

Review

# Analysis of Factors Influencing the Participation of Husbands of Reproductive-Age Couples as Family Planning (FP) Acceptors: A Literature Review

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## ABSTRACT

The participation of husbands in the Family Planning (FP) program is very low even though their role is very important in realizing a prosperous family. The low participation of husbands as FP acceptors is influenced by the limited choice of contraceptives for men and the lack of awareness of the importance of a shared role in reproductive health. The purpose of this study was to identify various factors that influence the participation of husbands as acceptors of the Family Planning (FP) program. This study used the method Systematic Literature Review as its main strategy by searching articles through Google Scholar and ScienceDirect. Based on the results of the search and analysis, seven relevant articles were found and worthy of being used as review material in this research literature review. The review of seven articles showed that husbands' participation as family planning acceptors was most consistently influenced by knowledge, wife's support, health workers' roles, attitudes, and family income. However, other factors such as education, employment, and sources of information show varying results.

**Keywords:** Husband's participation; family planning; reproductive-age couples

## 1. INTRODUCTION

Indonesia is the fourth most populous country in the world, reaching 281.6 million people based on data from the Central Statistics Agency (BPS) in 2024. The high birth rate is one of the main causes of population growth. Although the birth rate has decreased, the overall population of Indonesia continues to increase. In controlling the rate of

population growth, the government is implementing the Family Planning Program which is regulated in Law Number 52 of 2009 concerning Population Development and Family Development. This program community understanding and participation in regulating births, delaying the age of marriage, and building family resilience and welfare. According to BKKBN (2015),<sup>(1)</sup> the ultimate goal of this program is to create a happy and prosperous small family.

Based on data and information on Indonesia's health profile in 2023,<sup>(2)</sup> more than 27 million fertile age couples in Indonesia are FP participants. Married couples must participate to make it happen. However, almost all FP participants have been women since the program began.

Men have an important role in the family planning program. Their involvement is very much needed because in sexual and reproductive relationships, both men and women should be equally responsible and play a balanced role in order to create a healthy and safe sexual life. Men also contribute to the fertility aspect, so decisions related to reproduction and the choice of contraceptives should ideally be discussed and decided together between husband and wife.<sup>(3)</sup>

Compared to other ASEAN countries, Indonesia has a low level of contraceptive use. The low percentage of fertile male couples who receive family planning programs is one of the causes. Limited choices of contraceptive devices and methods are other factors that can cause low male participation in its use.<sup>(4)</sup> According to the Indonesian health profile 2023,<sup>(2)</sup> condoms (1.6%) and Male Surgical Methods (0.2%) have relatively low coverage of contraceptive devices or procedures among the male EFA population.

A recent national analysis confirms that male participation in Indonesia's family planning program remains limited. The 2017 Indonesian Demographic and Health Survey found that only around 8% of men use contraceptive methods, while the majority of men's involvement is limited to providing approval or support for their wives' use.<sup>(5)</sup> Despite the long-standing family planning program, male participation as adopters remains very low, with only 0.2% undergoing vasectomies and 3.1% using condoms, while women still predominantly assume responsibility for contraception.<sup>(6)</sup>

Male participation in family planning programs in Indonesia remains relatively low, despite the program's long history.<sup>(7)</sup> Recent literature reviews also indicate that male involvement as family planning adopters in

Indonesia remains a critical issue requiring more serious attention.<sup>(8)</sup> Other research suggests that low male contraceptive use indicates the need for more effective strategies to increase male participation.<sup>(9)</sup>

Based on the problems explained above, the author is interested in examining various factors that influence the participation of husbands of fertile age couples in becoming acceptors of the family planning program. The novelty in this study lies in its focus which specifically identifies and analyzes the factors that influence the participation of husbands as family planning users where Indonesia still places the role of family planning predominantly on women.

