Choosing the Intrauterine Contraceptive Device (IUD) Method

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Abstract

Introduction: Aseptor LTCM (long-term contraceptive method) is still not sufficient because the community's knowledge is still minimal about the advantages and disadvantages, limitation of trained personnel, and existing installation. One of the LTCM is the intrauterine device contraceptive method, which is a long-term method that is effective when giving a child space. **Objective:** To explore the opinions of mother acceptors of family planning who have less interest in choosing the intrauterine device (IUD) contraceptive method **Method:** This research uses a qualitative and exploratory descriptive method. The data collection technique is non-probability sampling. The total sample consists of 10 people. **Result and Discussion:** The results from the 10 respondents, who clarified their knowledge, perceptions, and opinions about the Intrauterine Device (IUD) contraceptive method, show that while the respondents are generally familiar with the IUD method, some have negative perceptions about it. These perceptions are often influenced by family members and colleagues. Additionally, some respondents have negative views of the IUD method because of information they have heard in the community, which often causes fear. As a result, they have no intention or desire to use the IUD method. Therefore, health professionals need to provide accurate and clear guidance to mothers so they can fully understand the IUD method. **Conclusion:** It is concluded that mothers who accept family planning are aware of the advantages and disadvantages of the IUD method. This is why some mothers have negative perceptions and ideas about the IUD method.

Keywords: Opinion; Acceptor; Family Planning; IUD Contraceptive Method;

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Introduction

Family planning refers to the practice in which a family regulates the number of children they have based on their desired plans and decides when to become pregnant again using family planning methods that are suited to their physical condition (Amaral, de Jesus Maceiras, Correia, & Pires, 2023). Family planning programs help individuals and couples achieve their reproductive health goals. Additionally, these programs contribute to reducing the mortality rates of mothers, infants, and children, as well as addressing reproductive health issues to improve the quality of future generations (Asmiranti, Parellangi, & Imelda, 2023)

The acceptance of Long-Term Contraceptive Methods (MKTN) is low due to the community's limited knowledge of the advantages of these methods, the lack of trained personnel, and insufficient available facilities (Haitami & Manurung, 2024). One of the MKTN options is the intrauterine device (IUD), which is an effective long-term contraceptive method for spacing children (Andini, Karyus, Pramudho, & Budiati, 2023). According to the Demographic and Health Survey of Timor-Leste 2016, the total fertility rate is 4.2%, the maternal mortality rate is 218 per 100,000 live births, the infant mortality rate is 30 per 1,000 live births, the neonatal mortality rate is 19 per 1,000 live births, and the mortality rate for children under five years old is 41 per 1,000 live births (DHS, 2016). Family planning programs play a major role in helping to reduce the high maternal mortality rate in Timor-Leste.

According to the World Health Organization (WHO, 2022), the use of contraceptive methods is high worldwide, particularly in Asia and Latin America, with a smaller percentage in the Oceania region, excluding New Zealand. Globally, the use of modern/artificial contraceptive methods sharply increased from 77% in 2021. In African countries, the usage rate rose from 28.5% to 56%, while in Asia, it increased slightly from 61.8% to 81%. Additionally, the use of male contraceptives has made good progress, with a notable increase in prevalence. However, the use of contraceptive methods for men is still limited, and it is typically recommended to use sterilization (vasectomy) or condoms.

The number of women of reproductive age (15-49) using family planning worldwide totaled 820 million, with 20 million (2.4%) using implant methods, 62 million (7.6%) using injectables, 114 million (14.1%) using POPs and COPs, 153 million (18.8%) using IUDs, 155 million (19.1%) using condoms, 205 million (25.2%) using vasectomies, and 16 million (2%) using tubectomies. Based on the Statistical Report of the Ministry of Health on family planning in Timor-Leste from January to December 2019, the estimated population of women aged 15-49 was 315,872. The total number of mothers who participated in the family planning program was 66,181. The family planning methods they used were as follows: 19,976 women used the implant method, 25,293 used the injectable method, 7,367 used POP pills, 8,476 used COC pills, 3,738 used the IUD method, 13 used the vasectomy method, 140 used the tubectomy method, and 1,178 used condoms (MDS Statistics Report, 2019).

