

ABSTRACT

HUSBAND'S SUPPORT AND LIFESTYLE CORRELATION WITH NUTRITIONAL STATUS OF INTRA UTERINE DEVICES (IUD) USERS AT PUSKESMAS MOJO SURABAYA

Cross-Sectional Study

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Introduction: Family planning program (KB) is a national development effort to reduce population growth by increasing the use of long term contraceptive methods such as Intra Uterine Devices (IUD). **Methods:** The design of this study used a cross-sectional study design. The population of this research is IUD users at Puskesmas Mojo Surabaya. The number of existing population are 105 acceptors and the sample are 83 respondents with the sampling technique used was simple random sampling. The research instruments used were questionnaires and measuring instrument for weight and height. The independent variables of this study are husband's and lifestyle support. And the dependent variables is the nutritional status of IUD users. **Results:** Husband's support has a significant correlation with nutritional status of IUD's users ($p = 0,000$; $r = 0,706$). Lifestyle has a significant correlation relationship with nutritional status of IUD's users ($p = 0,000$; $r = 0,756$). **Analysis:** Husband's support is a reinforcing factor that has an indirect effect on nutritional status. While lifestyle is a behaviour factor that has a direct impact on nutritional status. **Discussion:** from the research has found that IUD's users get the high husband's support and have a healthy lifestyle, so they have a good nutritional status. But there are still a few acceptors of IUD's contraception who have poor nutritional status. Researchers suggest that respondents keep doing and maintaining a healthy lifestyle and husbands can support their wife's about contraception and maintain weight, so that the acceptors of IUD's contraception has a normal nutritional status.

Keywords: *Husband's Support, Lifestyle, Nutritional Status, Contraception, Intra Uterine Devices*