

Relationship Between Husband Support and the Use of Postpartum Contraceptives: A Literature Review

Nova Anggaraini*, Is Susiloningtyas

Midwifery Program, Faculty of Pharmacy, Sultan Agung University, Semarang, Indonesia
Email: anggraininova@gmail.com *

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ABSTRACT

The postpartum period is a critical phase in reproductive health because the risk of closely spaced pregnancy increases when appropriate contraception is not used. The coverage of postpartum contraceptive use remains suboptimal and is influenced by multiple factors, including husband support in the decision-making process. This study aimed to analyze the relationship between husband support and the use of postpartum contraception based on recent empirical evidence. Methods: This study applied a literature review method by analyzing 10 research articles obtained from PubMed, Google Scholar, and ScienceDirect using the keywords "husband support," "postpartum contraception," and "postpartum family planning" published between 2021 and 2026. Inclusion criteria were primary research articles-quantitative or mixed methods design, full text availability, and articles written in English or Indonesian. Results and Discussion: Most studies used a cross-sectional design with Chi Square and logistic regression analysis. The majority of articles reported p values less than 0.05, indicating a significant relationship between husband support and postpartum contraceptive use. Influential forms of support included emotional, informational, instrumental, and joint decision-making support. Several studies also reported that women who received strong husband support were more than twice as likely to use postpartum contraception. Conclusion: Husband support is a key determinant in increasing the use of postpartum contraception. Integrating couple-based counseling into antenatal and postnatal care is necessary to strengthen the effectiveness of postpartum family planning programs.

Keywords: Husband Support; Postpartum Contraception; Postpartum Family Planning

INTRODUCTION

The postpartum period is a critical period in women's reproductive health. During this phase, the risk of unplanned pregnancy increases if not accompanied by the use of appropriate contraceptive methods. Postpartum family planning programs play an important role in preventing closely spaced pregnancies and supporting the mother's recovery after childbirth. The World Health Organization emphasizes that integrating contraceptive services into the postpartum period helps couples space births and reduces the risk of maternal and neonatal morbidity (1).

Various studies show that short pregnancy intervals, especially less than 24 months, are associated with an increased risk of premature birth, low birth weight, and maternal health complications. A recent systematic review confirms that suboptimal birth spacing has a direct

impact on maternal and infant health outcomes, making the use of contraception after childbirth an evidence-based preventive strategy (2).

Although the benefits of postpartum contraception are supported by scientific data, its use is still not optimal in many regions. Barriers stem not only from limited access to services, but also from social and cultural factors within families. Several studies in Indonesia report that low maternal participation in postpartum contraception programs is related to a lack of partner involvement in the decision-making process (3, 4).

Spousal support is an important determinant of reproductive health behavior. Empirical research shows that consent, couple discussion, and joint decision-making are significantly associated with increased use of postpartum contraception. A recent meta-analysis confirms that couple discussion is positively associated with increased contraceptive uptake, although the strength of the association may vary according to the social context and characteristics of the respondents (2).

In addition to spousal support, factors such as maternal knowledge, attitudes toward contraception, and sources of health information also play a role in determining the decision to use contraception after childbirth. Studies in various health facilities in Indonesia found that a combination of good maternal knowledge and strong spousal support increases mothers' readiness to become postpartum contraceptive users (5-7).

Several international studies also highlight the importance of integrating family planning services into maternal health programs to increase postpartum contraceptive utilization. Evidence suggests that women who receive counseling on contraception during antenatal care and immediately after delivery are more likely to adopt modern contraceptive methods during the postpartum period. Integrating postpartum family planning services into routine maternal health services is therefore considered an effective strategy to increase contraceptive uptake and prevent unintended pregnancies (8).

Furthermore, research on reproductive health decision-making emphasizes that male partner involvement plays a critical role in shaping women's contraceptive behavior. Husbands often influence decisions regarding fertility, contraceptive choice, and timing of subsequent pregnancies, particularly in societies where family decisions are made collectively. Increased male participation in reproductive health education has been shown to improve contraceptive acceptance and continuation among postpartum women (9).

