

# Understanding and Perception of Women of Reproductive Age Towards the Use of Intrauterine Birth Control Device: Scoping Review

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**Abstract** - Improving the understanding and changing the perception of women of reproductive age regarding the use of IUDs is decisive for improving reproductive health. Through educational efforts carried out through various information channels, as well as support from medical personnel, it is hoped that it can change views and increase WUS's involvement in using safe and effective contraceptive methods, such as IUDs. To evaluate the level of knowledge and perception possessed by women of gestational age for the use of IUDs as a method of pregnancy prevention in family planning programs. The research design used scoping review based on the Arksey and O'Malley framework. Of the 6,991 articles found, 15 articles met the inclusion criteria for the analysis starting with a literature search in three databases: google scholar, pubmed and scient direct. The inclusion requirements include the paper being published between 2020-2024, addressing the knowledge of women of childbearing age about IUDs, as well as the relationship between knowledge and attitudes towards IUDs. The data is analyzed interpretively to find the main themes and patterns of the synthesized articles. Women's understanding of IUDs of childbearing age was influenced by education, health counseling, and husband support. Myths and misconceptions about IUDs are the main obstacles to the acceptance of this method. In addition, positive experiences of women with IUDs show that good knowledge can increase positive attitudes towards the use of these contraceptives. Increased knowledge and positive attitudes towards IUDs among women of childbearing age are essential for the success of family planning programs. Effective education and social support from your partner can increase the acceptance of IUDs as a method of contraception. Therefore, a more intensive counseling strategy is needed to address myths and misconceptions and increase access to information about the benefits of IUDs.

**Keywords** - Women of Reproductive Age, Knowledge, Attitude, Contraceptives, Intra Uterine Device.

## I. INTRODUCTION

Intra Uterine Device is an efficient way to regulate birth spacing. The failure rate is no more than 1% during the first year of use. Globally, the percentage of AKDR use is 16.8%, with a range that varies between high-income countries (6.5%) and low-income countries (3%). Data from the Brazilian Ministry of Health shows that 1.9% of women of childbearing age in Brazil use copper AKDR, although this method is a free method provided by the Integrated Health System.[1] Over time, Indonesia's population continues to show a significant increase. To face this challenge, the government of the Republic of Indonesia initiated family planning activities. From data from the Development Planning Agency, in 2019 Indonesia's population reached 268,074,565 people.[2]

This activity aims to control the number of children and the interval of pregnancy in the use of contraceptives. This contraceptive is an effective contraceptive method. In addition, the use of IUDs does not affect the production or quality of breast milk in breastfeeding mothers. With a high success rate, IUDs only cause 100 women to wear them from 0.6 to 0.8 per pregnancy.[3] Knowledge consists of two types, namely

positive and negative. Both of these types contribute to shaping a person's perception. The more positive information is known about the object, the more positive the attitude is formed towards it.[4]

The use of contraceptives as an indicator of the success of family planning programs is determined by various factors, such as the level of knowledge and attitudes towards contraceptive use. The husband's view of the family planning program has an important role, because it can influence the wife's decision to use contraception. Husbands who have a positive view of contraceptives usually provide support to their wives, thereby increasing the success of their use. This condition is influenced by the culture in Indonesia, where the husband's decision is often a reference for the wife.[5]

The most decisive factor in the use of this method is the level of knowledge about culture and communication regarding family planning issues between couples. Thus, the purpose of this study is to evaluate the understanding and perception of the use of IUDs as IUD contraceptives among women participating in family planning programs.[6]

## II. METHODOLOGY

### A. Research Design

The scoping review uses the framework of Arksey and O'Malley, which includes systematic steps to focus the study using the PEOS framework. This process begins with a literature search involving three databases, namely google scholar, pubmed and science direct. Then, this research includes identifying review scoping questions, determining the right article, article selection, data mapping and article preparation, summarizing, and analysis. PEOs are made up of population, exposure, results, and design.

**Table 1. Choosing a Mnemonic PEO**

It	Population	Exposure	Outcome
1.	Women of Childbearing Age	KB IUD	Level, Knowledge and Attitude

### B. Population and Sample

This scoping review involved Women of Childbearing Age/WUS, found the use of contraceptive IUDs, and the approach used was quantitative.

