

Knowledge And Beliefs In Islam About Family Planning Relate To The Participation Of The Recipient In The Selection Of Methods And Types Of Contraception

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Abstract: Maternal mortality is very high in various parts of the world, including in Indonesia. In 2020 the maternal mortality rate (AKI) in Indonesia is 173 per 100,000 live births where Indonesia is in the 3rd position The highest maternal mortality rate in Southeast Asia. The Family Planning (KB) program is one of the most important interventions that has been proven to be able to reduce the risk of maternal mortality. The choice of method and type of contraception is influenced by knowledge and beliefs in Islam. This study aims to determine the relationship between knowledge and beliefs in Islam about family planning on acceptor participation in the selection of methods and types of contraception at the 2023 Matsum City Health Center, Medan Area. This study is descriptive and analytical with a *cross-sectional design* and data collection with a total sampling technique. Based on the *Chi-Square* test on the relationship between Islamic religious knowledge and the choice of methods and types of contraception, it was found that p values of 0.003 and 0.014 ($P < 0.05$) and the relationship of belief in Islam to the choice of method and type of contraception were obtained with p values of 0.030 and 0.013 ($P < 0.05$). There is a significant relationship between knowledge and beliefs in Islam about birth control on the choice of method and type of contraception.

Keywords: Family planning, beliefs in Islam, methods and types of contraception, knowledge of the Islamic religion.

INTRODUCTION

Maternal mortality is very high in various parts of the world. Based on data from UNICEF 2023 related to Maternal mortality per

100,000 Live Births (KH) in 2020, Afghanistan 620, Ethiopia 267, Saudi Arabia 16, and Singapore 7.¹

The high maternal mortality rate is one of the ones in Indonesia. In

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2020 the maternal mortality rate (AKI) in Indonesia was 173 per 100,000 live births where Indonesia was in the 3rd position. The highest maternal mortality rate in Southeast Asia after Cambodia 218 deaths per 100,000 KH and Burma 179 deaths per 100,000 KH.²

The Family Planning (KB) program is one of the most important interventions that has been proven to be able to reduce the risk of maternal mortality by reducing the number of pregnancies that occur and the proportion of pregnancies that are classified as "high risk".³

Through the family planning program, the maternal mortality rate can be suppressed, this is evident in several countries that also implement family planning programs such as Singapore from 15 deaths per 100 000 KH to 7, Iran 44 to 22, China 58 to 23, Thailand 48 to 29 etc..^{4.1}

The family planning program is an effort to control birth, the ideal distance and age of childbirth, controlling pregnancy through promotion, protection and assistance in accordance with reproductive rights to create a good family. The family planning program is implemented to achieve *the Sustainable Development Goals (SDGs)* goals in the Indonesian health sector which has a target of By 2030 the maternal mortality rate must be reduced to below 70 per 100,000 live births and by 2030 preventable deaths

in newborns and toddlers must be ended. All countries have goals to reduce neonatal mortality to at least 12 per 1000 live births and toddlers to 25 per 1000 live births.^{3.5}

The acceptor's knowledge of contraception is very closely related to the choice of contraceptives, because a good knowledge of a particular contraceptive method can change the acceptor's perspective in determining appropriate and effective contraceptives, so that it will increase the acceptor's comfort with contraceptives..⁶

In addition to knowledge, religious status significantly affects the way of life of people, especially women. Religion describes people's belief systems and influences a number of health-related outcomes.⁷ Islam is a religion that is widely practiced in Indonesia. In general, Islam does not prohibit the use of contraception. However, there are scholars who give a different view who consider the use of contraception not in accordance with the provisions of Allah, namely Abu 'Ala al-Madudi, he argues that Islam is a religion that runs according to human nature, and whoever changes or violates the nature of nature, he has obeyed the orders of Satan. In addition to this opinion, Abu 'Ala al-Madudi rejects family planning using the postulate:
وَلَا تَقْتُلُوا أَوْلَادَكُمْ حَسْبِيَ إِمْلَاقٌ نَحْنُ نَرِزُقُهُمْ وَإِيَّاكُمْ
إِنَّ قَتْلَهُمْ كَانَ خِطْئًا كَبِيرًا

“And do not kill your children for fear of poverty, We will give you and them a fortune.”(QS. Al-Isra’ (17):31).⁸

