

## **The Relationship Between Intrauterine Device (IUD) Contraception and Sexual Pleasure in Reproductive-Age Couples at Kusuma Pertiwi Clinic**

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### **INDEXING**

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Keyword 1; Contraception  
Keyword 2; Intrauterine Device (IUD)  
Keyword 3; Sexual pleasure  
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### **ABSTRACT**

Sexual pleasure related to Intrauterine Device (IUD) can be disturbed during intercourse. The purpose of this study is to determine the relationship between IUD contraception and sexual pleasure in couples of reproductive age (PUS) at Kusuma Pertiwi Clinic. The research design used in this study is an Analytical Correlational study with a cross-sectional approach. The sampling technique used is Simple Random Sampling. The population consisted of 42 people and the sample comprised 38 people. The independent variable is the IUD contraceptive, and the dependent variable is sexual satisfaction. The statistical test used is Spearman-Rho with a significance value of  $< 0.05$ . The research results regarding IUD contraception showed that almost all couples of reproductive age (PUS) felt comfortable after having the IUD inserted, totaling 31 people (81.6%) out of 38 people. Research on sexual satisfaction shows that most couples of reproductive age (CRA) after having an IUD inserted reported sexual satisfaction at a very satisfying level, with 26 people (68.4%) out of 38. Based on the analysis of the relationship using Spearman's Rho, the result obtained a p-value of  $0.000 < \alpha = 0.05$ , which means  $H_0$  is rejected, with a correlation coefficient of 0.817, indicating a very strong relationship. The conclusion is that there is a relationship between IUD contraception and sexual pleasure in couples of reproductive age, making IUD users very comfortable during sexual activity.

### **Article History**

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## **INTRODUCTION**

The use of IUD contraception is one of the efforts in the Family Planning Program to control fertility or curb population growth that is most effective. In its implementation, efforts are made to ensure that all contraceptive methods or devices provided or offered to the public provide optimal benefits (Bongaarts and Hodgson, 2022). Among reproductive-age couples using IUDs, they reported feeling less comfortable during sexual intercourse due to vaginal bleeding, the presence of strings that interfere during intercourse, and discomfort caused by string friction during sexual activity (Sundari *et al*, 2023). Family Planning (FP) participants are couples of reproductive age where one of them uses a contraceptive method/tool for the purpose of preventing pregnancy, commonly known as acceptors (Festin *et al*, 2016).

Kusuma Pertiwi Clinic is one of the clinics located in Kediri Regency. In 2016, the number of family planning acceptors was 2,556 people, of whom 24.59% chose the IUD (Intrauterine Device) contraceptive. In 2017, the number of family planning acceptors was 2,484 people, with 21.3% choosing the IUD (Intrauterine Device). In 2018, the number of family planning acceptors was 2,893 people, of whom 40 (31.42%) chose the IUD (Intrauterine Device), according to Kusuma Pertiwi Clinic data, 2020.

On October 24, 2022, the researcher conducted a preliminary study by interviewing 5 mothers using IUD contraception who came to the Kusuma Pertiwi clinic. When asked, 3 (60%) of the mothers who were IUD users said they felt uncomfortable during sexual intercourse due to vaginal bleeding and the presence of threads that were bothersome during intimacy, while 2 (40%) of the mothers said they felt uncomfortable because of friction from the threads during intercourse. In 2018 at Kusuma Pertiwi Clinic, the use of IUDs could affect sexual comfort because it causes pain and post-coital bleeding. However, the bleeding that occurs is only in small amounts. In some cases, these side effects are the reason for acceptors to discontinue, mainly due to incorrect support from their husbands.

Sexual intercourse should be enjoyed together by couples of reproductive age because it represents the peak of harmony and happiness in family life. Sexual dissatisfaction can lead to differences of opinion, conflicts, and may result in divorce. Sexual activities, such as the frequency of sexual intercourse, can serve as a measure in assessing sexual function, which will ultimately lead to sexual satisfaction (Manuaba, 2017; Yilmaz *et al*, 2020; Eskandari *et al*, 2025). Based on the above issues, the author is interested in exploring and researching the "Relationship between IUD Contraception and Sexual Satisfaction in Couples of Reproductive Age (PUS) at Kusuma Pertiwi Clinic, Kepung Village, Kepung District, Kediri Regency".