#### a. Inclusion Criteria and Exclusion Criteria

##### i). Inclusion Criteria

- Published in English and Indonesian.
- Published from 2020-2024
- An article that discusses the knowledge of Women of Childbearing Age/WUS regarding IUDs.
- An article that identifies the relationship between understanding, attitude and selection of intrauterine devices (IUDs).

##### ii). Exclusion Criteria

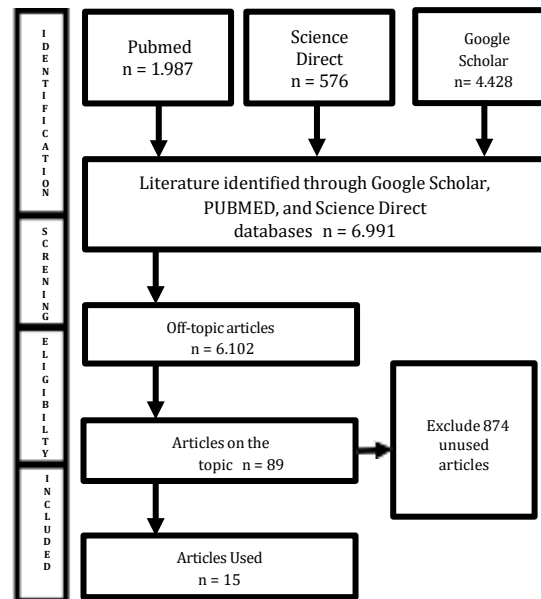
- Articles that discuss the level of knowledge of women of reproductive age regarding IUDs
- An article that discusses the perception of women of reproductive age with the use of IUDs.
- Journal in Indonesian
- Journal in English

### C. Data Acquisition Techniques

To make everything clear and show the literature found from various databases during the screening process, it is guided by PRISMA/Preferred Reporting Items for Systematic Reviews and Meta- Analyses. The diagram shows the selection steps: articles are found, filtered according to inclusion and exclusion criteria, and the number of articles that meet the criteria for inclusion in a thorough review. (Figure 1).

To ensure the relevance and quality of the articles to be included in the review, the author filters the literature from various search engines of the article using pre-defined keywords. A total of 6,991 articles were found

through searches conducted in various databases. This includes 1,987 articles found on PubMed, 576 articles on *Science Direct*, and 4,428 articles on Google Scholar. These articles are then checked according to the criteria that have been set.



**Figure 1. PRISMA**

#### D. Research Instruments

By setting standards for exclusion exclusions, the authors narrow down the scope. The goal is to make this research more precise and in accordance with the subject. The keywords used include Women of Childbearing Age (WUS), Knowledge, Views, Contraception, and Intrauterine Devices (IUDs).

**Table 2. Inclusion Criteria and Exclusion Criteria**

No.	Inclusion Criteria	Exclusion Criteria
1.	Research Articles published in 2020- 2024	Book
2.	Article has full text	Paid text access

#### E. Data Analysis Techniques

After that, data from several articles were selected and analyzed using an interpretive approach. This analysis involves finding the main themes, patterns, and relationships between concepts resulting from literature reviews.

### III. RESULTS AND DISCUSSION

In the process of synthesis of research data, collection and summarization of articles that meet the inclusion criteria. The titles, findings, methodologies, and results of the 15 synthesized articles are listed in table .

**Table 3. Data Synthesis Review Articles**

No.	Title, Author	Country	Method	Research Results
1.	Overview of Knowledge of Women of Childbearing Age about IUD Contraception in Grand Vienna Housing, Kenali Asam Village, Kota Baru District, Jambi City in 2024, Asti Inka Pratiwi, [7]	Indonesia	Qualitative	The knowledge of couples of reproductive age regarding contraceptives in the womb in most couples of reproductive age has a fairly good understanding because the level of education is equivalent to high school/high school.
2.	A mixed-methods study of factors influencing postpartum intrauterine device uptake after	Rwanda	Quantitative and Qualitative	Knowledge about IUDs and their benefits has a positive impact on the acceptance rate of IUDs. The decision