The opinion states that the family planning program through birth restrictions is not justified in Islam. Because this has violated human nature, especially just because of fear of poverty and forgetting that Allah is the Giver of Fortune.⁹

In another opinion that has been issued by Islamic religious scholars, Imam Ghazali, Sheikh al-Hariri, Sheikh Mahmud Syaltut, and Sayyid Sabiq allows the implementation of the family planning program, it is explained that contraception can be used as long as it does not permanently terminate the pregnancy.¹⁴ In addition, there is an affirmation by scholars that the use of contraceptives must be carried out by health workers of the same sex. This opinion has caused controversy considering that several types of contraceptives are installed on certain parts of the body.⁹

This study aims to determine the relationship between knowledge and beliefs in Islam about family planning on acceptor participation in the selection of methods and types of contraception at the 2023 Matsum City Health Center, Medan Area.

METHOD

The type of research conducted is Descriptive Analytical with a *cross-sectional approach* that aims to

analyze the relationship between knowledge and beliefs in Islam about family planning on acceptor participation in the selection of contraceptive methods and types. The data used is data on women of childbearing age who provide health services at the Matsum City Health Center, Medan Area District in November-December 2023 and data collection is carried out by filling out a questionnaire. The sample in this study is all populations that meet the inclusion and exclusion criteria. The criteria determined in this study are:

A. Inclusion Criteria

1. Women aged 21-40 years
2. Women who are in the marriage period and have given birth
3. Willing to participate in research

B. Exclusion Criteria

1. Women who have gone through menopause
2. Women who have undergone steady contraception (Tubectomy) with medical indications
3. A woman whose husband undergoes steady contraception (Vasectomy) with medical indications
4. Women who have not had children

RESULT

The results of the research on the respondents were obtained from the distribution of family planning tools used from the respondents as follows:

Table 1 Distribution of data on the selection of contraceptive methods

Contraceptive Methods	Frequency (n)	Percentage (%)
Long-term	5	12,5%
Short-term	35	87,5%
Total	40	100%

Based on the table above, it can be seen that respondents who use long-term contraceptives are 5 people (12.5%) and respondents who use short-term contraceptives are 35 people (87.5).

Table 2 Distribution of contraceptive types selection

Types of Family Planning	Frequency (n)	Percentage (%)
Hormonal	19	47,5%
Non-Hormonal	3	7,5%
Simple	18	45%
Total	40	100%

Based on the table above, it can be seen that respondents who used hormonal contraceptives were 19 people (47.5%), respondents who used non-hormonal contraceptives were 3 people (7.5%), and respondents with simple contraceptives were 18 people (45%)

Table 3 Distribution of data on the level of knowledge of the Islamic religion

Knowledge level	Frequency (n)	Percentage (%)
Less	8	20%
Enough	19	47,5%
Good	13	32,5%
Total	40	100%

Based on the table above, it can be seen that 8 respondents with limited knowledge (20%), respondents with sufficient knowledge were 19 people (47.5%), and respondents with good knowledge were 13 people (32.5%)

Distribution of Belief Data in Islam

Table 4 Distribution of belief data in Islam

Confidence Level	Frequency (n)	Percentage (%)
Halal	18	45%
Haram	10	25%
Don't know/hesitate	12	30%
Total	40	100%

Based on the table above, it can be seen that 18 respondents with halal beliefs (45%), respondents with haram beliefs as many as 10 people (25%) and respondents with beliefs that do not know or hesitate as many as 12 people (30%)

The Relationship of Islamic Religious Knowledge about Family Planning to the Selection of Methods and Types of Contraception

Table 5 Distribution of the relationship between Islamic knowledge about family planning and the choice of contraceptive methods

Method	Total
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Knowledge	Long		Short		Total		p value
	n	%	n	%	n	%	
Less	0	0.0%	8	100%	8	100%	0.030
Enough	0	0.0%	1	100%	1	100%	
Good	5	38.5%	8	61.5%	13	100%	
Total	5	12.5%	3	87.5%	8	100%	

The results of the bivariate test showed that out of a total of 8 people with limited knowledge, all of them used the short-term method, in 19 people with sufficient knowledge to be fully known, namely 19 people used the short-term method and out of a total of 13 people with good knowledge, as many as 5 people (38.5%) used the long-term method, and 35 people (61.5%) used the short-term method. The results of the statistical test obtained a p value of 0.030 which is smaller than alpha 0.05 which means that there is a relationship between Islamic knowledge about family planning and the choice of contraceptive methods.