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Based on the Ainaro Municipality Statistical Report on family planning in Ainaro Municipality from January to December 2020, the estimated population of women aged 15-49 years was 15,878. The total number of mothers who attended the family planning program was 212. The family planning methods they used were as follows: 53 used the implant method, 131 used the injectable method, 40 used the POP pill method, 54 used the COC pill method, 0 used the IUD method, 0 used the vasectomy method, 13 used the tubectomy method, and 0 used condoms (Ainaro Municipality Statistical Report, 2020).

According to data from the Ainaro Health Center in 2022, the total number of family planning acceptors was 779. The family planning methods they used were as follows: 378 used the implant method (47%), 46 used the injectable method (6%), 32 used the POP pill method (4%), 11 used the COC pill method (1%), 21 used the IUD method (3%), 0 used the vasectomy method, 0 used the tubectomy method, 0 used condoms, and 291 used natural methods (37%). Based on this information and the data shown in the introduction, it is clear that the acceptance of IUDs is low at the Ainaro Inpatient Health Center. The author is therefore interested in conducting research titled: "Opinions of mothers accepting family planning who are less interested in choosing the Intrauterine Device contraceptive method at the Ainaro Inpatient Health Center, Ainaro Town Administrative Post, Ainaro Municipality, Year 2024."

Method

The method of this research uses a qualitative descriptive approach with an exploratory design. According to scholar Sugiyono (2016), qualitative research is used to study the conditions of natural objects, while the exploratory method is applied to investigate unclear problems. This research aims to gain a better understanding of the issues present in the community. The goal of this research is to describe the opinions of mothers who are less interested in choosing the IUD method at the Ainaro Inpatient Health Center, Ainaro Town, Administrative Post, Ainaro Municipality.

The research will be conducted in February 2024 at the Ainaro Inpatient Health Center, Ainaro Town Administrative Post, Ainaro Municipality, Timor-Leste. The population for this research includes all family planning acceptor mothers who have not chosen the IUD contraceptive method at the Ainaro Inpatient Health Center. The total sample size for this research is 10 respondents, selected based on the criterion of having good knowledge about IUD contraceptive methods. The sampling technique used is non-probability sampling with a purposive sampling approach.

The instruments used in this research are:

1. Interview script
2. Mobile phone.

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Data analysis involves systematically organizing and analyzing data from interviews, observations, and documentation, selecting what is important for study, and drawing conclusions that are easy to understand.

Result and Discussion

Result

Based on the results of research conducted with 10 respondents on the "Opinions of mothers accepting family planning who are less interested in choosing the Intrauterine Device contraceptive method at the Ainaro Inpatient Health Center, Ainaro Town Administrative Post, Ainaro Municipality, Timor-Leste."

Informant Characteristics

Table 1

Respondents in this survey are mothers who accept family planning but are less interested in choosing the Intrauterine Device contraceptive method

No	Name Initial	Code	Age	Address	Level of education	Occupation
1	S.B	I1	28	Maulo	Bachelor Degree	Housewife
2	J.M.F	I2	24	Nuno Mogue	Secondary	Housewife
3	L.C	I3	34	Ainara Atas	Pre-secondary	Housewife
4	I.M	I4	32	Nunu Mogue	Pre-secondary	Housewife
5	F.M.L	I5	22	Manutasi	Secondary	Housewife
6	D.S	I6	28	Manutasi	Pre- secondary	Housewife
7	O.D.A	I7	32	Manutasi	Secondary	Housewife
8	S.S	I8	40	Ainara Atas	Bachelor Degree	Teacher
9	D.M	I9	25	Nuno Mogue	Bachelor Degree	Housewife
10	G.P.M	I10	35	Nuno Mogue	Secondary	Housewife

Interview Results

1. Knowledge of mothers accepting family planning who are less interested in choosing IUD contraceptive methods.

Based on the interview results, R1 mentioned that the IUD is a long-term contraceptive method inserted into the womb.

"...I heard from some health personnel that the IUD is a long-term family planning method installed in the uterus. The advantage of this method is that it lasts a long time, up to 10 years. However, it is not ideal because it may cause bleeding during menstruation..." - R1.