	family planning counseling among women in igali, Rwanda, Mariama S. Tounkara, Rosine Ingabire, Dawn L. Comeau <sup>1</sup> , Etienne Karita, Susan Allen, Julien Nyombayire, Rachel Parker, Lisa B. Haddad, Vanessa Da Costa, Amanda Tichacek, Amelia Mazzei, Jeannine Mukamuyango, Kristin M. Wall [8]			to use a birth control IUD includes its non-hormonal properties, effectiveness, and duration of protection against pregnancy. Family counseling plans to address knowledge gaps and encourage the involvement of male partners in decision-making regarding contraception.
3.	Counseling to Increase the Knowledge of Women of Childbearing Age (WUS) about IUD Birth Control, Zulfitriani, Nurfatimah, Christina Entoh, Lisda Widiarti Longgupa, Ramadan Levels [2]	Indonesia	Quantitative	Women's understanding of intra uterine devices before and after counseling received positive scores, ranging from ignorance to knowledge. Counseling continues to be carried out by midwives so that knowledge about IUD contraception continues to increase. With this increase in knowledge, it is hoped that mothers will be more willing to use IUDs as contraceptives.
4.	Assessing knowledge, attitudes, and practice of health providers towards the provision of postpartum intrauterine devices in Nepal: a two- year follow-up Lucy Stone, Mahesh C. Puri, Muqi Guo and Iqbal H. Shah [9]	Nepal	Quantitative and Qualitative	Knowledge, attitudes, and practices of health care providers related to the provision of Intra Uterine Contraceptives (IUDs) in Nepal. There was an increase in knowledge about IUDs and their benefits within six months of the intervention. In addition, there was an increase in positive attitudes and practices between 6 months and 24 months after the intervention. The practice of counseling and insertion of PP IUDs also showed an increase from 10.4% and 9.4% to 99%.
5.	The Relationship between the Role of Health Workers, Knowledge and Husband's Support for the Selection of IUD Birth Control Acceptors at the Keagungan Village Health Center in 2023, Vika Chita Via, Cusmarih [10]	Indonesia	Quantitative	The relationship between the husband's understanding and perception of the choice of contraception in the womb is because the individual's behavior reflects the position he has, including the behavior patterns and beliefs that should be guided by values and attitudes.
6.	Attitudes Toward the Copper IUD in Sweden: A Survey Study, Maria Wemrell and Lena Gunnarsson Sweden [1]	Switzerland	Quantitative	Positive attitudes and experiences towards IUDs, around 34.7%. The study recommends communication from health care providers place more emphasis on reproductive autonomy and build trust by providing clear information about potential side effects and being open in discussing women's experiences and concerns.
7.	Factors Influencing the Low Interest of Women of Childbearing Age in Choosing	Indonesia	Qualitative	There are various types that affect the lack of desire of mothers of reproductive age in the selection of

	IUD Contraceptives in Uring Village, Pegasing District, Southeast Aceh Regency in 2022, Siska Gustika, Deby Cyntia Yun, Anna Waris Nainggolan [11]			IUD contraceptive use. The factors include education, age, and knowledge.
8.	Women's experiences with the Post-Placental Intra Uterine Device (PPIUD): a qualitative study, Ana Beatriz Venturin, Debora Bicudo Faria-Schützer, Odette del Risco Sánchez, Larissa Rodrigues, Thuany Bento Herculan, Fernanda Garanhani Surita [12]	Brazil	Qualitative	Women's experience that IUD benefits are their right to be granted during childbirth or immediately after delivery. In this case, that the ideal time to offer and discuss contraceptive methods is during ANC, and before birth In addition, women discuss myths about contraceptive methods. When health workers listen, they have a starting point to start a conversation about contraception.
9.	The Effect of IUD Counseling with Flip Sheet Media on the Level of Knowledge and Interest in Becoming a Postpartum IUD Birth Control Acceptor in the PMB Work Area Dewi Mardiyanti, STr. Siti Nur Fajaryati, Aris Prastyoningsih, Earth Christianity P [13]	Indonesia	Quantitative	Counseling using flip sheet media can increase the interest of Women of Childbearing Age (WUS) to use IUDs, so that they do not feel afraid to use them. Influenced by age, level of education, because education plays a role in receiving information to make changes. Then, the kind that affects the interest in becoming an IUD birth control acceptor is the activeness in asking questions during the counseling session, because by actively asking questions, they can get answers or solutions to doubts that prevent them from using IUD contraceptives.
10.	Knowledge, Attitudes, and Practice About Emergency Contraception Among Saudi Women of Childbearing Age of Eastern Region in Saudi Arabia, Amira Okud, Humaira Zareen, Hajer AlSaif, Hadeel Alsayil, Maryam Alrashed, Aeshah Alhejji, Maryam Bosaleh, Mariyyah A.Almuhaini,	Saudi Arabia	Qualitative	Birth control IUD refers to a method of contraception that is used within 72 hours to 120 hours after having unprotected sex to prevent unplanned pregnancy. This can delay ovulation, and stop fertilization. The study evaluated the knowledge, attitudes, and practices of emergency contraception among WUS in eastern Saudi Arabia. There is a relationship of knowledge, and attitudes in the use of IUDs.
11.	The Relationship between Education Level and Perception of Intrauterine Device (IUD) Contraceptive Selection in IUD Birth Control Acceptors in Upt. Karangpandan Health Center, Lilis Purwati, Wijayanti, and Tresia Umarianti [15]	Indonesia	Quantitative	There is a relationship between education levels and perceptions of IUD contraceptives at the Karangpandan Health Center. Which is influenced by age, number of children, occupation and level of education.
12.	Knowledge and Attitude concerning use of Intrauterine Contraceptive Device among Women attending Family Planning at Makambako RCH in Njombe-Tanzania,	Tanzania	Quantitative	WUS and PUS agree that IUDs help prevent unwanted pregnancies. Information about IUDs is obtained from social media such as radio and television, health care providers, friends, and schools. The positive