Table 6 Distribution of the relationship between Islamic knowledge about family planning and the choice of contraceptives

Knowledge	Type						p value
	Hormonal		Non-Hormonal		Simple		
	n	%	n	%	n	%	
Less	3	37.5%	1	12.5%	4	50%	0.014
Sufficient	5	26.3%	1	5.3%	6	31.6%	
Good	11	84.6%	1	7.7%	12	92.3%	
Total	9	69.2%	3	25.0%	13	100%	

Knowledge	Hormonal			Non-Hormonal			Simple			p value
	n	%	Total	n	%	Total	n	%	Total	
Less	0	0.0%	0	8	100%	8	0	0.0%	0	0.014
Enough	0	0.0%	0	1	100%	1	0	0.0%	0	
Good	5	38.5%	5	8	61.5%	13	4	30.8%	4	
Total	5	12.5%	5	37.5%	19	100%	1	5.3%	13	

The results of the bivariate test showed that out of a total of 8 people with less knowledge, there were 3 people (37.5%) with hormonal type selection, as many as 1 person (12.5%) with non-hormonal selection, and 4 people (50%) with simple selection. Of the total 19 people with sufficient knowledge, there were 5 people (26.3%) with the type of hormonal selection, 1 person (5.3%) with the type of non-hormonal selection, and 13 people (68.4%) with the type of simple selection. Of the total 13 people with good knowledge, there were 11 people (84.6%) with the type of hormonal selection, 1 person (7.7%) with the type of non-hormonal selection, and 1 person (7.7%) with the type of simple selection. The results of the statistical test obtained a p value of 0.014 which is smaller than alpha 0.05 which means that there is a relationship between Islamic knowledge about family planning and the choice of contraceptive type

The Relationship Between Beliefs in Islam about Family Planning and the Choice of Method and Type of Contraception

Table 7 Distribution of the relationship between belief in Islam and the choice of contraceptive method

Belief	Method				Total		p value
	Long	Sort					
	n	%	n	%	n	%	
Halal	5	27.8%	13	72%	18	100%	0.030
Haram	0	0.0%	10	100%	10	100%	
Don't Know	0	0.0%	12	100%	12	100%	
Total	5	12.5%	35	87.5%	40	100%	

The results of the bivariate test showed that out of a total of 18 people with the halal belief category, there were 5 people (27.8%) with the long-term method, and 13 people (72%) with the short-term method. Of the 10 people with the haram category, all of them are known, namely 10 people using short-term methods and out of a total of 13 people with the category of uninformed beliefs, all 12 people are using short-term methods.

The results of the statistical test obtained a *p value* of 0.030 which is smaller than alpha 0.05 which means that there is a relationship between belief in Islam and the choice of contraceptive method.

Table 8 Distribution of the relationship between Belief in Islam and the choice of contraception

Belief	Jenis			Total	p value
	Hormonal	Non-Hormonal	Sederhana		
Halal	12	66.7%	1	13	0.013
Haram	1	10%	0	1	
Don't Know	7	58.3%	1	8	
Total	20	66.7%	1	21	

	Hormonal		Non-Hormonal		Sederhana		Total	p value
	n	%	n	%	n	%		
Halal	12	66.7%	6	28%	1	5%	19	0.013
Haram	0	0%	10	90%	0	0%	10	
Don't Know	7	58.3%	1	8.3%	4	33.3%	12	
Total	19	66.7%	16	80%	5	23.7%	30	

The results of the bivariate test showed that out of a total of 18 people with the category of halal belief, there were 12 people (66.7%) with the type of hormonal selection, 1 person (5.6%) with the type of non-hormonal selection, and 5 people (28%) with the type of simple selection. In 10 people with the haram category, 1 person (10%) is known to have a non-hormonal type, and 0 people (90%) with a moderate type. In the category of not knowing beliefs, there were 7 people (58.3%) with the hormonal type, 1 person (8.3%) with the non-hormonal type, and 4 people (33.3%) with the moderate type. The results of the statistical test obtained a *p value* of 0.013 which is smaller than alpha 0.05 which means that there is a relationship between belief in Islam and the choice of contraceptive type

