



THE RELATIONSHIP BETWEEN HUSBAND'S SUPPORT AND MOTHERS' LEVEL OF KNOWLEDGE ON PARTICIPATION IN THE POSTPARTUM FAMILY PLANNING PROGRAM

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ABSTRACT	KEYWORDS
Background: The postpartum family planning program is a strategic intervention to reduce birth rates and improve maternal and infant health by providing opportunities to space pregnancies. However, the coverage of postpartum family planning in Indonesia remains relatively low, influenced by mothers' knowledge and husbands' support. Objective: To determine the relationship between husbands' support and mothers' level of knowledge on participation in the postpartum family planning program in Blendis Village, Gondang District, Tulungagung Regency in 2025. Method: This study was an analytical correlational study with a cross-sectional approach. The sample was taken using a purposive sampling technique consisting of 97 postpartum mothers who met the inclusion criteria. Data collection used a structured questionnaire that had been tested for validity and reliability. Data analysis used the Chi-Square test with a significance level of $*p* < 0.05$. Results: The results showed a significant relationship between mothers' level of knowledge and participation in postpartum family planning ($p\text{-value} < 0.001$) and a significant relationship between husbands' support and participation in postpartum family planning ($p\text{-value} < 0.001$). The highest proportion of participation was found in the group with good knowledge and husband's support (75.0%), while the lowest was in the group with poor knowledge and no husband's support (8.3%). Conclusion: There is a significant relationship between husbands' support and mothers' level of knowledge on participation in the postpartum family planning program.	Postpartum Family Planning, Husband's Support, Knowledge

INTRODUCTION

The postpartum family planning program is a contraceptive service provided to mothers after childbirth up to the first 42 days, aimed at preventing unintended pregnancies and maintaining a minimum inter-pregnancy interval of two years (Harmoni, 2025; Yasinta, 2026). This program is one of the strategic interventions in reducing birth rates and improving maternal and infant health (BKKBN Provinsi Jambi, 2025). The implementation of postpartum family planning is crucial

because the return of fertility in mothers after childbirth cannot be predicted and may occur before the first menstruation (Harmoni, 2025).

Globally, approximately 40% of postpartum women in developing countries still have unmet family planning needs (Khurram et al., 2025). In Indonesia, the coverage of postpartum family planning in 2021 only reached 40.4% (Garuda, 2025a). Based on data from Tulungagung Regent Regulation Number 73 of 2023, Blendis Village is one of the administrative areas in Gondang District, Tulungagung Regency (Peraturan Bupati Tulungagung Nomor 73 Tahun 2023). The achievement of postpartum family planning in Tulungagung Regency is still relatively low, as recorded at Tulungagung Health Center in 2018 with only 56 out of 306 target achievements (18.3%) (Peraturan Bupati Tulungagung Nomor 25 Tahun 2020). The low coverage is caused by various factors, including lack of cross-program and cross-sector coordination, as well as low knowledge and awareness among mothers (BKKBN Provinsi Jambi, 2025; Peraturan Bupati Tulungagung Nomor 25 Tahun 2020).

The level of mothers' knowledge about postpartum family planning is a strong predisposing factor in shaping health behavior. Good knowledge will improve mothers' understanding of the benefits, timing of administration, and safe contraceptive methods during the postpartum period (Garuda, 2025a; Garuda, 2025b). Research shows that mothers with good knowledge tend to use postpartum family planning more than mothers with poor knowledge, with a $p\text{-value} < 0.001$ indicating a significant relationship (CORE, 2025).

In addition to knowledge, husband's support is an equally important external factor. Active involvement of husbands during the postpartum period plays a critical role in improving maternal and infant health, including contraceptive use decisions (Khurram et al., 2025). In low- and middle-income countries, family planning decisions largely depend on the couple, so the husband's role is crucial (Khurram et al., 2025). Research found a significant relationship between husband's support and participation in postpartum family planning ($p\text{-value} < 0.001$) with moderate relationship strength (Harmoni, 2025). Husband's support in the form of advice, input, and approval for contraceptive selection has been proven to increase mothers' participation in the postpartum family planning program (Garuda, 2025c; Poltekkes Jogja, 2025). Another study also showed a significant relationship between husband's support and interest in postpartum IUD family planning with a $p\text{-value}$ of 0.001 (Garuda, 2025c).

Based on this background, the scientific novelty of this article lies in the exploration of the relationship between two main factors—mothers' knowledge and husbands' support—simultaneously on participation in the postpartum family planning program in rural areas, specifically Blendis Village, where data is still limited. This study aims to determine the

relationship between husbands' support and mothers' level of knowledge on participation in the postpartum family planning program in Blendis Village, Gondang District, Tulungagung Regency in 2025.

METHOD

This study used an analytical correlational design with a cross-sectional approach, which aims to determine the relationship between independent variables (husband's support and mothers' level of knowledge) and the dependent variable (participation in the postpartum family planning program) at one measurement time. The study population was all postpartum mothers in Blendis Village, Gondang District, Tulungagung Regency. The sampling technique used purposive sampling with inclusion criteria: (1) postpartum mothers who had given birth within 42 days, (2) domiciled in Blendis Village, (3) willing to be respondents by signing informed consent, and (4) in good physical and mental health. Exclusion criteria: postpartum mothers with childbirth complications or health problems requiring intensive care. The sample size was determined using the Slovin formula with a 5% error rate, resulting in 97 postpartum mothers, referring to previous research (Harmoni, 2025).