## 2. METHODS

This paper is compiled using the method Systematic Literature Review (SLR) based on PRISMA guidelines. This approach is implemented in a structured manner and follows systematic steps, starting from identification, analysis, assessment, to interpretation of relevant research. Using these guidelines, researchers evaluated various papers that met the inclusion criteria to explore factors that influence husbands' participation in the Family Planning (FP) program.<sup>(10,11)</sup>

### 2.1 Data Sources and Extraction

The inclusion criteria for this study included journal articles published between 2019 and 2025 and discussing topics related to husbands' participation in family planning programs. Only articles using quantitative methods and available in full text were included. This study specifically focused on research conducted in Indonesia. Meanwhile, review literature and these were excluded from the analysis because they did not meet the established inclusion criteria.

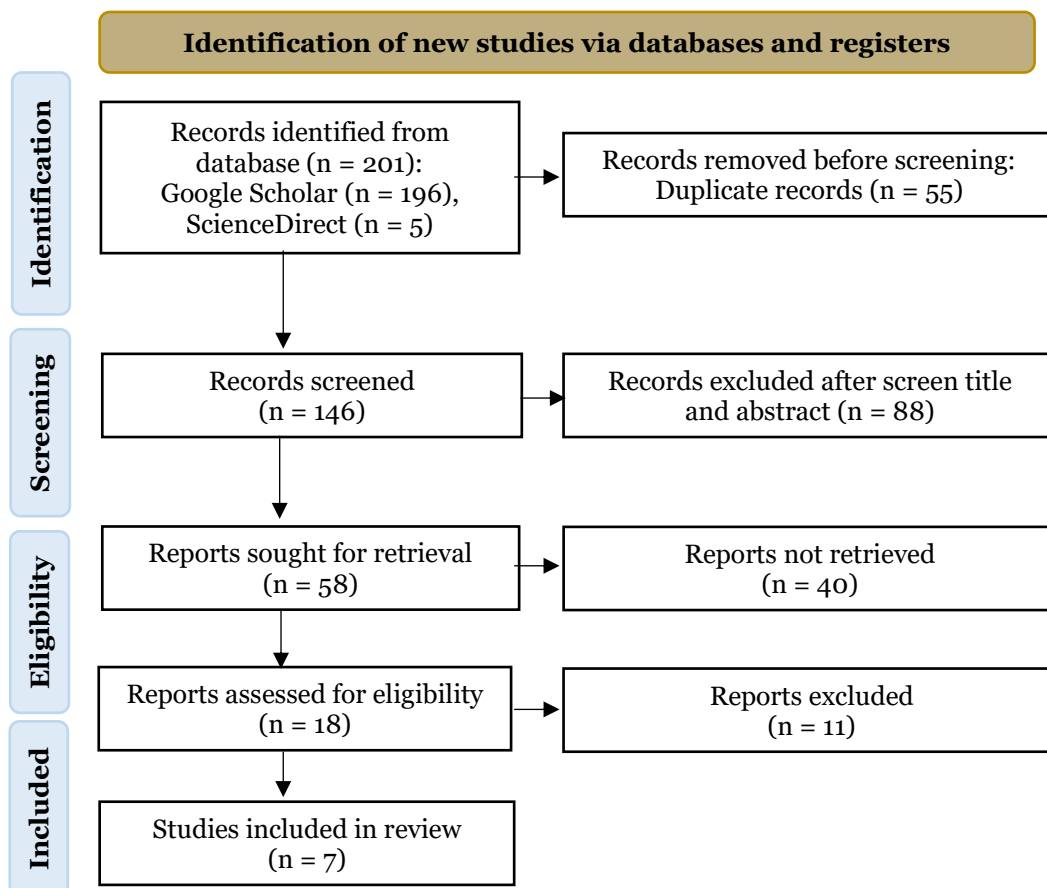
### 2.2 Article Selection

Literature search was conducted through Google Scholar and ScienceDirect databases. The search strategy used the format Boolean Search with keywords arranged to capture relevant articles, namely: ("Husband's participation") AND ("Fertile age couples") AND ("Family Planning"). These keywords are adjusted with synonyms or other related terms, in order to expand the scope of search results to factors that influence husband's participation as FP acceptors (Figure 1).