DISCUSSION

The results of this study showed that a total of 8 people with less knowledge were using short-term methods, with the selection of contraceptives 37.5% hormonal, 12.5% non-hormonal and 50% simple. Respondents with sufficient knowledge were known as 19 people used short-term methods with the selection of contraceptives 26.3% hormonal, 5.3% non-hormonal and 68.4% moderate. And of a total of 13 people with good knowledge, as many as 38.5% used long-term methods and 61.5% used short-term methods with the selection of contraceptive types, 84.6% hormonal, 7.7% non-hormonal and 7.7% simple. Through a statistical test conducted using chi-square analysis to see the relationship between Islamic religious knowledge about family planning and acceptor participation in the selection of methods and types of contraception, p values of 0.003 and 0.014 ($P < 0.05$) were obtained, which showed that H_0 was rejected, meaning that there was a meaningful relationship between Islamic religious knowledge about family planning and acceptor participation in the selection of methods and types of contraception. The results of this study are in line with research conducted by Gosavi in Singapore 2019 and Sarah s. Alsharif in Saudi Arabia 2023 which states knowledge and awareness about contraception is

related in the selection of methods and types of contraception.^{10,11}

Based on the existing literature, the use of contraception is influenced by several factors, namely predisposing factors, namely age, education, occupation and number of children, supporting factors such as the safety of the device, the availability of contraceptive tools and service places, and the driving factors, namely health workers, costs, husband support, socio-cultural, and economic. Knowledge about family planning has an effect on the selection of methods and types of contraception. With good knowledge about family planning, it is hoped that it can increase public awareness of the importance of using contraception, the benefits of contraception and can help in the selection of contraceptives after so that it can increase comfort and welfare for families.^{12,13,14.}

The results of this study showed that out of a total of 18 people with the category of halal beliefs, 27.8% chose to use the long-term method and 72% the short-term method with the choice of contraceptive type 66.7% hormonal, 5.6% non-hormonal and 28% simple. 10 Respondents with haram beliefs are known to choose to use short-term methods with the selection of 10% non-hormonal contraceptives and 90% with simple types. In the category of uninformed or hesitant beliefs, they chose to use the short-term method with the

selection of contraceptives 58.3% hormonal, 8.3% non-hormonal, and 33.3% with the simple type.

Through a statistical test conducted using chi-square analysis to see the relationship between Islamic religious beliefs in the selection of methods and types of contraception, p values of 0.030 and 0.013 ($P < 0.05$) were obtained, which showed that H_0 was rejected which means that there was a meaningful relationship between beliefs in Islam and acceptor participation in the selection of methods and types of contraception. The results of this study are in line with research by Tigabus in western Ethiopia in 2018 which stated that religious status significantly affects the way of life of people, especially women, but is different from the research conducted by Hana in West Java in 2022 which concluded that the belief variable has no relationship with the choice of short-term contraceptive methods.^{6,7}

In addition to knowledge about family planning, beliefs and beliefs in religion also influence acceptors in the use of contraceptives.⁷

Islam is a religion that is widely practiced by the Indonesian population. In general, Islam does not prohibit the use of contraceptives but there are differences of opinion among scholars such as Abu 'Ala al-madudi who reject family planning using the QS postulate . *Al-Isra'* (17):31 and in other opinions that

have been expressed by scholars Imam Ghazali, Shaykh al-Hariri, Shaykh Mahmud Syaltut, and Sayyid Sabiq allow the implementation of the family planning program, it is explained that contraception can be used as long as it does not permanently terminate the pregnancy except in an emergency or illness.^{15,16}

CONCLUSION

Based on the objectives and results of research that has been carried out at the 2023 Matsum City Health Center in Medan Area, regarding the relationship between knowledge and belief in Islam to acceptor participation in the selection of methods and types of contraception, it can be concluded that:

1. It was found that the distribution of the frequency of the most contraceptive methods was the short-term method and the selection of the most type of contraception was hormonal contraception, followed by simple methods and the least type of non-hormonal contraception
2. It is known that the highest level of knowledge of the respondents about family planning in the Islamic view is sufficient, then the knowledge is good and the lowest knowledge is lacking.

3. It was obtained that the respondents' belief in the Islamic view of family planning was the most halal, followed by ignorance, and the least haram belief.
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