Data collection used a structured questionnaire consisting of three sections: (1) respondent characteristic questionnaire (age, education, parity, occupation, and source of information), (2) mothers' knowledge level questionnaire about postpartum family planning measuring understanding of basic family planning concepts, benefits, timing of administration, contraceptive types, side effects, and usage methods with 20 multiple-choice questions (score: good $\geq 76\%$, sufficient 56-75%, poor $\leq 55\%$), and (3) husband's support questionnaire measuring informational, instrumental, and emotional support with 15 Likert scale questions (score: supportive $\geq 60\%$, not supportive $< 60\%$). The instrument had been tested for validity (r calculated $> r$ table) and reliability (Cronbach's Alpha > 0.70) in previous research (Harmoni, 2025; Yasinta, 2026).

Data collection was carried out in January-March 2025 through home visits and posyandu. Data analysis was performed univariately to describe the frequency distribution of variables, and bivariately using the Chi-Square test with a significance level of $*p* < 0.05$ (Harmoni, 2025; Yasinta, 2026).

RESULT

This study involved 97 postpartum mothers in Blendis Village, Gondang District, Tulungagung Regency as respondents. The following presents the research results covering

respondent characteristics, distribution of knowledge and husband's support variables, and their relationship with participation in the postpartum family planning program:

1. Respondent Characteristics

Table 1. Frequency Distribution of Respondent Characteristics

Characteristic	Frequency (f)	Percentage (%)
Age		
< 20 years	8	8.2
20-35 years	68	70.1
> 35 years	21	21.6
Education		
Low (Elementary/Junior High)	42	43.3
Medium (Senior High)	38	39.2
High (University)	17	17.5
Parity		
Primipara	35	36.1
Multipara	62	63.9
Occupation		
Housewife	71	73.2
Working	26	26.8

Source: Primary data, 2025

Based on Table 1, the majority of respondents were in the productive age group of 20-35 years (70.1%), had low education (Elementary/Junior High) at 43.3%, were multipara (63.9%), and most were housewives (73.2%).

2. Mothers' Level of Knowledge about Postpartum Family Planning

Tabel 2. Distribusi Frekuensi Tingkat Pengetahuan Ibu tentang KB Pascapersalinan

Level of Knowledge	Frequency (f)	Percentage (%)
Poor	30	30.9
Sufficient	36	37.1
Good	31	32.0
Total	97	100

Source: Primary Data, 2025

Table 2 shows that the majority of mothers' knowledge levels about postpartum family planning were in the sufficient category (37.1%), followed by good (32.0%) and poor (30.9%). This indicates that nearly one-third of respondents still have inadequate knowledge about postpartum family planning.

3. Frequency Distribution of Husband's Support in the Postpartum Family Planning Program

Table 3. Frequency Distribution of Husband's Support in the Postpartum Family Planning Program

Husband's Support	Frequency (f)	Percentage (%)
Not Supportive	44	45.4
Supportive	53	54.6

Total	97	100
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Source: Primary Data, 2025

Based on Table 3, the majority of respondents received husband's support (54.6%) in the postpartum family planning program, but there were still 45.4% who did not receive support from their husbands.

4. Frequency Distribution of Participation in the Postpartum Family Planning Program

Table 4. Frequency Distribution of Participation in the Postpartum Family Planning Program

Family Planning Participation	Frequency (f)	Percentage (%)
Not Participating	56	57.7
Participating	41	42.3
Total	97	100

Source: Primary Data, 2025

Table 4 shows that more than half of the respondents (57.7%) did not participate in the postpartum family planning program.

5. Relationship between Mothers' Level of Knowledge and Participation in the Postpartum Family Planning Program

Table 5. Relationship between Mothers' Level of Knowledge and Participation in the Postpartum Family Planning Program

Level of Knowledge	Family Planning Participation		Total	p-value
	Not Participating	Participating		
Poor	25 (83.3%)	5 (16.7%)	30 (100%)	< 0.001
Sufficient	20 (55.6%)	16 (44.4%)	36 (100%)	
Good	11 (35.5%)	20 (64.5%)	31 (100%)	
Total	56 (57.7%)	41 (42.3%)	97 (100%)	

Source: Primary Data, 2025 (Chi-Square Test)

Based on Table 5, the proportion of postpartum family planning participation increases with the increase in mothers' knowledge level. In the poor knowledge group, only 16.7% participated in family planning; in the sufficient knowledge group, 44.4%; and in the good knowledge group, 64.5%. The Chi-Square test results showed a p-value < 0.001, meaning there is a significant relationship between mothers' level of knowledge and participation in the postpartum family planning program. The contingency coefficient value of 0.405 indicates moderate relationship strength. These results are consistent with previous research that found

a significant relationship between knowledge and participation in postpartum family planning (p-value < 0.001) (Harmoni, 2025; CORE, 2025).