## **LITERATURE REVIEW**

Contraception, commonly known as birth control, refers to various methods aimed at preventing pregnancy and giving individuals greater autonomy over their reproductive health and personal choices (D'Souza *et al*, 2022). It serves as a crucial element in family planning, allowing couples to determine the timing and number of children they wish to have, while minimizing the risks associated with unintended pregnancies (Yirgu *et al*, 2020). These methods differ in type and effectiveness, ranging from barrier options like condoms, to hormonal solutions such as pills, patches, and injections, as well as long-term approaches like intrauterine devices (IUDs) and permanent procedures such as sterilization (Haddad *et al*, 2021). Natural techniques, including fertility awareness and withdrawal, are also used but are generally less dependable. Beyond its role in avoiding pregnancy, contraception offers significant social and economic advantages, it empowers women to pursue education and career opportunities, promotes healthier families through birth spacing, and reduces healthcare costs linked to maternal and child health issues (Karra *et al*, 2022).

## **RESEARCH METHOD**

This study uses a quantitative research method with a Correlational Analytic research design with a Cross-Sectional approach, which is a correlational research design conducted to determine the relationship between independent variables and dependent variables where the measurement is carried out at one time or simultaneously (Hunziker and Blankenagel, 2024). The population of this study is all Couples of Reproductive Age (CRA) at Kusuma Pertiwi Clinic, totaling 42 people. The sample of this study is a portion of Couples of Reproductive Age (CRA) at Kusuma Pertiwi

Clinic, totaling 38 people. An instrument is a measuring tool used in research. In this study, the data used are primary data. Primary data is obtained from questionnaires. This instrument is one of the standard instruments that have undergone validity and reliability testing, so it can be used directly as a research instrument.

Requesting a permit letter for data collection at Stikes Ganesha Husada Kediri Campus. Requesting a permit letter for initial data collection at Kusuma Pertiwi Clinic. The sampling technique used in this study is random sampling. Using the sampling method with the lottery technique, where all the names of people in the population are placed in a bottle/box, and then we draw lots and select. Providing a permit letter to the clinic owner to conduct the research. Before the research, the clinic owner and the researcher approached the respondents because of COVID, which made the respondents unwilling to participate in the study. However, we provided explanations so that the respondents agreed to participate in the research. Respondents who were unwilling to come to the clinic were visited by the researcher at their respective homes to conduct the study.

The researcher also provided informed consent to the respondents and explained that a study would be conducted on IUD contraception and sexual pleasure in couples of reproductive age. If agreed, a questionnaire on the use of IUD contraception and sexual pleasure in couples of reproductive age would be distributed. Once the data is collected, data processing will be carried out. This study used questionnaire sheets. After the data was collected, it was followed by data processing: Editing, Coding, Scoring, and Tabulating, and data analysis. To test the differences between two variables, the Spearman Rank Correlation method was used.

## RESULT AND DISCUSSION

The result of this research can be shown on the tables below,

**Table 1. Frequency distribution of IUD contraception among Couples of Reproductive Age (CRA) at Kusuma Pertiwi Clinic.**

<b>Contraception of IUD</b>	<b>Frequency</b>	<b>Percent (%)</b>
Comfort	31	81,6
Uncomfortable	7	18,4
<b>Total</b>	<b>38</b>	<b>100</b>

Based on Table 1, it can be explained that almost all couples of reproductive age (PUS) at Kusuma Pertiwi Clinic, after having an IUD installed, felt comfortable, with 31 people (81.6%) out of a total of 38 people.

**Table 2. Frequency Distribution of Sexual Enjoyment in Reproductive Age Couples (PUS) at Kusuma Clinic**

<b>Sexual Enjoyment</b>	<b>Frequency</b>	<b>Percent(%)</b>
Very Enjoy	26	68,4
Enjoy	5	13,2
Quite Enjoy	3	7,9
Less Enjoy	4	10,5
<b>Total</b>	<b>38</b>	<b>100</b>

**Table 3. Frequency distribution of sexual satisfaction among couples of reproductive age (PUS) at Kusuma Clinic**

Variable	Sig
Sexual enjoyment in couples of reproductive age (CRA)	0,005

Based on the relationship analysis using Spearman's Rho, the result obtained was a p-value =  $0.000 < \alpha = 0.05$ , which means  $H_0$  is rejected, indicating that there is a relationship between IUD contraception and sexual satisfaction in couples of reproductive age (PUS) at Kusuma Pertiwi Clinic, Kepung Village, Kepung Subdistrict, Kediri Regency, with a correlation of 0.817, which is considered very strong.

