

The Relationship Between Mothers' Knowledge Level and the Selection of Intrauterine Devices (IUDs) as a Contraceptive Method at the Ni Luh Sri Rahayuni Independent Midwifery Practice, Panjer Urban Village

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Article history

Submitted: 2026/08/01; Revised: 2026/09/05; Accepted: 2026/10/18

Abstract

Maternal knowledge regarding IUD contraception is one of the factors that can influence contraceptive selection. However, the use of IUD contraception remains low due to various influencing factors. This study aimed to determine the relationship between mothers' level of knowledge about IUD contraception and the selection of IUD contraception at PMB Ni Luh Sri Rahayuni, Panjer Village. This study used a quantitative method with a cross-sectional design. The sample consisted of 85 respondents selected using total sampling technique. Data were collected using questionnaires and analyzed using the Fisher Exact Test. The results showed that most respondents had low knowledge levels, totaling 39 respondents (45.9%), and most respondents did not choose IUD contraception, totaling 84 respondents (98.8%). The analysis result obtained $p = 0.11$ ($p > 0.05$), indicating that there was no significant relationship between mothers' knowledge level about IUD contraception and the selection of IUD contraception. Healthcare providers are expected to provide clear information regarding the benefits, effectiveness, safety, and potential side effects of IUD contraception in order to increase mothers' interest in choosing a long-term contraceptive method.

Keywords

Knowledge, IUD Contraception, Contraceptive Selection



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INTRODUCTION

Family planning is an effort to increase public awareness and participation through the promotion of mature marriage age, birth spacing and regulation, family resilience, and the improvement of maternal, child, and family welfare. These efforts aim to establish small, prosperous, and happy families while controlling population growth in Indonesia (BKKBN, 2018). Family planning also involves regulating pregnancies to ensure positive outcomes for mothers, infants, fathers, and their families, while minimizing the adverse consequences associated with pregnancy (Witono & Parwodiwiyono, 2020).

One of the main strategies in family planning programs is the use of contraceptive

methods. Contraception can be classified according to its composition, duration of protection, and whether the method is modern or traditional. In government family planning programs, contraceptive methods are commonly categorized according to their duration of protection into long-acting reversible contraceptive methods (LARCs) and non-long-acting methods. Available methods include intrauterine devices (IUDs), contraceptive implants, injectable contraceptives, oral contraceptive pills, condoms, tubectomy, vasectomy, the lactational amenorrhea method (LAM), fertility awareness-based methods, and withdrawal. Each method has its own mechanism of action, side effects, and level of effectiveness (Ministry of Health of the Republic of Indonesia, 2021).

An intrauterine device (IUD) is a long-term contraceptive method with several advantages over other methods, such as oral contraceptive pills, injections, condoms, and calendar-based methods. According to the World Health Organization (WHO, 2022), IUDs are highly effective in preventing pregnancy, with an effectiveness rate exceeding 99%. Their failure rate is substantially lower than that of short-term methods, such as pills and injections, which depend more heavily on consistent and correct use. Depending on the type, an IUD can provide contraception for approximately 5–10 years. Copper IUDs are also suitable for breastfeeding women because they do not contain hormones.

In Denpasar, the number of active family planning participants reached 86,212 in 2024. The highest percentage of active participants was recorded at Public Health Center II Denpasar Timur, at 81.95%, while the lowest was recorded at Public Health Center I Denpasar Selatan, at 73.7% (Denpasar City Health Office, 2025). At the Independent Midwifery Practice of Ni Luh Sri Rahayuni in Panjer, there were 173 active family planning participants in 2024. Of these participants, 150 used injectable contraceptives, 10 used oral contraceptive pills, eight used condoms, three used IUDs, and two used contraceptive implants. The practice is located within the service area of Public Health Center I Denpasar Selatan. These figures indicate that injectable contraceptives were the most commonly used method, whereas IUD use remained relatively low.