### 3. RESULTS

After doing an article search in the database using keywords that has been determined. Then the researcher search for articles that match the criteria defined

eligibility previously. There are 7 matching articles left and can be used as literature review in this study. The results are obtained from literature review summarized in the Table 1.



**Figure 1.** PRISMA (Preferred reporting Items for Systematic Review and Meta-Analysis) flow diagram

**Table 1.** Results of literature review

Topic	Author	Objective	Method	Result
Connection Knowledge, Wife's Support, and the Role of Labor Health with Participation of Men as Family Planning Acceptors in the Jatiwara PKM Work Area, Bekasi City in 2022.	Manuring et al. (2023) <sup>(12)</sup>	This research aims for knowing the relationship between male involvement as acceptor program family planning with level their knowledge, support from the wife, as well as the role of labor health.	The analytical study using a cross-sectional design is a methodology used to examine the relationship between risk factors and outcomes by collecting data at a single point in time.	The research results in this article are: 1) Knowledge Factor Results of analysis showed a significant relationship between husbands' knowledge and their participation as family planning users. Husbands with good knowledge were 3.2 times more likely to accept family planning than those with poor knowledge. This finding indicates that husbands' knowledge of family planning programs remains low. This low level of knowledge is influenced by the general belief that contraceptive use is the wife's responsibility. 2) Wife's Support Factor The bivariate analysis of this study showed significant association between wife support <i>(continued on next page)</i>

Table 1. (continued)

Topic	Author	Objective	Method	Result
				and husband participation as family planning acceptors. Husbands with good wife support were 5.2 times more likely to accept family planning than those with poor wife support. These findings underscore the importance of wife support in increasing husband involvement in family planning programs.
				3) Health Worker Role Factor Based on the results of the chi-square test, a significant relationship was found between the involvement of health workers and male participation as family planning acceptors. Men who received active support from health workers were approximately 7.9 times more likely to participate in family planning programs compared to men who only received passive support from health workers.
Factors that Associated with Male Participation in Usage Contraception Vasectomy at Sharon Maternity Clinic Subdistrict Manado City Tourism in 2024	Lope et al. (2025) <sup>(13)</sup>	This research is for identify and factors related to male involvement in the use of vasectomy contraception, which covers aspects knowledge, level education, support from the wife, as well as access to source information.	This study uses a cross-sectional quantitative approach to examine factors influencing men's involvement in vasectomy use within the working area.	The research results based on the article are as follows: 1) Knowledge Factor The results of the Chi-Square statistical test showed no correlation between men's knowledge and their involvement in vasectomy use at the Sharon Maternity Clinic in Wanea District, Manado City. Researchers assumed that men's low knowledge of vasectomy was due to a lack of detailed understanding of the advantages, disadvantages, potential side effects, and stages of the procedure, even though they were aware of the existence of contraceptives for men in general. 2) Education Factor Based on the results of the Chi-Square statistical analysis, education level did not influence contraceptive use. Based on the researcher's assumption that education level does not necessarily influence how information is obtained, higher education levels do not necessarily mean faster and easier access to knowledge and information. Low vasectomy rates are not measured by a person's education level. 3) Wife's Support Factor Based on the analysis results, male participation in the use of vasectomy contraception in the Sharon Maternity Clinic area, Wanea District, Manado City, is correlated with support. Based on the

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Table 1. (continued)