Another important aspect is communication between partners. Studies show that open communication between husbands and wives about family planning significantly increases the likelihood of adopting contraceptive methods after childbirth. Couples who regularly discuss reproductive goals and contraceptive options tend to make more informed and mutually supportive decisions regarding birth spacing (10).

Health system factors also contribute to postpartum contraceptive use. Research indicates that the availability of counseling services, trained health workers, and accessible contraceptive methods within health facilities significantly influence women's willingness to use postpartum contraception. When family planning counseling includes both partners, the effectiveness of reproductive health interventions increases substantially (11).

In addition, sociocultural factors such as gender norms, education level, and community perceptions of contraception can affect postpartum family planning adoption. Studies in several developing countries reveal that supportive gender norms and shared decision-making between partners are associated with higher contraceptive prevalence rates among postpartum women (12).

Based on these findings, a structured scientific synthesis is needed to comprehensively assess how the form of spousal support influences the use of postpartum contraceptive methods. This literature review aims to analyze the latest empirical evidence and identify the types of spousal support that most contribute to increased contraceptive use after childbirth.

METHODS

The purpose of this study is to review the relationship between husband support and the use of postpartum contraception based on the latest empirical evidence. Articles were searched for on PubMed, Google Scholar, and ScienceDirect using the keywords: "husband support" + "postpartum contraception" + "husband support". The publication year range was limited to 2021 to 2026, with the following criteria: 1) primary research articles; 2) using quantitative or mixed methods designs; 3) available in full text; 4) written in Indonesian or English. The article selection process followed the flow of identification, screening, and final determination based on the suitability of the title, abstract, and research content with the focus of the study.

The search results from the three databases yielded 52 articles, which were then screened, leaving 18 articles. Next, a selection was made based on the suitability of the title and abstract, resulting in 14 articles. The final stage involved selection based on inclusion and exclusion criteria, resulting in 10 articles that met the requirements for review.