A preliminary study involving interviews with active family planning participants found that some mothers did not choose IUDs because they lacked information about their side effects, mechanisms of action, effectiveness, and other aspects of their use. This finding suggests that maternal knowledge may play an important role in contraceptive decision-making. Understanding the benefits, limitations, and potential side effects of different contraceptive methods can help women make informed decisions that correspond to their reproductive needs and preferences. Previous studies have also examined the relationship between knowledge and contraceptive selection. Sartiah (2023) reported that, among 92 respondents, 31 women with a moderate level of education and five women with a low level of education expressed interest in using IUDs. The study highlighted the role of education in shaping health-related behavior. Similarly, Notoatmodjo (2018) explained that limited educational backgrounds may create challenges in delivering and understanding health information, potentially restricting individuals' knowledge. In the context of contraception,

inadequate information may influence women's willingness to consider IUDs.

A'yun (2022) also found that insufficient knowledge about IUDs among women of reproductive age was associated with contraceptive selection, with maternal age and educational background also identified as relevant factors. Furthermore, Saragih (2019) reported an association between knowledge and women's participation in family planning programs. The findings indicated that inadequate knowledge could be related to lower IUD use among family planning participants. These studies suggest that knowledge is an important factor to investigate when examining contraceptive choices, although other individual and contextual factors may also influence women's decisions.

Despite the availability of highly effective long-term contraceptive methods, the number of IUD users at the Independent Midwifery Practice of Ni Luh Sri Rahayuni in Panjer remained low compared with users of injectable contraceptives and other methods in 2024. Preliminary interviews further indicated that limited knowledge about IUDs was one reason some mothers did not select this method. However, the relationship between maternal knowledge and IUD selection in this specific setting requires further investigation. Therefore, this study aimed to determine the relationship between mothers' level of knowledge and their selection of intrauterine devices as a contraceptive method at the Independent Midwifery Practice of Ni Luh Sri Rahayuni, Panjer Urban Village, Denpasar, Bali.

METHOD

This study employed a quantitative analytical observational design with a cross-sectional approach to examine the relationship between mothers' level of knowledge and their selection of intrauterine devices (IUDs) as a contraceptive method. The research was conducted at the Independent Midwifery Practice of Ni Luh Sri Rahayuni in Panjer Urban Village, Denpasar, Bali, from March 3 to April 7, 2026. The study population consisted of 108 active family planning acceptors. The minimum sample size was calculated using a correlation test formula, resulting in 52 respondents, including an allowance for a 10% dropout rate. However, 85 respondents who met the inclusion and exclusion criteria participated in the study. The inclusion criteria were mothers who agreed to participate, could communicate effectively, and attended the midwifery practice during the study period. Respondents who did not complete the questionnaire or had health conditions that hindered questionnaire completion were excluded. Participants were selected using a non-probability purposive sampling technique.

Primary data were collected directly from respondents using a 20-item questionnaire to assess their knowledge of IUD contraception and by recording the contraceptive methods they used. The questionnaire had previously undergone validity and reliability testing (Sari, 2019). Secondary data were obtained from family planning registers, service reports, and related documentation at the midwifery practice. Data collection involved explaining the study's objectives and benefits to eligible participants, obtaining informed consent, distributing the questionnaire, providing instructions for completion, and checking the

completed questionnaires for completeness. Data processing included editing, coding, scoring, tabulation, data entry, and data cleaning and verification. Knowledge scores were calculated based on the percentage of correct answers and categorized as good ($\geq 76\%$), moderate (56–75%), or poor ($\leq 55\%$). Contraceptive selection was classified into two categories: IUD use and non-IUD use.

Data were analyzed using univariate and bivariate analyses. Univariate analysis was conducted to describe the distribution of mothers' knowledge levels and contraceptive choices using frequency and percentage tables. Bivariate analysis was performed to examine the relationship between knowledge level and IUD selection. Fisher's exact test was used because the chi-square test assumptions were not met, with 50% of the cells having expected counts below five. Statistical significance was established at a level of $\alpha = 0.05$. A p-value ≤ 0.05 indicated a statistically significant relationship, whereas a p-value > 0.05 indicated no statistically significant relationship. Ethical principles were observed throughout the study, including respect for human dignity, beneficence, justice, and confidentiality. Participation was voluntary, informed consent was obtained, and respondents' identities and personal information were kept confidential and used solely for research purposes.