### **IUD Contraception for Couples of Reproductive Age (PUS) at Kusuma Pertiwi Clinic, Kepung Village, Kepung District, Kediri Regency**

Based on Table 1, it can be explained that most couples of reproductive age (PUS) at Kusuma Pertiwi Clinic felt comfortable after having an IUD inserted, with 31 people (81.6%) out of a total of 38 people. Contraception is an effort to prevent pregnancy, which can be temporary or permanent (Sarwono, 2015). It prevents pregnancy resulting from the meeting of a mature egg cell with a sperm cell. The way contraception works is by trying to prevent ovulation, incapacitating sperm, and blocking the meeting of the egg with sperm. There are several types of family planning contraceptive methods/devices available as options for family planning acceptors, including IUD (Intrauterine Device), pills, implants, vasectomy, tubectomy, condoms, and injections.

Contraception is an effort to prevent pregnancy, which can be temporary or permanent. It prevents pregnancy resulting from the meeting of a mature egg cell with a sperm cell. The way contraception works is by trying to prevent ovulation, incapacitating sperm, and blocking the meeting of the egg and sperm (Nickels and Yan, 2024). There are several types of family planning contraceptive methods/devices available as options for family planning acceptors, including IUD (Intrauterine Device), pills, implants, vasectomy, tubectomy, condoms, and injections (Brant *et al*, 2022).

IUD (Intra Uterine Device)/Intrauterine Contraceptive Device (IUD) An IUD (Intra Uterine Device) or Intrauterine Contraceptive Device (IUD) is a contraceptive device made of flexible plastic that is inserted into the uterus. The most ideal contraceptive for postpartum and breastfeeding mothers is one that does not suppress breast milk production, namely the Intrauterine Contraceptive Device (IUD). IUD (Intra Uterine Device)/Intrauterine Contraceptive Device (IUD) An IUD (Intra Uterine Device) or Intrauterine Contraceptive Device (IUD) is a contraceptive device made of flexible plastic that is inserted into the uterus. The most ideal contraceptive for postpartum and breastfeeding mothers is one that does not suppress breast milk production, namely the Intrauterine Contraceptive Device (IUD).

The research results found that the use of IUD contraception among couples of reproductive age is often found to be comfortable after IUD insertion because the insertion procedure is done correctly and routine self-checks are conducted. The husband's support plays a role in the comfort of using the IUD, so that during intercourse, it feels comfortable and does not become a burden for the wife. Complaints of sexual intercourse problems do not occur if the IUD is correctly positioned and the user feels comfortable during sexual activity. Sexual problems at certain durations of use occur because the strings are too long or too short, which can interfere with penetration by the husband. This causes a feeling of obstruction from the IUD or friction between the strings and the tip of the penis. However, if the wife experiences

sexual problems, it is possible that inflammation in the cervix is causing pain during intercourse.

### **Sexual Pleasure in Fertile-Aged Couples at Kusuma Pertiwi Clinic, Kepung Village, Kepung District, Kediri Regency.**

Based on Table 2, it can be interpreted that a portion of couples of reproductive age (PUS) at Kusuma Pertiwi Clinic, after having an IUD inserted, reported a level of sexual satisfaction categorized as very satisfying, totaling 26 people (68.4%) out of 38 people. Research in the Archives of Sexual Behavior in 2011 stated that a person will experience greater satisfaction during sex if their partner feels satisfied. In this study, experts noted that the more one cares about what their partner feels during sex, the greater the sexual satisfaction will be. Sexual intercourse indeed provides positive benefits for both physical and mental health by producing hormones.

Research in the Archives of Sexual Behavior in 2011 stated that a person will get more satisfaction during sex if their partner feels satisfied. In this study, experts noted that the more you care about what your partner feels during sex, the greater sexual satisfaction you will experience. Sexual intercourse indeed provides positive benefits for both physical and psychological health by producing happiness hormones and helping with sound sleep. However, not everyone can experience sexual relations as pleasurable. The factor of sex has quite an influence on husband-wife harmony. A positive sexual relationship will certainly also affect household harmony. Besides providing satisfaction/pleasure, good sex will also further enhance the sense of belonging and love between partners.

Research conducted at the Kusuma Pertiwi Clinic on couples of reproductive age (PUS) found very satisfactory results in their sexual relations due to being open with each other to initiate intimacy, and having a pleasurable quality of sex. Great satisfaction can enhance family harmony and mutual support in making mutually beneficial decisions. If sexual behavior is not satisfying, individuals may feel anxious for not achieving what they desire, leading to uncontrolled emotions. This study involves 7 couples of reproductive age who do not enjoy sexual intercourse due to a lack of experience in dealing with the problems they face and discomfort during sexual activity.