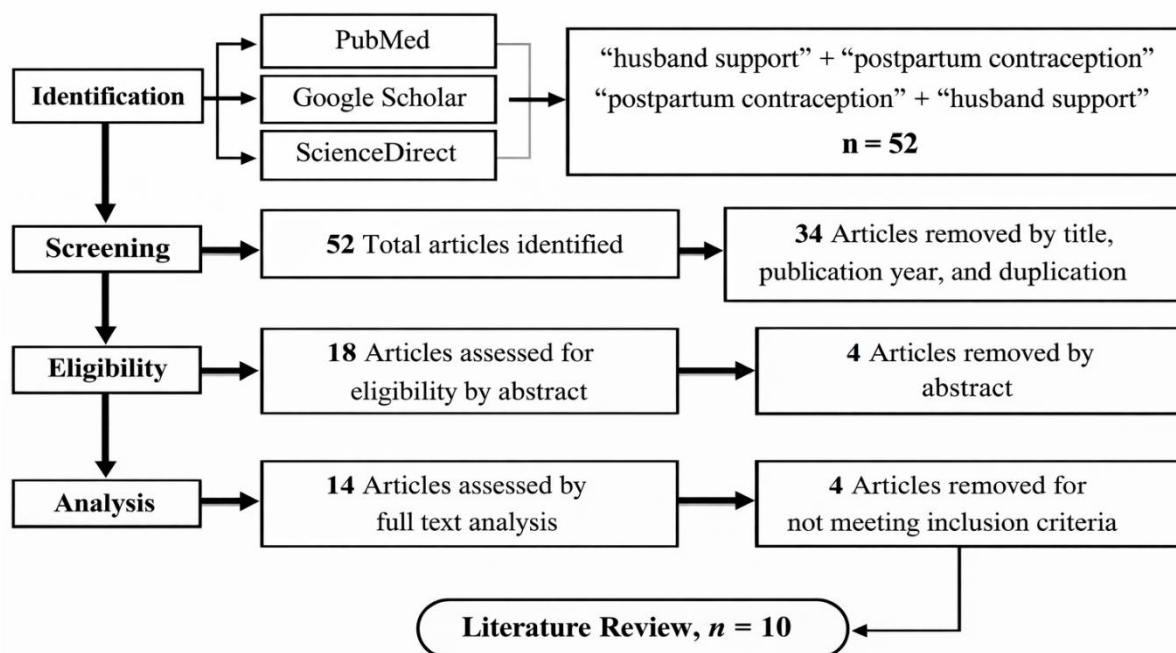


Figure 1. Article Search Strategy

RESULTS

A total of 10 articles published between 2021 and 2026 were analyzed in this literature review. All articles discussed the relationship between husband support and the use of postpartum family planning, both in the form of emotional, informational, and instrumental support, as well as involvement in decision-making.

Most of the studies used a quantitative design with a cross-sectional approach and statistical analysis in the form of Chi-Square tests and logistic regression. The results of the study generally show that there is a significant relationship between husband support and the use of postpartum contraception.

Table 1. Article Summary

No	Researcher	Title	Sample	Method	Results
1	Yani Widyastuti, Muhammad Akhyar, Retno Setyowati, Sri Mulyani (2023)	Relationship Between Gender Equality and Husband Support in the Use of Postpartum Family Planning (PPFP)	210 postpartum mothers (4–12 months after giving birth) in Kulon Progo, Yogyakarta	Cross-sectional; Proportional random sampling; Descriptive Analysis, Chi-Square, and Binary Logistic Regression	38.1% of respondents used PPFP. Factors that significantly influenced the use of PPFP were education, husband support, gender equality, home visits, and postnatal visits ($p < 0.05$). The variables of age, occupation, income, number of children, and parity did not have a significant effect ($p > 0.05$). The model explains 62.2% of the variation (Nagelkerke $R^2 = 0.622$) with a prediction accuracy of 83.8%.
2	Linda Permatasari, Rita Ayu Yolanda,	The Relationship Between Mothers'	86 mothers giving birth	Quantitative, observational analytical, cross-sectional	There was a significant relationship between

No	Researcher	Title	Sample	Method	Results
	Shinta Mona Lisca (2023)	Knowledge, Information Sources, and Spousal Support on Mothers' Willingness to Have an IUD Inserted Post- Placenta at the Karangpawitan Health Center, Garut District, 2023		design, Chi- Square test	knowledge ($p=0.002$), information sources ($p=0.000$), and spousal support ($p=0.000$) with willingness to have a post- placental IUD inserted
3	Ratna Dwi Jayanti, Sofiah Rambu Ana Hida, Budi Prasetyo (2024)	Husband's Support Associated with Postpartum Family Planning Use	42 postpartum mothers (42 days postpartum) at the Wairasa Community Health Center, Central Sumba	Analytical observational, cross-sectional design, purposive sampling, Chi- Square test	Spousal support was significantly associated with postpartum contraceptive use ($p=0.038$). Maternal knowledge was not associated with postpartum contraceptive use ($p=0.480$). The majority of respondents (78.6%) did not use postpartum contraceptives
4	Ni Ketut Siarni, Made Widhi Gunapria Darmapatni, Ni Made Dwi Purnamayanthi (2024)	Knowledge of Postpartum Mothers and Husbands' Support Regarding Postpartum Birth Control in Tembuku II	56 postpartum mothers at Tembuku II Community Health Center (March– May 2024)	Descriptive quantitative study with a cross-sectional approach; Likert scale questionnaire instrument; univariate analysis	The knowledge of postpartum mothers was mostly in the adequate category (53.58%), good (39.28%), and poor (7.14%).