	Samson Peter Mvandal, Godfrey Lupoly, Joseph Nhandi [6]			attitude in using IUDs is influenced by health care providers, their partners to use IUDs, and women of childbearing age.
13.	The Relationship of Husband's Knowledge, Attitude and Support with Election Intrauterine Device (IUD) at the Kupang City Health Center in 2023, Abrian Thomas, Masrida Sinaga, Ruth R. Riwu [3]	Indonesia	Quantitative	There is a relationship between perception and husband-assisted contraceptive choice among mothers who have just given birth. The level of education also affects the mother's acceptance of information and interest in using IUDs. In addition, active participation in asking questions during counseling sessions is essential to overcome doubts and increase interest in using contraceptives.
14.	IUD Contraceptive Use Among Women of Reproductive Age: Experiences, Motivators and barriers in a General Hospital, Uganda, Nambalirwa Teddy, Connie Olwit, Charles Osiyaga, Juliet Kiguli, Mathew Nyashanu, Scovia Nalugo Mbalinda [16]	Uganda	Qualitative	Positive experience using IUDs as a long-term family planning method, does not affect libido, good body image, and support from healthcare providers. Meanwhile, there are negative experiences such as pain during insertion, discomfort and bleeding, and fear of IUD threads. The motivation for using IUDs is the availability of IUD services in health facilities, unaffected body image, and information from health workers. On the other hand, the obstacles faced include distrust of health care providers, financial constraints, myths and misconceptions, and a lack of social support.
15.	The Relationship between Knowledge, Attitudes, and Husbands' Perceptions with the Use of IUD Contraceptives in the Working Area of the Haurwangi Health Center, Cianjur Regency in 2023, Lise Kurniawati, Missing, Ageng Septa Rini [5]	Indonesia	Quantitative	The importance of increasing education and counseling regarding contraceptives, especially those involving husbands, to support family planning programs. Additional measures are needed to address the stigma and misconceptions that may exist in the community regarding IUD use, in order to increase participation in family planning programs.

The search results and compatibility with the research keywords were collected as many as 15 articles. The results of the article review were collected from various countries. Some of these countries are Indonesia, Rwanda, Nepal, Switzerland, Brazil, Saudi Arabia, Tanzania and Uganda. The countries where the study was located are listed in Table 4.

The thematic analysis Table 5 in the study focuses on an in-depth understanding of the understanding of perceptions of women of reproductive age using IUD contraceptives.

**Table 4. Data Synthesis Review Articles**

No.	Country	Frequency
1.	Indonesia	8
2.	Rwanda	1
3.	Nepal	1



4.	Switzerland	1
5.	Brazil	1
6.	Saudi Arabia	1
7.	Tanzania	1
8.	Uganda	1

**Table 5. Thematic Analysis**

No.	Theme	Subject
1.	Increasing Understanding of IUD Contraceptives	1. Levels of Understanding of Women of Childbearing Age in Various Regions (1,2,3,4,7) 2. The Effect of Counseling and Counseling on Understanding of IUDs (3,7,10,14,15) 3. The Role of the Media in Raising Awareness about IUDs (3,9,12)
2.	Elements Affecting IUD Acceptance	1. Impact of Husband's Support on the Decision to Use an IUD (5,8,9,11,13,14) 2. The Relationship between Education and Interest in IUD Use (1,2,6,8,11) 3. Myths and Misconceptions That Hinder IUD Acceptance (14,15)
3.	Experience and Obstacles in IUD Use	1. Positive and Negative Women's Experiences of Using IUDs (8,9,10) 2. Barriers Women Face in Accessing IUD Services (12,14) 3. Strategies to Increase the Acceptance and Use of IUDs in the Community (4,8,10,12,14,15)