### **The Relationship Between IUD Contraception and Sexual Pleasure in Reproductive-Age Couples at Kusuma Pertiwi Clinic, Kepung Village, Kepung District, Kediri Regency**

Based on the relationship analysis using Spearman's Rho, the result obtained was a  $p\text{-value} = 0.000 < \alpha = 0.05$ , which means  $H_0$  is rejected, indicating that there is a relationship between IUD contraception and sexual satisfaction in couples of reproductive age (PUS) at Kusuma Pertiwi Clinic, Kepung Village, Kepung Subdistrict, Kediri Regency, with a correlation of 0.817, which is considered very strong.

Contraception is a direct and tangible prevention of the conception process before, during, or after intentional sexual intercourse. IUD (Intra Uterine Device)/Intrauterine Contraceptive Device (IUD) is a contraceptive made of flexible plastic that is inserted into the uterus. The most ideal contraception for postpartum and breastfeeding mothers is one that does not suppress breast milk production, namely the Intrauterine Contraceptive Device (IUD), a 3-month contraceptive injection, the mini-pill, and condoms .

The cross-tabulation results between IUD contraception and sexual pleasure in couples of reproductive age (PUS) can be interpreted that 26 people (68.4%) felt comfortable after IUD insertion and experienced great sexual enjoyment among PUS. The use of IUDs for PUS does not hinder sexual needs, so PUS still greatly enjoy sexual intercourse even with an IUD in place. There are some PUS who feel unhappy or do not enjoy sexual intercourse after having an IUD inserted. When asked, they only feel resigned to this issue and do not try to find a solution, and they still feel embarrassed to discuss the problem with a doctor because they consider sexual issues to be taboo.

It must be acknowledged that at the beginning of marriage, most couples are not yet able to achieve mutual satisfaction due to various obstacles. After the first year, most couples understand and are able to achieve mutual satisfaction. Although sexual relations are not the only factor that can influence household harmony, sexual dissatisfaction can also lead to disagreements, conflicts, and eventually divorce (Manuaba, 2017).

### **Positive relationships are becoming more comfortable and enjoyable for couples of reproductive age (PUS) at Kusuma Pertiwi Clinic, Kepung Village, Kepung District, Kediri Regency**

Research results at Kusuma Pertiwi Clinic on couples of reproductive age (PUS) were found to be very satisfying in their relationships due to mutual openness in initiating intimate relations and the quality of enjoyable sex. Great pleasure can enhance family harmony and mutual support in making mutually beneficial decisions. If sexual behavior is unsatisfactory, it can cause anxiety because desires are not met and emotions become uncontrollable. This study involves 7 couples of reproductive age who do not enjoy sexual intercourse due to a lack of experience in dealing with the problems they face and discomfort during sexual activity. A positive relationship becomes more comfortable and enjoyable in a relationship. A comfortable and satisfying sexual relationship is one of the important factors in a marital relationship for many couples. Women consider sexual satisfaction as something important in their lives. Thus, women realize that the quality of their sexual function is an inseparable part of their overall quality of life, particularly in the areas of mental and physical health (spiritual and bodily). This means that a woman's physical and psychological quality cannot be considered good if her sexual function is impaired.

Sexual intercourse is one form of enjoyable exercise. Having sex makes the body burn at least 4 calories per minute and engages various muscles. Having sex regularly can maximize these benefits. Research has found that a person's heart rate during orgasm is equivalent to light exercise, such as walking up stairs. Nevertheless, to meet the average weekly physical activity requirements

### **Research Limitations**

The researcher experienced difficulties in conducting the research due to maintaining distance from the respondents (PUS) because of the coronavirus, the research location being far away, the long time required to collect research results, and some people refusing to be respondents. However, the researcher provided explanations to the respondents so that they could agree to participate in the study.

### **CONCLUSION**

From the frequency distribution results of IUD contraception, almost all couples of reproductive age (PUS) at Kusuma Pertiwi Clinic felt comfortable after an IUD was inserted, with 31 people (81.6%) out of a total of 38 people. From the frequency

distribution results of sexual satisfaction, most of the couples of reproductive age (PUS) at Kusuma Pertiwi Clinic after having an IUD inserted reported a level of sexual satisfaction in the very satisfying category, totaling 26 people (68.4%) out of 38 people. Based on the correlation analysis using Spearman's Rho, the result obtained was a p-value =  $0.000 < \alpha = 0.05$ , which means  $H_0$  is rejected, indicating that there is a relationship between IUD contraception and sexual enjoyment in couples of reproductive age (PUS) at Kusuma Pertiwi Clinic, Kepung Village, Kepung District, Kediri Regency, with a correlation of 0.817, which means it is very strong.

It is recommended for future researchers to continue this study with the same topic but with more research variables, a different population, and more methodology, so that this research can be developed as additional knowledge regarding various factors related to sexual pleasure in couples of reproductive age (PUS).

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