RESULT AND DISCUSSION

Results

Characteristics of Respondents

Table 1. Characteristics of Family Planning Acceptors at the Independent Midwifery Practice of Ni Luh Sri Rahayuni (n = 85)

Characteristics	Category	Frequency (n)	Percentage (%)
Age	< 20 years	2	2.4
	20–35 years	55	64.7
	> 35 years	28	32.9
	Total	85	100.0
Education	Primary education	9	10.6
	Secondary education	17	20.0
	Higher education	59	69.4
	Total	85	100.0
Employment status	Not employed	56	65.9
	Employed	29	34.1
	Total	85	100.0
Gravidity	Primigravida	26	30.6
	Multigravida	59	69.4
	Total	85	100.0

Source: Primary data, 2026.

Mothers' Knowledge of IUD Contraception

Table 2. Distribution of Mothers' Knowledge Levels Regarding IUD Contraception

Knownled ge level	Frequ ency (n)	Percent age (%)
Good	16	18.8
Moderate	30	35.3
Poor	39	45.9
Total	85	100.0

Source: Primary data, 2026.

Selection of IUD Contraception

Table 3. Distribution of IUD Contraceptive Selection

Contraceptive selection	Frequency (n)	Percentage (%)
Did not select an IUD	84	98.8
Selected an IUD	1	1.2
Total	85	100.0

Source: Primary data, 2026.

Relationship Between Mothers' Knowledge Level and IUD Contraceptive Selection

Table 4. Relationship Between Mothers' Knowledge Level and IUD Contraceptive Selection

Knowledge level	Did not select an IUD, n (%)	Selected an IUD, n (%)	Total, n (%)	p- value
Good	15 (93.8)	1 (6.3)	16 (100.0)	
Moderate	30 (100.0)	0 (0.0)	30 (100.0)	0.194
Poor	39 (100.0)	0 (0.0)	39 (100.0)	
Total	84 (98.8)	1 (1.2)	85 (100.0)	

Source: Primary data, 2026.

Statistical test: Fisher's exact test. Significance level: $\alpha = 0.05$.

Discussion

Mothers' Knowledge of IUD Contraception

The findings showed that 39 respondents (45.9%) had poor knowledge of IUD contraception, 30 (35.3%) had moderate knowledge, and 16 (18.8%) had good knowledge. These results indicate that limited knowledge of IUD contraception remained common among family planning acceptors at the study site. Inadequate understanding of the definition, benefits, mechanism of action, effectiveness, indications, contraindications, and potential side effects of IUDs may affect how women evaluate this contraceptive method. According to Notoatmodjo (2022), knowledge develops through sensory processes and is influenced by factors such as education, age, experience, employment, environment, and access to information.

The predominance of respondents with poor knowledge suggests a need to strengthen information and counseling about IUD contraception. Limited exposure to accurate information, low interest in seeking contraceptive information, and insufficient health education may contribute to knowledge gaps. Nevertheless, knowledge alone does not necessarily determine contraceptive choice, because decisions may also be influenced by personal preferences, previous experiences, family support, and perceptions of potential risks. Although most respondents had higher education (69.4%), only 18.8% demonstrated good knowledge of IUD contraception. This finding suggests that formal educational attainment does not automatically translate into specific knowledge of contraceptive methods. Notoatmodjo (2018) explained that knowledge is influenced by education, employment, age, experience, social and cultural environments, and information sources. Therefore, women with higher educational backgrounds may still require targeted counseling on reproductive health and the characteristics of IUDs. Anggraini et al. (2022) also highlighted the potential role of previous reproductive experiences and contraceptive counseling in shaping women's understanding of contraceptive methods.

Selection of IUD Contraception

The findings showed that only one respondent (1.2%) selected an IUD, whereas 84 respondents (98.8%) did not. This indicates that IUD use was uncommon among the participants in this study. Several factors may contribute to contraceptive choices, including knowledge, concerns about insertion procedures and side effects, partner support, previous contraceptive experiences, and access to counseling. Handayani et al. (2022) identified limited knowledge, insufficient husband support, and concerns about side effects as potential factors associated with low IUD selection.