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"...According to my knowledge, the IUD is a family planning method installed in the uterus. The advantage is that it can be used for a long time without visiting the hospital, but I have heard from families that bleeding after using the IUD can lead to heart issues..." - R2.

"...From what I know, the IUD is a family planning method inserted into the uterus. The benefit is that it lasts a long time, but I have heard from others that it is not ideal because it can cause discomfort..." - R3.

"...According to my knowledge, the IUD is a contraceptive method inserted into the uterus. The advantage is its long duration, but a disadvantage is that it can cause discomfort during sexual activity..." - R4.

"...Based on what I know, the IUD is placed in the uterus. The advantage is its long-lasting effect, but the disadvantages include headaches, runny nose, stomach pain, nausea, and vomiting..." - R5

"...From what I understand, the IUD is a family planning method placed in the uterus. The advantage is its long duration, and there are no disadvantages..." - R6.

"...According to my knowledge, the IUD contraceptive is inserted into the uterus. The advantage is its long duration of use, but the disadvantage is that it can sometimes cause heavy bleeding during menstruation..." - R7.

"...From what I know, the IUD method is inserted into the uterus. Its advantages are that it lasts a long time until we wish to have children again. The disadvantages include bleeding, discharge, and the fact that it does not prevent sexually transmitted diseases..." - R8.

"...According to my knowledge, the IUD is inserted into the uterus. The advantage is its long duration, but the disadvantage is bleeding..." - R9.

"...From my understanding, the IUD is installed in the uterus. The advantage is that it allows for a long gap between pregnancies, but the disadvantage is that it can make sexual intercourse feel uncomfortable..." - R10

Based on the responses from 10 participants who shared their knowledge about the Intrauterine Device (IUD) contraceptive method, it was found that some respondents consider the IUD to be a long-term contraceptive method inserted into the uterus. The advantage of the IUD is its long duration, as it does not require frequent visits to the

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hospital. The disadvantage, however, is that it does not prevent sexually transmitted diseases and may sometimes cause bleeding during menstruation.

2. Perceptions of mothers accepting family planning who are less interested in choosing IUD contraceptive methods

According to the interview results, R1 believes the IUD is a poor contraceptive method because it can cause various health problems.

"...In my opinion, the IUD is not good because it can cause many issues such as irregular menstruation or excessive bleeding..." - R1.

"...In my opinion, the IUD is not good because it causes bleeding, and I am also afraid that it may cause other health problems..." - R2

"...I don't think the IUD is suitable for me because I want to have another child within a year..." - R3.

"...In my opinion, family planning methods cause more suffering due to trauma. Some people say that inserting the IUD is more painful compared to other methods..." - R4.

"...In my opinion, the IUD is not good for people to use because it has too many impacts on the body. I have heard from others that sometimes they feel the IUD during intercourse..." - R5.

"...In my opinion, this family planning method is very good. We do not feel pain when using it, but I am used to using family planning now, and I use the implant..." - R6.

"...According to what I have heard from my friends and family, the IUD makes sexual intercourse uncomfortable or unpleasant..." - R7.

"...I think this method is good, but after hearing from some friends and family, they said that during sex it feels like there is bleeding, which traumatizes me..." - R8

"...In my opinion, family planning is good because it lasts a long time, but it is not suitable for people who want to have children soon..." - R9.

"...From my perspective and from what I have heard from friends and family, this method is not good because it makes sexual intercourse uncomfortable..." - R10

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Based on the responses from the 10 participants who clarified their perceptions of the Intrauterine Device Contraceptive Method, it is evident that some respondents have a negative perception of the IUD. These perceptions are largely influenced by feedback from family and friends. Concerns include the IUD causing various health issues, discomfort during sexual intercourse, and fears about the device potentially moving within the body.

3. Ideas from mothers who are less interested in choosing IUD contraceptive methods show a hesitation towards accepting family planning. From the interview results, according to R1, "Before using something in our bodies, we need to know detailed information about it."

"...I think health personnel should provide more and more information about IUDs so that we can understand better before using them..." - R1.

"...I think the IUD is dangerous for us, because sometimes it causes bleeding, and bleeding can kill us..." - R2.