Topic	Author	Objective	Method	Result
				<p>researcher's assumption, wife's support is related to men's contribution to using vasectomy contraception because with wife's support, husbands are encouraged to use vasectomy contraception. Conversely, without wife's support, husband's desire to know about and participate in vasectomy contraception is relatively low. One factor obtained from this study is the large number of wives who do not support their husbands because it is assumed that they will support them.</p> <p>4) Information Source Factor The results of the Chi-Square test, namely no relationship was found between information sources and male contributions to the vasectomy contraceptive method in the Sharon Maternity Clinic area, Wanea District, Manado City.</p>
Relationship Between Jobs and Education to the low Participation of Husbands as Male FP Acceptors in the Talang Betutu Palembang Health Center Work Area Year 2017	Mariyam and Oktavianing (2020) <sup>(4)</sup>	This research aims for study connection between low participation partner as Male FP acceptors in the Region Work Talang Health Center, Palembang in 2017 with factors jobs and education levels.	This study uses a cross-sectional analytical survey to examine how education and employment relate to low partner participation in family planning, and to explore factors linked to high infidelity rates.	<p>The research results in this article are:</p> <p>1) Job factors Statistical analysis showed that there was a significant relationship between the husband's job and his participation as a male FP acceptor. Work that takes up a lot of time makes a person have little opportunity to learn new things, so the knowledge gained is likely to be limited.</p> <p>2) Education Factor Husband's education and his involvement as a male FP acceptor at the Talang Betutu Health Center, Palembang in 2017 were statistically significantly correlated, based on the test results, the husband's education variable was obtained <math>p</math>-value <math>(0.006) \leq \alpha</math> (0.05).</p>
Factors Influencing Husband's Participation in Becoming an MOP Acceptor (Method) Male Operative in Marjanji Village, District Sipispis	Zuiatna (2021) <sup>(14)</sup>	This research is for study various factors that influence the involvement of husband and wife as acceptors method male operation (MOP) in Village	This study uses an analytical survey with a cross-sectional approach to analyze the relationship between variables.	<p>The research results based on this article are:</p> <p>1) Knowledge Factor The results of the Chi-Square test analysis were significant at 0.000, which was smaller than the threshold of 0.05. This finding states that there is a relationship between the level of husband's knowledge and his participation in the MOP FP program in Hamlets I–III.</p> <p>2) Information Source Factor Based on the results of the previous Chi-Square statistical test, the possibility of information sources participating as MOP</p>

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Table 1. (continued)

Topic	Author	Objective	Method	Result
Regency Serdang Bedagai 2018		Marjani, Sipispis District, Serdang Regency Bedagai in 2018.		acceptors has a significance value of 0.005 < sig $\alpha$ value (0.05). This shows that the involvement of wives as MOP acceptors and information sources are significantly correlated. 3) Wife's Support Factor Based on the Chi-Square analysis, a value of 0.000 was obtained which is smaller than $\alpha$ 0.05. This finding indicates that there is a correlation between wife's support and husband's participation in the MOP family planning program.
Relationship Knowledge with Participation of Fertile Couples (Husband) in Family Planning	Harahap et al. (2024) <sup>(15)</sup>	The purpose of this study was to examine the relationship between husband's knowledge of fertile couples and their participation in family planning in Pasar Lama Village, Pintupadang Health Center, in 2023.	This cross-sectional study analyzes the link between knowledge and participation in the family planning program among 62 fertile couples in Pasar Lama Village, selected through total sampling. Data were analyzed using the Chi-Square test.	Based on the test result, it can be said that in Pasar Lama Village, Pintupadang Health Center Working Area in 2023 there is a relationship between knowledge and participation in family planning in husbands of fertile age couples. Based on the results obtained, it shows that the underprivileged group does not practice family planning, so the researcher made this assumption. This is due to the limited understanding of the husband, because most people only have an elementary school education. Many husbands have always assumed that family planning is a woman's domain and do not realize that men can use various types of contraception. Thus, it can be said that the involvement of husbands of fertile age couples (PUS) in family planning is closely related to the level of knowledge of the husband.
Relationship between Attitude and Family Income with the Choice of Steady Contraception in Male Couples of Fertile Age in Pasar Bangko Village, Bangko Health Center Working Area in 2019	Sumiarni (2020) <sup>(16)</sup>	The purpose of this study was to identify the factors causing the low involvement of fertile male couples in the use of permanent contraceptive methods. This study analyzed the relationship between	This study, conducted in Pasar Bangko Village in 2019, analyzed the relationship between attitudes, income, and men's contraceptive choices. Nine cases were selected, with controls chosen using proportional stratified random sampling.	The results of the study in this article are: 1) Attitude Factor Based on the result, a p-value of 0.046 < 0.05 indicates a relationship between attitudes and the choice of permanent contraception in PUS men in the area. 2) Family Income Factor The p-value of 0.021 < 0.05 indicates a relationship between family income and the use of permanent contraception in fertile male couples. Low family income contributes to low male involvement in choosing permanent contraception methods, because the cost of procuring family planning devices or services is greatly influenced by the family's socioeconomic status.