No	Researcher	Title	Sample	Method	Results
					Husband support was mostly good (55.35%) and adequate (44.65%).
5	Ni Made Rai Cempakawati, Ni Nyoman Budiani, Ni Wayan Armini (2025)	The Relationship between Husband Support and Mother Participation in Choosing Intrauterine Contraceptive Devices	45 prospective contraceptive acceptors in the Dawan II Community Health Center (September–November 2024)	Quantitative analytical with a cross-sectional design; sampling technique; questionnaire instrument; bivariate analysis using the Chi-Square test	44.44% of husbands were supportive and 55.56% were not supportive. A total of 62.22% of mothers chose IUDs. There was a significant relationship between husband support and mother participation in IUD selection ($p = 0.001$).
6	Simangunsong, Wahyuni, Reni Yuli Astutik, Erma Retnaningtyas (2024)	The Relationship of Husband's Support and the Role of Health Workers on Interest in Choosing IUD Contraception in the Mopah Baru Health Center Area	42 contraceptive acceptor respondents	Analytical Observational a cross-sectional approach, accidental sampling technique, questionnaire instrument, Chi-Square test	There is a relationship between husband's support and interest in choosing IUD contraception ($p=0.023 < 0.05$). There is no relationship between the role of health workers and interest in choosing ($p=0.167 > 0.05$).

No	Researcher	Title	Sample	Method	Results
7	Budiarti & Agus Santi (2023)	The Influence of Counseling and Spousal Support on Contraceptive Decision-Making During the Postpartum Period at the Payungb Health Center in 2023	100 respondents of postpartum mothers/prospective contraceptive acceptors	with a one-group pretest–posttest design, data using questionnaires, univariate and bivariate analysis with t-tests	There was an effect of counseling on contraceptive decision-making ($p < 0.001$). There was an effect of husband support on contraceptive decision-making. Counseling and husband support were effective in improving the accuracy of contraceptive choice during the postpartum period.
8	Ningsih Saputri, Sri Andar Puji Astuti, Vellia (2023)	The Relationship Between Husband Support and Postpartum Mothers' Knowledge SC History with IUD Contraceptive Selection After SC	34 postpartum mothers with a history of Cesarean section (SC) from a total population of 50 people	quantitative using an analytical survey method and cross-sectional design. Data analysis used the chi-square test and Mann Whitney test	The results of the study showed a significant relationship between spousal support and the choice of IUD contraception after SC ($p=0.002$). Meanwhile, postpartum maternal knowledge did not have a significant relationship with the choice of IUD

No	Researcher	Title	Sample	Method	Results
					contraception after SC (p=0.308). Spousal support is a factor that influences the choice of IUD contraception
9	Ramayani & Nancy Agustia (2025)	The Relationship Between Spousal Support and Knowledge Regarding Contraceptive Devices	100 respondents who are contraceptive users at TPMB RirinbSevda Korini, Komerling Ulu District	Quantitative correlational with a cross-sectional design, accidental sampling technique, questionnaire instrument, univariate and bivariate analysis using the Chi-Square test	There is a significant relationship between spousal support and contraceptive use (p=0.000). There is a significant relationship between knowledge and contraceptive use (p=0.000). Spousal support and good knowledge increase contraceptive use.
10	Rokhana Purwanti, Idi Setiyobroto, Yuliantisari Retnaningsih (2022)	The Influence Factors of Mothers Using Postpartum Contraceptives in the Work Area of Kokap I PHC	66 postpartum mothers, consisting of 33 mothers using postpartum contraceptives and 33 mothers not using postpartum contraceptives	A quantitative study with a case-control design, quota sampling technique, chi-square analysis, and logistic regression	Significant factors influencing postpartum contraceptives were parity, motivation, and spousal support (p<0.05). The most dominant factor was motivation

No	Researcher	Title	Sample	Method	Results
					(OR=4.825), followed by parity (OR=3.638) and spousal support (OR=2.407). Meanwhile, age, education, occupation, and access to health facilities did not have a significant effect

DISCUSSION

Based on a synthesis of the 10 articles analyzed, most studies show that spousal support has a significant relationship with postpartum contraceptive use. The majority of studies reported a significance value of $p < 0.05$ through Chi-Square and logistic regression tests, confirming a statistical relationship between partner support and the decision to use postpartum contraception (13), (6), (14), (15), (16), (17), (18), (4). These findings are consistent across various research designs, both cross-sectional and case control.