**A. Increasing Understanding of IUD Contraceptives****a. The Level of Understanding of Women of Childbearing Age in Various Regions**

Understanding women of childbearing age (WUS) to improve maternal and child health, women of childbearing age (WUS) should better understand reproductive health, especially pregnancy, so that they can make better decisions about pregnancy, especially for WUS over 35 years old, who are more prone to complications.[17]

Comprehension is done by adding information to the individual after scanning an object. A person's vast amount of knowledge is usually obtained from his sense of sight and hearing. The automated process of such scanning directly generates knowledge that is influenced by the level of sharpness and perception of the observed object. Its basic knowledge plays an important role in helping people make decisions as well as determining their actions when making decisions.[18]

Education also influences rational thinking about traditions and customs. People who have higher education tend to be more receptive to new ideas or challenges such as acceptance, restrictions on the number of children, and preferences of certain genders. Education also raises women's awareness of the benefits that can be achieved if they have multiple children. Women who are more educated tend to limit the number of births compared to those who are uneducated or only have a low education.[19]

**b. The Effect of Counseling and Counseling on Understanding the IUD**

Counseling is a health education activity that is carried out by disseminating, instilling confidence so that people are aware, know and understand and carry out recommendations related to health.[20]

The counseling and counseling is supported by good maternal attitudes and knowledge, so as to bring a positive response that can affect mothers in using contraceptives in the womb. Then it affects many factors such as mastering learning by teachers, persuasive body language, additional material and also increasing the school level and a very supportive atmosphere.[21]

### *c. The Role of the Media in Raising Awareness about IUDs*

The media has an important role in increasing public understanding of IUD Contraception through education, stigma reduction, social support, and access to information obtained. The media can be used to educate the public about IUD contraceptives and conduct health campaigns. This campaign will help increase public awareness and acceptance of this contraceptive method. For example, a campaign highlighting the effectiveness and safety of IUDs.

Women's understanding of birth control is proven that they can improve their understanding by using methods such as lectures, brochures, educational videos, and community discussions. Cultural stigma and unequal access to information remain a problem, but there is a role for technological media to increase understanding.[22]

## **B. Elements Affecting IUD Acceptance**

### *a. The Impact of Husband's Support on the Decision to Use IUDs*

Male perception has a positive impact on making a policy to use an IUD (Intra Uterine Device) as a contraceptive method. Support from the husband can increase the wife's confidence in choosing and using the IUD.

When the husband provides support, the wife feels more confident and less worried during the use of the IUD which in time can increase their chances of choosing the Planned Birth Control method Intra Uterine Device / KB IUD. Husband's support also plays a role in reducing the stigma and myths that often surround the use of IUDs.[23] Many women feel distressed by this negative perception of contraceptives, but if their husbands are supportive, it can help change those perceptions and encourage wives to be more open to IUD use.

### *b. The Relationship between Education and Interest in Using IUDs*

The relationship between education and interest in IUD use is very important, some sources mention that school level affects the understanding and perception of contraceptive use. In fact, women with small school levels are more likely not to use IUDs than mothers with higher education.[24] The level of education not only affects their understanding of long-term contraception, but also influences their decision to use an IUD. Therefore, it is important for public health programs to provide people with more information about contraception and promote the use of IUDs.

