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The Current Use Contraception in Indonesia

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ABSTRACT

In this report married couple tend to use modern contraception rather than traditional. The objective of the research was to describe the contraceptives methods of family planning among marriage couple. Methods was used nationally representative data from the Indonesian Demographic Health Survey (IDHS) 2017. This was cross sectional household survey data, designed to be representative at the national, rural urban, and provincial level. There were 47,963 households respondents targeted, from 33 provinces and 497 districts/cities. The data were selected from all households with currently married women age 15-49 years. The descriptive analyze was used in this research. Result showed 53.95% of married women were currently using modern method of contraception and 6.64% traditional method while 39.42% were not using any method. Among women they prefer to using pill, implants, injections, and IUD than sterilization 11.62%, 5.02%, 4.18%, 4.17% and 3.74% respectively. Additionally, among men prefer used Male condom (2.33%) rather than Male sterilization (0.14%). In conclusion the unmet need of contraception is reducing and people are moving towards modern contraception instead of permanent methods, which in turn accelerates the improvement in women's health.

Keyword: contraception; method; family planning; Indonesia

Introduction

Some research has been conducted on contraceptive methods among married Women's in Indonesia. The one that conducted survey about Indonesian Demographic and Health Survey (IDHS) was National Population and Family Planning Board. IDHS surveied about family planning methods not only modern methods but also traditional methods.

From the 2012 IDHS data, it was found that the use of modern family planning methods for fertile age couples decreased in 2017 from 57.9% to 57.2%. The most commonly used modern contraception in 2017 is injection of 53.5%, pill 20.3% implant / implant 8.8%, IUD / spiral 8.1%, female sterilization / tubectomy 5.8%, 3.0% condom, male sterilization / vasectomy 0.3%,

Amenorrhoea Lactation Method (ALM) 0.2% and emergency contraception 0.1% [1]. Examined multiple measures of empowerment; evidence has shown that all dimensions of empowerment do not equally correlate with contraceptive use [3] [4].

Counseling of Family Planning methods is common in Indonesia. This is indicated by almost all women, married women, and married men who have heard of at least one modern FP method. The average contraceptive method used / method known for married women (8 contraceptive devices / methods) is more than that of married men (6 contraceptive devices). Modern FP methods / methods consist of female surgery method or female sterilization, male surgery method or male sterilization, pills, IUDs, injection of family planning, implant contraception, condoms, diaphragm, Lactation Amenorrhoea

Method (LAM), and contraception emergency. Traditional FP methods consist of periodic abstinence, interrupted intercourse, and other traditional FP methods. Four percent of women (all women and married women) and 5 percent of married men know all the modern FP methods. Birth control pills and injections are not only popular among women, but also in men. Almost all married men know about pills (93%), injection (92%), and condoms (89%). Injections (29%) are the most widely used FP methods by married women, followed by pills (12%), implants and IUD (5% each), and MOW (4%). Together with male sterilization, implants of family planning, IUD and female sterilization are long-term contraceptive methods that are recommended for use in the Family Planning Program. Thus, there are 14 percent of women who use long term contraception. Traditional FP methods consist of interrupted intercourse, abstinence / calendar system and massage around the uterus, or drinking herbs which are believed to prevent pregnancy [1].

The primary goal of this study is to describe the contraceptives methods of family planning among marriage couple.

Methods

We used nationally representative data from the Indonesian Demographic Health Survey (IDHS) 2017. This was cross sectional household survey data, designed to be representative at the national, rural urban, and provincial level. There were 47,963 households respondents targeted, from 33 provinces and 497 districts/cities. The data were selected from all households with currently married women age 15-49. The descriptive analysis was used in this research. The ethical clearance was gained involved in the primary data. Respondents signed informed consent when collected data.