Most respondents were aged 20–35 years (64.7%), were not employed (65.9%), and had experienced more than one pregnancy (69.4%). These characteristics provide context for understanding the participants but do not establish why they selected or rejected IUD contraception. Although age and reproductive history may influence contraceptive needs, individual preferences and perceptions also play important roles. Rahayu and Wijayanti (2022) and Sari et al. (2021) discussed the relevance of reproductive age to family planning participation, while Kambuno and Wijayanti (2022) reported an association between parity and IUD use. However, the present study did not directly test these characteristics as determinants of contraceptive selection.

Partner support and community perceptions may also affect decisions regarding long-acting contraceptive methods. Karkarnah (2023) reported an association between husband support and the selection of long-acting contraceptive methods. In addition, misconceptions about IUDs, including concerns about device displacement, infertility, discomfort during sexual intercourse, or prolonged pain, may discourage their use. The World Health Organization (2022) has emphasized the importance of addressing misinformation and improving access to reliable contraceptive counseling. These factors warrant further investigation because they were not directly measured in the present study.

Relationship Between Mothers' Knowledge Level and IUD Contraceptive Selection

The Fisher's exact test produced a p-value of 0.194, which was greater than the significance threshold of 0.05. Therefore, this study did not find a statistically significant relationship between mothers' knowledge level and their selection of IUD contraception at the Independent Midwifery Practice of Ni Luh Sri Rahayuni. Among respondents with good knowledge, one woman (6.3%) selected an IUD, while the remaining 15 (93.8%) did not. All respondents with moderate knowledge ($n = 30$) and poor knowledge ($n = 39$) did not select an IUD. These findings indicate that good knowledge did not necessarily correspond to IUD selection in this sample. Although knowledge can help women understand contraceptive effectiveness, benefits, and potential side effects, contraceptive decisions may also depend on personal preferences, previous experiences, partner support, cultural beliefs, and access to health services. Notoatmodjo (2018) emphasized that health behavior is influenced by factors beyond knowledge alone. Similarly, Yulizawati et al. (2021) discussed the role of internal and external factors in contraceptive decision-making.

The absence of statistical significance should be interpreted cautiously because only one respondent selected an IUD, resulting in a highly unbalanced distribution between the two contraceptive-selection categories. This limited number of IUD users reduces the ability to identify a statistically significant relationship and makes the findings less conclusive. Although Fisher's exact test was appropriate given the small expected cell counts, the result does not establish that knowledge has no influence on contraceptive selection. Rather, the findings indicate that a significant association was not demonstrated in this particular sample. Further studies involving more IUD users and additional variables, such as partner support, attitudes, perceived side effects, and counseling exposure, are needed to clarify the factors associated with IUD selection.

CONCLUSION

Based on the findings of the study on the relationship between mothers' knowledge levels and their selection of intrauterine devices (IUDs) at the Independent Midwifery Practice of Ni Luh Sri Rahayuni, it can be concluded that most respondents had poor knowledge of IUD contraception (45.9%). IUD utilization was very low, with only one respondent (1.2%) selecting an IUD, while 84 respondents (98.8%) did not. Fisher's exact test yielded a p-value of 0.194 ($p > 0.05$), indicating no statistically significant relationship between mothers' knowledge levels and their selection of IUD contraception. These findings suggest that contraceptive selection may involve factors beyond knowledge alone.

Midwives at the Independent Midwifery Practice of Ni Luh Sri Rahayuni are encouraged to strengthen education and counseling for women of reproductive age regarding IUD benefits, effectiveness, safety, and potential side effects. Women are encouraged to seek accurate information from healthcare professionals and reliable sources to support informed contraceptive decisions based on their health conditions and reproductive needs. Future researchers should consider larger samples and investigate additional factors, including husband's support, maternal attitudes, cultural beliefs, access to

healthcare services, and the role of healthcare professionals, using interviews or in-depth qualitative approaches where appropriate. Educational institutions are also encouraged to strengthen learning about long-acting contraceptive methods, particularly IUDs, so that future healthcare professionals can provide appropriate and evidence-based contraceptive education to the community.

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