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Table 1. (continued)

Topic	Author	Objective	Method	Result
Husband's involvement in family planning use and its associated factors in pastoralist communities of Afar, Ethiopia	Chekole et al. (2019) <sup>(17)</sup>	This study aims to assess the extent of husbands' involvement in contraceptive use and identify factors that influence it in pastoral communities in Afambo District, Afar Region, Ethiopia.	This community-based cross-sectional study was conducted in 2017 in Afambo District, Afar Region, Ethiopia. Using stratified sampling, 418 married women were randomly selected from three kebeles. Data were collected via interviews and analyzed with SPSS.	The majority of respondents were Muslim, Afar ethnicity, and had never attended formal education. Factors that were significantly correlated with husband involvement included women who had used contraceptives were seven times more likely to have husband involvement than those who had never used them, women who obtained information from health centers, and those who were active in community networks. In addition, an increase in women's knowledge scores about family planning was also positively correlated with the level of husband involvement. These findings suggest that information, experience of use, and social participation are important factors in encouraging husband support and involvement in family planning programs.

## 4. DISCUSSION

Theory of Planned Behavior (Ajzen, 1988,1991) is a theory that states that an action is directly influenced by an individual's intention and the extent to which he or she feels he or she has control in doing it. Perceived behavioral control, often referred to as self-efficacy, reflects a person's belief in their ability to carry out a behavior. This intention is formed from three main components, namely: the individual's attitude towards the behavior, subjective norms or social pressures felt from the surrounding environment, and perceptions of one's ability to control behavior.<sup>(18)</sup>

In relation to this, seven articles have been found that examine various factors that influence the participation of husbands of fertile couples as acceptors of the family planning program. In this literature review, a number of factors that play a role in encouraging husband involvement in the family planning program will be discussed, namely: knowledge,<sup>(12,19)</sup> level of education,<sup>(4)</sup> support from wife,<sup>(12)</sup> the role of health workers,<sup>(12)</sup> access and quality of information sources,<sup>(17)</sup> type of work,<sup>(4)</sup> attitudes towards FP,<sup>(16,19)</sup> and family income level.<sup>(16)</sup> The seven articles provide an overview of how each factor may contribute to a husband's decision

to use a contraceptive method within the family planning framework:

### 1. Knowledge

Knowledge is very important in influencing a person's behavior. Individuals who understand something well tend to have a positive outlook, which then influences their attitudes and behavior positively. Without sufficient knowledge, a husband may have difficulty in making decisions that suit his needs and the conditions he is experiencing.<sup>(12)</sup>

The level of knowledge is one of the important aspects that influences husband's involvement in participating in family planning programs. This is in line with the research results of Manurung et al.,<sup>(12)</sup> Lope et al.,<sup>(13)</sup> Zuiatna,<sup>(14)</sup> Harahap et al.,<sup>(15)</sup> and Chekole et al.<sup>(17)</sup>. Of the five studies, three found a relationship between husbands' knowledge and their participation in contraceptive use. Meanwhile, one study showed that wives' knowledge also influenced husbands' involvement in family planning programs, and another found no significant relationship. This finding is also in line with those of Traore et al.<sup>(20)</sup> and Omona & Mahoro,<sup>(21)</sup> which all showed that husbands' knowledge is closely related to their participation as family planning acceptors.

