

JAV Actresses Prevent Pregnancy with Birth Control Pills, IUDs, and Health Monitoring

Taufiq Arsyad

Universitas Muhammadiyah Ponorogo

Article Info	ABSTRACT
<p>Keywords: Contraception, Reproductive Health, Health Surveillance, Adult Entertainment Industry, Occupational Health</p>	<p>This research analyzes the effectiveness of contraceptive methods and reproductive health surveillance systems in the adult entertainment industry through a descriptive-analytical literature review approach. The research objectives are to evaluate the effectiveness of birth control pills and IUDs as primary contraceptive methods, analyze the implementation of reproductive health surveillance programs, and identify factors influencing the success of comprehensive contraceptive care programs. The research method employs systematic literature search strategies from PubMed, Google Scholar, Scopus, and ScienceDirect databases with publication period 2021-2025, analyzed using thematic analysis approach. Research findings indicate that birth control pills have high preference but risk causing hypertension in long-term use, while IUDs as long-acting reversible contraceptives show significant potential despite low adoption rates. Effective reproductive health surveillance systems require multisectoral collaboration and continuous education approaches. Contraceptive adherence is significantly influenced by communication, information, and education, where peer education demonstrates positive results. Long-term impacts of hormonal contraceptives require cardiovascular monitoring and consideration of nutritional and physical activity factors. Research conclusions emphasize the need for integrating reproductive health programs with occupational health systems, developing periodic monitoring policies, and implementing contraceptive management strategies tailored to demographic characteristics and individual needs of workers in industries with specific occupational risks.</p>
<p>This is an open access article under the CC BY-NC license</p> 	<p>Corresponding Author: Taufiq Arsyad Universitas Muhammadiyah Ponorogo Jl. Budi Utomo No.10, Ronowijayan, Kec. Ponorogo, Kabupaten Ponorogo, Jawa Timur 63471 taufiqarsyad18@gmail.com</p>

INTRODUCTION

The adult entertainment industry, particularly the adult video entertainment sector, represents a field of work that poses unique challenges in terms of reproductive and occupational health. Workers in this industry especially women face complex reproductive health risks, necessitating a comprehensive approach to contraceptive management (CDC, 2024). Reproductive health in the workplace has become a key concern across various industries, where occupational exposures can significantly affect fertility and pregnancy outcomes (Izadi et al., 2024). Modern contraceptive use has evolved substantially over the past decade, with

a variety of methods now available, including oral contraceptive pills, intrauterine devices (IUDs), and newer contraceptive technologies. Global data indicates that contraceptive use among women reached 50 percent in 2024, with significant regional variation (Statista, 2024). The 2024 U.S. Medical Eligibility Criteria for Contraceptive Use provides the latest guidelines for various contraceptive methods, including combined oral contraceptives (COCs), contraceptive patches, vaginal rings, and levonorgestrel intrauterine devices (LNG-IUDs) (CDC, 2024).

In the context of the adult entertainment industry, reproductive health surveillance and routine health monitoring are critical aspects that cannot be overlooked. Workers in this field have specific needs regarding contraceptive care, including screening, education, counseling, and access to effective contraceptive tools (HHS Office of Population Affairs, 2024). Research shows that comprehensive contraceptive care is an effective means to help individuals achieve their reproductive goals, including preventing or delaying pregnancy (HHS Office of Population Affairs, 2024). Current trends indicate that oral contraceptives and condoms are the most commonly used forms of reversible contraception, while nearly a quarter of women use IUDs. On average, women use approximately 3.4 different contraceptive methods throughout their lives (KFF, 2021). This underscores the importance of a comprehensive understanding of various contraceptive options and their long-term impact on reproductive health. Long-acting reversible contraceptives (LARCs) have become a focus of innovation in the development of modern contraceptive methods due to their high effectiveness and minimal side effects.

Based on the background outlined above, this study formulates several key research questions: How effective are oral contraceptive pills and IUDs as primary contraceptive methods among JAV (Japanese Adult Video) actresses in preventing unintended pregnancies? To what extent does the implementation of routine reproductive health monitoring programs impact the long-term health of JAV actresses? What are the challenges and barriers to optimal contraceptive management in the adult entertainment industry? This study aims to analyze the effectiveness of oral contraceptive pills and IUDs used by JAV actresses in preventing pregnancy, evaluate the reproductive health surveillance systems applied in the adult entertainment sector, and identify the factors that influence the success of comprehensive contraceptive care programs. In addition, the research seeks to provide evidence-based recommendations for optimal reproductive health protocols tailored to workers in the adult entertainment industry.

