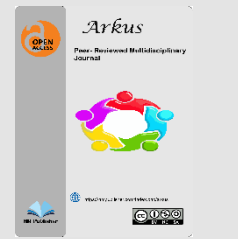




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Family Planning Knowledge and Attitudes of Childbearing Couples Regarding Reproductive Health with Husband's Participation

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ABSTRACT

The impact can be very positive when married couples have adequate knowledge about reproductive health and actively participate in family planning. Couples can plan pregnancies according to their wishes, avoid unwanted pregnancies, reduce the risk of reproductive health complications, and create an environment that supports optimal development of children. This study aimed to determine the relationship between family planning knowledge and attitudes of reproductive health couples regarding reproductive health with the husband's participation. This study is an analytical observational research with a cross-sectional approach. This study uses primary data obtained from the research subject interview process. A total of 211 research subjects took part in this study. In conclusion, there is no relationship between family planning knowledge and attitudes of couples of childbearing age regarding reproductive health with the husband's participation.

1. Introduction

Reproductive health is an essential aspect of the life of every individual and family. For couples of childbearing age, a good understanding of reproductive health is the main foundation for achieving happiness and prosperity in the family. In this context, family planning becomes very relevant, and the husband's participation is crucial in ensuring optimal reproductive health. Couples of childbearing age face various challenges and considerations in maintaining their reproductive health. This includes understanding reproductive anatomy and physiology, menstrual cycles, fertility, and knowledge of efforts to prevent or plan pregnancy. However, often, this knowledge needs to be more comprehensive among husband and wife couples. A husband's participation

in family planning and reproductive health maintenance is a critical element that is often overlooked. Husbands have a strategic role in supporting and understanding their wives' reproductive health needs. This includes emotional support, understanding of contraceptive methods, and joint decision-making regarding pregnancy and family.¹⁻³

The impact can be very positive when married couples have adequate knowledge about reproductive health and actively participate in family planning. Couples can plan pregnancies according to their wishes, avoid unwanted pregnancies, reduce the risk of reproductive health complications, and create an environment that supports optimal development of children. However, to achieve this goal, joint efforts are

needed to increase knowledge and attitudes about family planning for couples of childbearing age, especially regarding reproductive health and husband participation. Therefore, research and educational programs that focus on reproductive health education and the role of husbands in family planning are significant.⁴⁻⁸ This study aimed to determine the relationship between family planning knowledge and attitudes of reproductive health couples regarding reproductive health with the husband's participation.

2. Methods

This study is an analytical observational research with a cross-sectional approach. This study uses primary data obtained from the research subject interview process. A total of 211 research subjects participated in this study, where the research subjects met the inclusion criteria. The inclusion criteria for this study were husband and wife couples in the working area of the Mulya Mekar Health Center, Purwakarta, Indonesia. Observations of the research subjects' knowledge and attitudes towards family planning were carried out using questionnaires. Data analysis was carried out using SPSS version 25

software univariately and bivariately to assess each variable's frequency distribution and the influence of the research conducted, with a p-value <0.05.

3. Results and Discussion

Table 1 shows that of the 211 respondents, couples in the working area of the Mulya Mekar Health Center, Purwakarta, Indonesia, most of them have good knowledge about family planning, 102 respondents (65.8%). In comparison, young women have poor knowledge about family planning, as many as 38 respondents (67.9%). From the results of the chi-square calculation, it was found that the p-value was 0.068, so it could be concluded that there was no significant relationship between knowledge about family planning among married couples in the working area of the Mulya Mekar Health Center, Purwakarta, Indonesia. From the results of the Chi-Square calculation, it was found that the p-value was 0.214, it could be concluded that there was no significant relationship between attitudes about family planning among married couples in the working area of the Mulya Mekar Health Center, Purwakarta Indonesia (Table 2).

Table 1. Relationship between knowledge and family planning.

Knowledge	Family planning				p-value*
	Yes		No		
	F	%	F	%	
Poor	38	67,9	18	32,1	0,068
Good	102	65,8	53	34,2	
Total	140	66,4	71	33,6	

*Chi-square, p>0,05.

Table 2. Relationship between attitude and family planning.

Attitude	Family planning				p-value*
	Yes		No		
	F	%	F	%	
Negative	137	65,9	71	34,1	0,214
Positive	3	100	0	0	
Total	140	66,4	71	33,6	

*Chi-square, p>0,05.

The existence of myths in society that tend to target women with reproductive health problems has led to an imbalance in the roles of women and men in family

planning. A caring attitude towards women's reproductive health problems during pregnancy, childbirth, and postpartum means no longer making

women the perpetrators of reproduction but instead sharing responsibility between men and women in fostering a prosperous family. A man's role can be encouraging his wife to participate in family planning, jointly determining the most appropriate contraceptive method, or participating in using male contraception.⁹⁻¹²

Women dominate family planning participants. However, family planning is not only intended for women. Men also should participate in making this program a success. The primary strategy carried out is to encourage men's participation in deciding which contraceptives to use, being active in supporting the implementation of family planning in the community and participating as family planning participants, either by using condoms or vasectomies. Various things can cause the low participation of men in contraception. Some of the things referred to are men's lack of understanding about male contraception, husbands' low interest in accessing information about contraception and reproductive health, and the lack of role of religious leaders. Apart from that, there is still an opinion in society that contraception affects the enjoyment of intercourse and a negative stigma that contraception for men is synonymous with vasectomy. It is acknowledged that many obstacles face men's participation in family planning. The main obstacle is still the patriarchal culture in Indonesian society. Men are considered the most powerful in many places.¹³⁻¹⁵

4. Conclusion

There is no relationship between family planning knowledge and attitudes of couples of childbearing age regarding reproductive health with the husband's participation.

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