Quasi-experimental studies also indicate that spousal support influences contraceptive decision-making during the postpartum period, especially when combined with counseling interventions (19). Meanwhile, descriptive studies continue to show a high proportion of spousal support among mothers who are ready to use postpartum contraception (5). This indicates that even though not all studies test for statistical significance, the relationship pattern is still visible in the frequency distribution.

In terms of the strength of the relationship, logistic regression analysis shows an odds ratio more than twice as high for mothers who receive spousal support compared to those who do not receive support (4). These results reinforce other cross-sectional findings that report a consistently significant relationship between spousal support and postpartum contraceptive use (13). Empirically, spousal support can be positioned as an important determinant in increasing postpartum family planning uptake.

Additional recent studies also reinforce these findings. Research examining postpartum contraceptive utilization in Yogyakarta found that partner support significantly influenced mothers' willingness to adopt postpartum contraception, particularly when health education was provided during maternal health services (20). Similarly, a study conducted in West Java during the COVID-19 pandemic demonstrated that family support, especially from husbands, played a crucial role in maintaining postpartum family planning uptake despite limited health service access (21). These findings strengthen the argument that husband involvement remains a consistent determinant across different healthcare contexts.

Analysis of all articles shows that spousal support takes several forms that contribute to postpartum contraceptive use.

Emotional support

Support in the form of approval, motivation, and psychological encouragement increases mothers' readiness to choose a contraceptive method (14). Mothers who feel emotionally supported tend to have stronger confidence in making decisions about contraceptive use after giving birth. This support reinforces a sense of security and reduces doubts about choosing a contraceptive method.

Informational support

The involvement of husbands in receiving information and attending family planning counseling also influences the decision to use contraception (6). The combination of health worker education and husband participation has been shown to increase accuracy and readiness in determining postpartum family planning methods. This role is important because contraceptive decisions are often discussed in a family context.

Instrumental support

Financial assistance and facilitation of access to health services are forms of support that encourage the selection of certain contraceptive methods, including IUDs (15). This support makes it easier for mothers to access services and reduces practical barriers that may arise during the postpartum period.

Support in decision-making

The most consistent form of support found to be significant is the involvement of husbands in discussions and joint decision-making. Couple communication has a stronger relationship with postpartum contraceptive use than maternal individual factors alone (16). Studies emphasizing couple discussions show stable levels of significance, while research assessing only maternal knowledge factors does not always show consistent relationships (6).

Other recent evidence also indicates that male participation in family planning counseling strengthens informed decision-making regarding postpartum contraceptive methods (22). Furthermore, studies exploring barriers to postpartum intrauterine device uptake report that husband approval is one of the strongest predictors influencing whether mothers adopt long-acting contraceptive methods immediately after childbirth (23).

Overall, this synthesis indicates that spousal support operates through various complementary mechanisms. Emotional, informational, instrumental, and joint decision-making involvement form a support framework that strengthens mothers' chances of using contraception in the postpartum period.

Findings from ten articles also show that spousal support has a more consistent position than other factors such as maternal knowledge, motivation, parity, and gender equality. Several studies report that maternal knowledge is not always significantly related to postpartum contraceptive use when not accompanied by spousal support (17). These results indicate that maternal cognitive capacity alone is not sufficient to encourage contraceptive use without spousal approval and involvement.