### *c. Myths and Misconceptions That Hinder IUD Acceptance*

Myths and misconceptions about Planned Birth Control Intra Uterine Device /Birth Control IUDs are often a barrier to acceptance and use. Many people believe that the IUD can move from its original position and cause bleeding. However, the fact is that the contraception in the uterus is installed without hitting the other canal, so the shift only occurs around the uterine cavity and does not cause large bleeding.[25]

According to some people, using an IUD can lead to permanent infertility. However, research shows that women's fertility usually returns to normal after the cessation of IUD use. Many would- be users are afraid to install an IUD because they hear that the process is difficult. Actually, IUD insertion only takes a short time and is carried out by trained medical personnel. The discomfort you may experience is usually temporary.[26]

Most women refuse to use IUDs because they are worried about side effects or because they hear the myth that IUDs can shift places in the body. It also emphasizes how important it is to teach people to change their negative views of IUDs. The existence of these myths and misconceptions shows how important better educational efforts are to increase public awareness about the benefits and safety of IUDs as an effective contraceptive device.[27]

## **C. Experience and Obstacles in IUD Use**

### *a. Positive and Negative Experiences of Women in Using IUDs*

Positive experiences are inseparable from the mother's understanding, the more positive the mother's understanding of intrauterine contraception, the more proficient she is in understanding the use of IUDs.[21]

According to many women, IUDs help prevent unwanted pregnancies. Because IUDs can last for a long time without requiring regular attention, women who use them often find the convenience of not having to remember



to take the pill every day or use other contraceptive methods that require daily actions. This makes them feel safe and confident with this method of contraception.[14] Women who are dissatisfied with health care or communication with providers are likely to have a negative view of IUD use. Women who feel dissatisfied with health care tend to have negative experiences and feel unprepared for the effects of the problems that arise. It is important for healthcare providers to provide accurate information and help wives proactively make decisions.[8]

#### *b. Barriers Women Face in Accessing IUD Services*

Women face various barriers in accessing the use of Intra Uterin Device (IUD) as a method of contraception. These barriers include social, economic, and knowledge issues. Many women don't know about IUDs due to concerns about possible side effects and lack of understanding of how IUDs work. Despite outreach efforts, a lack of understanding continues to be a major problem in decision- making to use this method.[28]

Cultural norms also play an important role in the decision to use IUDs. Some people still have a stigma against the installation of contraceptives in the genital area, which can make people feel embarrassed or unwilling to use IUDs. In addition, there are negative beliefs and attitudes that hinder the acceptance of long-term contraceptive methods such as IUDs, such as fear of physical side effects such as menstrual pain or irregular bleeding. Also, there are other negative beliefs and attitudes that hinder the recipient. Many women fear medical complications after the fit. They often choose other methods of contraception that are considered more convenient or safer because of this.[29] Overall a lack of knowledge, partner support, cultural norms, and concerns about side effects are factors that prevent women from accessing IUD services. To increase IUD acceptance, increased health education and social support are needed.

#### *c. Strategies to Increase the Acceptance and Use of IUDs in the Community*

Strategies that can be applied to increase the acceptance and use of IUDs (Intra Uterine Devices) in the community such as counseling and education, husband support, and accurate information.

Good knowledge of IUDs can increase women's interest in using IUD contraceptive methods. Providing women of childbearing age counseling and education about IUDs regularly and intensively can increase their confidence to use IUD contraception. When it comes to a woman's decision to use an IUD, husband support is essential. It shows that husbands support women are more likely to use IUDs. The dissemination of accurate information can increase a couple's confidence in the IUD because the lack of information can lead to fear and confusion.[30]

Building a social support network in the community can help increase IUD acceptance. Community forums or group discussions are a great way to share positive experiences about IUD use. Related to it is not only the community but There is a need to increase the capacity of health workers. Train healthcare professionals to provide information and counseling about IUDs so that they can better answer patients' questions and concerns.[31]

## **IV. CONCLUSION**

Studies show that the role of midwives and husbands support is crucial in a woman's decision to use an IUD. Good education and counseling can increase public understanding of the benefits and safety of IUDs, and husband's involvement in the decision-making process can increase women's self-confidence. In addition, building a social support network and disseminating accurate information is essential. It is hoped that negative stigma and misconceptions about IUDs will be reduced through collaboration between health workers, couples, and the community. By implementing this program simultaneously, it is expected that the acceptance and use of IUDs will increase significantly. This will support more efficient and sustainable family planning programs in Indonesia.

## **V. SUGGESTION**

The next research is suggested to apply more varied methods or more sophisticated data collection techniques so that the results obtained are more comprehensive. In addition, future research should be conducted by involving larger samples or in different locations to test the generalization of research results. Collaboration

between various disciplines is also important to provide a broader perspective and produce more innovative solutions to the problems being researched.

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