Results and Discussion

The contraceptive methods can be explained from the table 1 below:

Table 1
Contraceptive methods

Contraceptive methods	Percent	Freq.
Not using	39.01	13,297
Specific method 1	22.73	7,747
Other modern method	0.01	3

Prolonged abstinence	0.12	42
Implants/Norplant	5.02	1,712
Other traditional	0.41	139
Withdrawal	4.42	1,506
Periodic abstinence	2.09	714
Male sterilization	0.14	49
Female sterilization	3.74	1,275
Male condom	2.33	793
Injections	4.18	1,426
IUD	4.17	1,422
Pill	11.62	3,961
Method types	Percent	Freq.
No method	39.01	13,297
Folkloric method	0.41	139
Traditional method	6.64	2,262
Modern method	53.95	18,388
Total	100	34,086

Contraceptive used on married women 19-59 years show that 53.95% of married women were currently using modern method of contraception and 6.64% traditional method while 39.42% were not using any method. Table 1 demonstrates the current prevalence of different methods used by women. The majority (22.73%) women adopted specific method 1 as current method of contraception while other modern method was 0.01%. Among women they prefer to using pill, implants, injections, and IUD than sterilization 11.62%, 5.02%, 4.18%, 4.17% and 3.74% respectively. Additionally, among men prefer used Male condom (2.33%) rather than Male sterilization (0.14%).

Out of the total 34,086 women respondents in the age group 19-59 years, the majority were live in urban areas (50.5%), in the age group less than 19 (82.3%) of women and less than 21 (95.6%) of husbands, with education up to incomplete secondary in 52.1% of women and 53.6% husbands, majority occupation in professional/technical (63.0%) of women and clerical, service or sales (35.9%) of husbands, majority (22.6%) belonging to poorest wealth index and 78.0% were having more than 4 numbers of household members.

Two types of contraceptive methods: modern and traditional. Modern methods include female sterilization, male sterilization, pill, intrauterine device (IUD), injectables, implants, male condom, diaphragm (inravag), Lactational Amenorrhea Method (LAM), and emergency contraception. Traditional methods include periodic abstinence (rhythm method) and withdrawal. An additional question, which probed

for knowledge about other methods, was included to obtain information on knowledge of folk methods. Injectables and the pill are the most widely known modern methods; more than nine in ten Indonesia Demografi Health System respondents recognized these methods. Among the modern methods, respondents were least likely to know about emergency contraception, the diaphragm, and Lactational Amenorrhoea Method (LAM). In general, men were less likely to know specific family planning methods than women, with the exception of the male condom, where men had a slight advantage over women. Women recognized an average of seven methods while men recognized fewer than six methods. Given the importance of female sterilization as a way of preventing pregnancies among women in high-risk groups, the family planning program supports the dissemination of information about this method. The program also provides services in accordance with a woman's age and health status. The program considers the optimal target age for sterilization for women to be age 30-35. [7].

Based on source of information that was received by women it can be seen that most of women did not receive or hear information about family planning from health facility, on radio and in newspaper/magazine last few months. The majority of women heard about family planning from TV [11] .

While family planning services have traditionally targeted women, there is growing recognition that reproductive health is the joint responsibility of men and women. Given that men often have significant influences on a couple's contraceptive use [5].

The non-declining reason for female sterilization in some states refers to male ego in the patriarchal belt which takes dominance over logic and practicality by considering vasectomy as a threat to their masculinity and they prefer woman undergo surgery [6]. Studies conducted in African contexts have found that limited knowledge about family planning is a key determinant of men's negative perception of and lack of engagement in family planning [11] as well as gender norms regarding men's roles [12].

Several important lessons emerge from the study which should be considered for future interventions. One key finding relates to comments by participants that men's lack of involvement from fear and negative health beliefs stemmed from their overall lack of knowledge. This was attributed to the limited number of community

level reproductive health campaigns which targeted men. As a result, the emphasis on barriers related to harmful side effects may reflect heightened perceptions rather than actual experiences based on men's reliance on informal information sources, such as other male colleagues or relatives. Our findings are consistent with current research which points to a need to better educate men in the public sphere with appropriately tailored health messaging [5,8,10,11].

On the other hand, married women who are not using contraception and do not intend to use a method most often cited fertility-related reasons for nonuse. Fertility-related reasons included factors that prevented the woman from becoming pregnant such as being menopausal or having had a hysterectomy as well as a desire to have as many children as possible. More than one-fifth of the women mentioned method related reasons including health concerns and fears about side effects. Among men, 12 percent mentioned fertility related reasons for nonuse, and 14 percent mentioned method-related reasons [7] .

Conclusion

Its diversified nature and utilization of contraceptive methods in Indonesia. the unmet need of contraception is reducing and people are moving towards modern contraception instead of permanent methods, which in turn accelerates the improvement in women's health.

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