Conversely, husband support continues to show a significant relationship even when analyzed together with other variables in a statistical model (18). In logistic regression analysis, motivation does emerge as the most dominant factor with an OR = 4.825, but husband support remains a significant predictor with an OR more than double that of motivation (4). This means that although internal factors such as motivation and knowledge play a role, spousal support has a stable and independent contribution in influencing postpartum family planning behavior. Additionally, gender equality has also been shown to influence postpartum family planning, confirming that spousal involvement in reproductive decision-making has a strong structural dimension (13).

Recent studies further support this argument by demonstrating that male involvement in reproductive health decision-making is closely related to gender equality and shared reproductive responsibility within couples (24). When husbands actively participate in discussions about family planning, women are more likely to perceive reproductive health decisions as shared responsibilities rather than individual obligations.

Theoretically, these findings can be explained through the Theory of Planned Behavior, which emphasizes that behavioral intentions are influenced by subjective norms, attitudes, and perceptions of self-control. In the context of postpartum contraceptive use, spousal support represents a subjective norm that reinforces a mother's intention to use contraception. Empirical evidence showing the significance of spousal support is consistent with this theoretical framework (6). In addition, Social Support Theory explains that emotional, informational, and instrumental support serve as reinforcers of health behavior change. Forms of support found to be significant in various studies, including joint decision-making and emotional support, strengthen mothers' readiness to adopt reproductive health behaviors (19).

Supporting this theoretical perspective, recent quantitative analyses show that structured counseling interventions that include husbands significantly improve postpartum contraceptive planning and readiness among couples (25). These findings highlight that social and behavioral theories are applicable in explaining how partner support influences maternal reproductive health decisions.

Variations in social and cultural contexts across research regions show differences in respondent characteristics, but the relationship between spousal support and postpartum contraceptive use remains consistently significant (14). In societies with strong patriarchal patterns, reproductive decisions are often influenced by husbands, making spousal consent and support key factors in the success of family planning programs (4). Studies incorporating gender equality variables show that spousal involvement in decision-making strengthens postpartum family planning use (13). This confirms that sociocultural aspects influence the effectiveness of spousal support in reproductive health practices.

The practical implications of this synthesis emphasize the importance of integrating husband education into antenatal and postnatal services. Counseling that involves couples has been shown to increase the effectiveness of contraceptive decision-making (19). Postpartum family planning programs need to adopt a family-based approach and not just focus on mothers. Empirical evidence shows that couple discussions and active support from husbands significantly increase the uptake of postpartum contraception (16). Health promotion strategies that involve husbands as reproductive partners are a more comprehensive and evidence-based approach.

However, there are several limitations in the analyzed literature. The majority of studies used a cross-sectional design, so they cannot explain causal relationships strongly (13).

Variations in the instruments used to measure husband support are also an obstacle because not all studies used standardized scales (5). In addition, the relatively small sample size in some studies may affect the strength of the generalization of the findings (14).

Overall, the synthesis of ten articles shows that spousal support is an important determinant in the use of postpartum contraception. The most consistent form of support that was significantly associated was involvement in discussion and joint decision-making. Although other factors such as motivation, parity, knowledge, and gender equality also play a role, spousal support remains a stable and meaningful variable in various research contexts. Therefore, couple-based interventions are recommended as a strategy to increase the effectiveness of postpartum family planning programs.

CONCLUSION

Based on an analysis of 10 articles from 2021–2026, spousal support was found to have a significant relationship with the use of postpartum contraception, as indicated by a majority of p-values < 0.05 across various research designs. Emotional, informational, and instrumental support, as well as involvement in joint decision-making, increase mothers' readiness and likelihood of using contraception after giving birth, and in some studies even more than double the likelihood. Although factors such as motivation, parity, knowledge, and gender equality also contribute, spousal support remains the most consistent determinant in influencing postpartum contraceptive use behavior. Therefore, health workers need to integrate couple-based counseling from the antenatal to postnatal period and strengthen an educational approach that actively involves husbands in every stage of postpartum contraceptive services. Further research with longitudinal designs and standardized instruments is also needed to strengthen causal evidence and identify the most effective forms of support in increasing postpartum contraceptive coverage.

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