"...I think many people want to use this method, but there is not enough information..." - R3.

"...I think the IUD should not be used if it is not necessary or if it causes too much discomfort. Maybe if it were placed differently, I could consider using it..." - R4.

"...In my opinion, when people experience many signs and symptoms from using the IUD, they don't want to use it..." - R5.

"...I think the IUD is good for mothers who want long-term pregnancy prevention, but I don't use it because I'm afraid of it being placed in the wrong position..." - R6.

"...In my opinion, this method is used by many people, so health personnel should provide more information to the community so that they can better understand what the IUD is..." - R7.

"...I think I would use the IUD if I needed it, and if there were no other options, I would choose the IUD..." - R8

"...I think the IUD would be used more if people understood its advantages and disadvantages..." - R9.

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"...I think this family planning method is good, but using it again after giving birth traumatized me a little. After the procedure, I felt sorry for myself..." - R10

Based on the responses of the 10 participants who shared their thoughts about the Intrauterine Device Contraceptive Method, it is evident that some respondents have a negative attitude toward the IUD. This is due to the fear generated by information circulating within the community, and there is limited interest or desire to use the IUD. Therefore, health personnel need to provide accurate and clear information to help mothers better understand the IUD method.

Discussion

Based on the results of the research conducted on the ‘Opinion of mothers accepting family planning who are less interested in choosing the contraceptive method Intrauterine Device at Ainaro Internal Health Center, Ainaro Town Administrative Post, Ainaro Municipality, Timor-Leste,’ ten (10) informants provided answers according to their knowledge, perceptions, and ideas.

Knowledge of mothers who accept family planning but are less interested in choosing IUD contraceptive methods

The results from 10 respondents who clarified their knowledge about the Intrauterine Device (IUD) contraceptive method showed that some respondents are familiar with the IUD as a long-term contraceptive method implanted in the uterus. The advantages of the IUD include its long duration and the fact that it does not require frequent visits to the hospital. The disadvantages are that it does not prevent sexually transmitted diseases and may sometimes cause bleeding during menstruation.

Hartanto (2004) at (Triyanto & Indriani, 2018) states that the Intrauterine Device contraceptive method is an effective long-term contraceptive method that provides spacing between children. IUDs prevent pregnancy by disrupting the function of sperm and ovum due to changes in the tubes and uterine fluid (Patmahwati, Mansyur, Suriati, & Ita, 2023). Saifuddin (2010) mentions the following advantages of IUDs:

1. It does not interrupt the relationship between husband and wife.
2. No need for additional medication for safety.
3. No hormonal medication is required.
4. It is cost-effective

Saifuddin (2010) lists the following disadvantages of IUDs:

The most common side effects are:

1. Changes in the menstrual cycle (especially during the first 3 months, which decrease after that period).
2. Prolonged menstruation and heavy bleeding.
3. Painful menstruation.

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Other complications include:

1. Pain and cramping for 3 to 5 days after insertion.
2. Heavy bleeding during menstruation.
3. It does not prevent sexually transmitted diseases, including HIV/AIDS.
4. It does not prevent ectopic pregnancies because its primary function is to prevent normal pregnancies

The results of this research are consistent with Pitriani (2015), who stated that there is a relationship between knowledge and the use of IUD contraception. Mothers with less knowledge are less likely to use the IUD method. A lack of knowledge may influence mothers not to choose the IUD method compared to those with higher knowledge (Kadir & Sembiring, 2020), (Sari, Abidin, & Ningsih, 2019). According to the researcher, the IUD is an effective long-term contraceptive method for managing childbirth, and spacing births, and does not affect sexual intercourse (Hartanto, 2014). The advantages of the IUD method include the fact that it does not involve medications in the body and does not interfere with the relationship between husband and wife. The disadvantages of the IUD method include bleeding during menstruation and occasional pain during menstruation (Saifuddin, 2010).