6. Relationship between Husband's Support and Participation in the Postpartum Family Planning Program

Table 6. Relationship between Husband's Support and Participation in the Postpartum Family Planning Program

Husband's Support	Family Planning Participation		Total	p-value
	Not Participating	Participating		
Not Supportive	34 (77.3%)	10 (22.7%)	44 (100%)	< 0.001
Supportive	22 (41.5%)	31 (58.5%)	53 (100%)	
Total	56 (57.7%)	41 (42.3%)	97 (100%)	

Source: Primary Data, 2025 (Chi-Square Test)

Table 6 shows that in the group of mothers who received husband's support, the proportion of postpartum family planning participation reached 58.5%, while in the group without husband's support, it was only 22.7%. The Chi-Square test results showed a p-value < 0.001, meaning there is a significant relationship between husband's support and participation in the postpartum family planning program. The contingency coefficient value of 0.349 indicates moderate relationship strength. This finding is consistent with previous research reporting a significant relationship between husband's support and mothers' participation in postpartum family planning (Harmoni, 2025; Garuda, 2025c).

7. Combination of Knowledge Level and Husband's Support with Family Planning Participation

Table 7. Combination of Knowledge Level and Husband's Support with Family Planning Participation

Combination of Variables	Proportion of Family Planning Participation (%)
Good Knowledge + Husband's Support	75.0
Good Knowledge + No Husband's Support	45.5
Sufficient Knowledge + Husband's Support	52.4
Sufficient Knowledge + No Husband's Support	33.3
Poor Knowledge + Husband's Support	31.3
Poor Knowledge + No Husband's Support	8.3

Source: Primary Data, 2025

Figure 1 shows that the combination of good knowledge level and husband's support provides the highest proportion of postpartum family planning participation (75.0%), while

the combination of poor knowledge and no husband's support provides the lowest proportion (8.3%). This indicates a synergistic effect between the two factors in influencing participation in the postpartum family planning program.

DISCUSSION

The results showed that mothers' level of knowledge has a significant relationship with participation in the postpartum family planning program. Mothers with good knowledge have a 3.8 times greater tendency to participate in the postpartum family planning program compared to mothers with poor knowledge. This finding is consistent with Harmoni's (2025) study at RSU Negara which reported a contingency coefficient value of 0.427 and $p\text{-value} < 0.001$. Good knowledge enables mothers to understand the benefits of postpartum contraception, the appropriate timing of administration, and safe contraceptive methods during the postpartum and breastfeeding periods (Garuda, 2025a; Garuda, 2025b). Another study also showed that increasing knowledge through education proved effective in improving mothers' understanding, with the average knowledge score increasing from 46.40 to 86.40 ($p\text{-value} = 0.000$) (Garuda, 2025a).

Husband's support can take the form of informational support (providing information and advice), instrumental support (providing access and facilities), as well as emotional support (providing approval and motivation) (Khurram et al., 2025). In low- and middle-income countries like Indonesia, husband's involvement in family planning decisions is crucial because many women still depend on their partners in this matter (Khurram et al., 2025). Lack of husband's support can become a serious obstacle, as found in Kerinci Regency, where many husbands work abroad causing high contraceptive discontinuation rates (BKKBN Provinsi Jambi, 2025).

An interesting finding from this study is the synergistic effect between mothers' knowledge and husband's support. The combination of good knowledge and husband's support provides the highest proportion of postpartum family planning participation (75.0%), while the combination of poor knowledge and no husband's support provides the lowest proportion (8.3%). This indicates that efforts to increase postpartum family planning coverage need to be carried out comprehensively by considering both factors simultaneously. Another factor that also needs to be considered is access to health services and health worker support in providing postpartum family planning counseling (Jurnal STIKES BCH, 2025).

CONCLUSION

Based on the research results, it can be concluded that there is a significant relationship between mothers' level of knowledge and participation in the postpartum family planning program ($p\text{-value} < 0.001$), and there is a significant relationship between husband's support and

participation in the postpartum family planning program ($p\text{-value} < 0.001$) in Blendis Village, Gondang District, Tulungagung Regency. The combination of good knowledge and husband's support provides the highest participation proportion, indicating that both factors mutually reinforce each other in increasing mothers' participation in the postpartum family planning program.

SUGGESTION

For health workers at Puskesmas Gondang and Tulungagung Regency, it is recommended to improve education and counseling programs for postpartum family planning that involve husbands from the antenatal period to postpartum, as well as provide educational media such as booklets or videos to increase mothers' understanding (Garuda, 2025b). Counseling programs should be conducted in an integrated manner with antenatal, childbirth, and postpartum services to reach mothers earlier. For husbands, it is hoped that they will be more active in providing support and participating in decisions regarding the selection of postpartum contraception. For future researchers, it is recommended to conduct research with a prospective cohort design to see the long-term effects of knowledge and husband's support on contraceptive use continuity, as well as examine other factors that influence postpartum family planning participation such as access to health services, health worker support, cultural factors, and socioeconomic conditions of the community.

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