The minimal involvement of men in becoming FP acceptors is generally caused by the lack of information about male contraception, including the benefits,

disadvantages, side effects, and how to use it. Many men are also not familiar with the various choices of male-specific FP methods, and still assume that the responsibility for FP lies solely in the hands of women. Therefore, it can be concluded that the knowledge possessed by husbands influences their participation in the FP program, especially for couples of childbearing age.

## 2. Education

According to Notoatmodjo (2012) in Mariyam & Oktaviani,<sup>(4)</sup> education is a process that plays a role in the growth and development of individuals, and is an effort to manage and develop the knowledge that someone already has. Education is also considered an important indicator that contributes to determining economic status, social status, and encouraging changes towards the better.

Mariam & Oktaviani found that there is a relationship between the husband's education level and his involvement as a family planning acceptor.<sup>(4)</sup> They argue that the higher the education, the more likely the husband is to participate in the family planning program. These findings align with those of Oka et al.,<sup>(22)</sup> who demonstrated a significant relationship between education and the decision to become a family planning acceptor in the Mungkajang Community Health Center (Puskesmas) area. These findings were further supported by Amraeni & Kamsu<sup>(9)</sup> and Idris & Syafriyanti,<sup>(23)</sup> who found a significant association between husband's education and male participation in family planning programs in Indonesia.

However, this finding is contrary to the research of Lope et al.,<sup>(13)</sup> which concluded that education does not affect the use of contraception by men. Researchers assume that the level of education does not directly determine the ability to obtain or understand information, so higher education is not necessarily followed by better access to information. In addition, the low rate of vasectomy use cannot be explained solely from the education side.

## 3. Wife Support

Support from wives towards their husbands' involvement in male family planning programs is interpreted as a form of approval and support given by wives to their husbands in following male contraceptive methods. This support arises from mutual understanding between partners, which then builds harmonious cooperation. This support is not only in the form of material assistance or information, but also includes

providing advice, counsel, and considerations in dealing with a problem. The wife's response to her husband's decision to use contraception reflects positive or negative support, depending on the knowledge, attitude, beliefs, and role models she has.<sup>(12)</sup>

Support from a partner is an important element in forming subjective norms, namely the individual's perception of expectations or social pressure from those closest to them. If the wife shows positive support, the husband will feel socially motivated to participate in the family planning program. Zuiatna<sup>(14)</sup> and Chekole et al.<sup>(17)</sup> underlines the strong influence of wives' support in encouraging husbands' participation.

These findings align with Kriel et al.<sup>(24)</sup> who showed that male partners can facilitate contraceptive use through social support, information provision, and shared responsibility, and are reinforced by Yuvrista et al.<sup>(25)</sup> meta-analysis, which found that men with strong partner support were 2.48 times more likely to use contraception than those with weak support.

## 4. Health Worker Role

Based on the findings of the research by Manurung et al.,<sup>(12)</sup> a significant relationship was found between the involvement of health workers and husbands' participation in the family planning program. Husbands who receive active support from Health workers have approximately 7.9 times greater chance of becoming family planning participants compared to husbands who only receive passive support from health workers.

This study also shows that although some health workers have shown active involvement in supporting male family planning, many of them still play a passive role. This condition is likely caused by the main focus of health workers who are still focused on achieving family planning targets for women, as well as the lack of counseling discussing contraception for men. As a result, several respondents considered that the involvement of health workers in male family planning still seemed less active.