In the relationship between knowledge and the use of IUD methods, an increase in respondents' knowledge also increases their awareness and willingness to use the IUD. Therefore, healthcare personnel need to provide clearer and more detailed information about family planning methods, especially about IUD contraceptive methods, to enhance mothers' knowledge (Faiza & Akbarani, 2019)

Perceptions of mothers who accept family planning but are less interested in choosing IUD contraceptive methods

Results: The 10 respondents who shared their perceptions of the Intrauterine Device (IUD) contraceptive method revealed that some had negative perceptions of the IUD. These perceptions were largely influenced by family and friends and included beliefs such as the IUD can cause various diseases, sexual intercourse may be uncomfortable, and there is a fear that the IUD can enter the body incorrectly. Green's theory, as referenced in Notomodjo (2013), suggests that individual and community health attitudes are influenced by attitudinal factors. Human attitudes can arise through perception, which is an important psychological aspect in responding to various influences.

The results of this research align with those of Imbarwati (2009), who stated that the discomfort some respondents feel about the IUD is influenced by information from others (friends, neighbors, and family), who often share experiences or myths about using the IUD, thereby shaping their perception of its discomfort. According to Pride, Ferrel, and colleagues (2013), perception is the process of selecting, organizing, and interpreting

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information and sensations received through the senses of sight, hearing, touch, taste, and smell to create meaning.

According to the researcher, perception involves the vision, selection, translation, and interpretation of the information one receives (Kotler, 2013). Several factors influence a person's perception, including external factors such as knowledge, individual needs, habits, background, and available information. The knowledge and information that mothers receive significantly influence their perceptions. Health professionals must provide accurate and clear health promotion and counseling to help communities learn more about IUDs and other family planning methods (Rias & Winarti, 2024), (Purba et al., 2021)

This research aims to explore the thoughts and attitudes of mothers who accept family planning but are less interested in choosing IUD contraceptive methods

Results from 10 respondents, who clarified their views on the Intrauterine Device (IUD) method, showed that some respondents have a negative attitude toward IUDs due to information they have heard in the community. This information often creates fear and leads to little interest or desire to use the IUD. As a result, healthcare personnel need to provide accurate and clear information to help mothers better understand the IUD method.

This research is related to a study conducted by Imbarwati (2009), which found that most clients who choose the IUD method are influenced by inadequate knowledge about the method, leading to fear and reluctance to choose the IUD as a contraceptive option. Additionally, this research aligns with a study by Cristiani et al. (2014), which identified factors that hinder family planning programs, particularly regarding long-term contraceptive methods. These factors include fear of surgery, embarrassment due to the potential exposure of intimate areas, and concerns about the potential side effects of the IUD procedure. According to the Indonesian Dictionary (2021), an idea is something that arises from thoughts, suggestions, or desires that we express to others. An idea is also a perception in a person's mind that results from mental processing, consciousness, and action. The researcher defines an idea as the result of thought or perception, shaped by a person's knowledge and feelings (KBBI, 2012).

The information that mothers receive plays a significant role in shaping their attitudes. Most mothers who do not use the IUD method are influenced by inaccurate information, and fear predominates, making them unwilling to consider using the IUD. Therefore, health personnel need to collaborate with all relevant parties to disseminate accurate information to the community, reduce rumors, and increase the knowledge of mothers and the wider community (Imbarwati, 2009).

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Conclusion

The results from the 10 respondents who clarified their knowledge about the Intrauterine Device (IUD) Contraceptive Method showed that some respondents are aware that the IUD is a long-term contraceptive method placed in the uterus. The advantages of the IUD include its long-lasting nature and the fact that it does not require frequent hospital visits. However, the disadvantages include the fact that it does not prevent sexually transmitted diseases and may sometimes cause bleeding during menstruation.

The results from the 10 respondents who clarified their perceptions of the Intrauterine Device Contraceptive Method showed that some respondents have a negative perception of the IUD, influenced by family and friends. Common negative perceptions include: the belief that the IUD can cause many diseases, concerns that sexual intercourse is uncomfortable, and fear that the IUD may somehow enter the body. The results from the 10 respondents who clarified their attitudes toward the Intrauterine Device Contraceptive Method indicated that some respondents have a negative attitude toward the IUD, primarily due to information they have heard from community members. This has caused fear and a lack of interest in using the IUD. Therefore, health personnel need to provide accurate and clear information to help mothers better understand the IUD method.

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