This finding is in line with Shaweno & Kura research in Ethiopia which showed that discussions with health workers have a significant role in increasing the use of modern contraception by men, so that the active involvement of health workers is an important factor in husbands' participation as family planning acceptors.<sup>(26)</sup>

## 5. Information Source

Zuiatna's research results shows that there is a relationship between the source of information obtained and the participation of husbands of fertile couples (PUS)

as participants in the family planning (FP) program.<sup>(14)</sup> Information conveyed through various media, both print and electronic, can influence the husband's decision in determining the type of contraception to be chosen. The quality, clarity, and accuracy of information about FP play a major role in helping husbands understand and absorb the material presented, so that it can be used to improve the welfare of their families. Credible and trusted sources of information can encourage positive attitudes and strengthen behavioral control. In line with this, research by Shattuck et al. shows that providing accurate information and effective communication through male motivators can increase male involvement in contraceptive use.<sup>(27)</sup>

However, this finding is not in line with research from Lope et al.,<sup>(13)</sup> which concluded that there was no relationship between the source of information and the involvement of husbands as FP acceptors. Although access to information is now easier with the presence of various media, this convenience does not always guarantee that the information received is accurate or in-depth enough to increase male involvement, especially in understand contraceptive methods such as vasectomy.

#### 6. Job

Work affects perceived behavioral control. A study conducted by Mariyam and Oktaviani revealed that there is a statistical correlation between the type of work a husband has and his participation in using male contraception.<sup>(4)</sup> According to Nursalam (2008) in a quote from Mariyam and Oktaviani,<sup>(4)</sup> the job that someone has demands a lot of time and attention, so that individuals who are highly busy tend to have limited time to access information. As a result, the level of knowledge they have is likely to be lower. In line with this, Shattuck et al. showed that time constraints due to work and socioeconomic factors were the main obstacles for men to consider vasectomy as a contraceptive method.<sup>(28)</sup>

#### 7. Attitude

In TPB, attitudes toward behavior are a strong predictor of a person's intention. Husbands who believe that family planning benefits their families will be more motivated to participate. Negative attitudes, which can stem from myths, stigma, or traditional beliefs, act as barriers. Research by Sumiarni<sup>(16)</sup> and Barus et al.<sup>(19)</sup> shows that attitudes greatly determine men's decisions regarding the use of permanent contraception such as vasectomy. Furthermore, Agarwal et al. also highlighted that men's negative attitudes and perceptions toward contraceptive methods, particularly vasectomy, remain a

major barrier, so appropriate education is essential to increase acceptance.<sup>(29)</sup>

#### 8. Family Income

Perceived behavioral control is also greatly influenced by economic factors. Low income can be a psychological and practical barrier because husbands feel unable to access family planning services, both in terms of cost and distance of access. This is shown in Sumiarni's research<sup>(16)</sup> and Firdaus et al.,<sup>(30)</sup> who found that economic conditions play a major role in men's decisions to participate in family planning. In line with this, Shaweno & Kura research also found that men from the poorest economic groups were much less likely to use modern contraception compared to men from the richest economic groups, thus emphasizing that economic conditions are an important determinant of men's participation in family planning programs.<sup>(26)</sup>

## 5. CONCLUSION

A review of seven articles showed that husbands' participation as FP acceptors was influenced by knowledge, wife's support, the role of health workers, attitudes towards family planning, and family income. These factors shape the husband's understanding and readiness to use contraception. Good knowledge encourages a positive attitude towards family planning, while wife's support strengthens joint decisions in the household. The role of health workers is important in providing education and building trust in male family planning methods. Factors such as education, employment, and access to information show varying influences depending on the social context. Therefore, a holistic and gender-based policy approach is needed. Further research is suggested to examine more deeply the socio-cultural aspects such as gender norms, the role of community leaders, and the influence of patriarchal values on male participation in family planning programs.

### Ethical Approval

Not required.

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## Competing Interests

All the authors declare that there are no conflicts of interest.

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## Underlying Data

Derived data supporting the findings of this study are available from the corresponding author on request.

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