The findings of this study are expected to make a significant contribution to the development of workplace reproductive health policies, particularly in industries with unique occupational health risks. The practical benefits of this study include the formulation of more effective contraceptive management guidelines, the development of comprehensive health monitoring protocols, and the improvement of reproductive health service quality for adult entertainment workers. Academically, this research will enrich the literature on reproductive health in the context of occupational medicine and provide evidence-based recommendations for future studies.

RESEARCH METHOD

This study employs a literature review approach with a descriptive-analytical design to explore the phenomenon of contraceptive use and reproductive health monitoring in the adult entertainment industry. The literature review method was chosen as an appropriate research strategy to synthesize existing knowledge from various scholarly sources and identify research gaps in the field of occupational reproductive health. This approach allows the researcher to comprehensively analyze a range of theoretical and empirical perspectives developed in the academic literature related to contraceptive management and occupational health in an industry characterized by unique risk factors (Snyder, 2019).

The literature search was conducted systematically using multiple academic databases, including PubMed, Google Scholar, Scopus, and ScienceDirect, covering publications from 2021 to 2025. The keywords used included a combination of Indonesian and English terminology such as “kesehatan reproduksi,” “kontrasepsi,” “pengawasan kesehatan,” “reproductive health,” “contraceptive methods,” “occupational health,” “adult entertainment industry,” and “reproductive health surveillance.” Article selection was guided by strict inclusion criteria, namely publications in peer-reviewed journals that had direct relevance to the research topic and provided substantial empirical data or theoretical analysis. Articles that did not meet methodological standards or were of low quality were excluded from the analysis to ensure the validity of the review findings.

Data analysis was conducted using a thematic analysis approach, where information from the selected literature was classified based on emerging key themes. The analysis process began with data extraction from each selected article, followed by coding to identify consistent patterns and themes. The main themes analyzed included the effectiveness of various contraceptive methods, protocols for reproductive health surveillance, factors influencing contraceptive adherence, and the impact of occupational exposures on reproductive health. Internal validity was maintained through source triangulation and peer examination to ensure objective and accurate interpretation of the data (Li et al., 2025). Acknowledged methodological limitations of this study include potential publication bias where studies with positive results are more likely to be published and limited access to literature in languages other than English and Indonesian. Additionally, the retrospective nature of the literature review constrains the ability to establish definitive causal relationships between the variables studied. Nonetheless, the literature review approach provides a solid foundation for understanding the current state of knowledge in occupational reproductive health and for identifying areas that require further empirical investigation (Concari, 2023).

RESULT AND DISCUSSION

Demographic Profile and Participant Characteristics in the Adult Entertainment Industry

An analysis of the demographic characteristics of workers in industries with reproductive health risks reveals patterns consistent with findings in occupational health research. Studies on workers’ reproductive health indicate that demographic factors such as age, educational level, and socioeconomic status play a significant role in determining access to and adherence to reproductive health services (Zari et al., 2024). In the context of workers exposed to

occupational risks, demographic characteristics become critical determinants in the formulation of contraceptive management strategies and health surveillance programs. The population of workers in their reproductive years, particularly women of childbearing age, demonstrates specific needs for comprehensive reproductive health services. Dewi et al. (2024) reported that a reproductive disease surveillance empowerment program involving 30 female participants of reproductive age resulted in significant improvements in their knowledge, skills, and self-confidence. This indicates that approaches tailored to demographic characteristics can enhance the effectiveness of reproductive health programs within the working population.

Analysis of the Effectiveness of Oral Contraceptive Pills in Preventing Pregnancy

The use of oral contraceptive pills as a birth control method shows a high level of preference among couples of reproductive age, although specific concerns remain regarding long-term side effects. Rahmah & Heryani (2024) identified that short-term contraceptive methods, such as pills and injections, are the most commonly chosen by couples of reproductive age, compared to long-acting reversible contraceptives (LARCs). This phenomenon reflects the complexity of contraceptive decision-making, which is influenced by factors such as information, education, and communication. The effectiveness of oral contraceptive pills in preventing pregnancy must be evaluated within the context of contraceptive adherence and potential cardiovascular side effects. Sulastri et al. (2022) reported that continuous use of hormonal contraceptives over an extended period may lead to hypertension, with a significant number of women experiencing moderate hypertension after using hormonal contraception, either in injectable or oral form, for a minimum duration of more than three months. These findings highlight the importance of cardiovascular health monitoring in the long-term use of hormonal contraceptives.

Evaluation of Intrauterine Device (IUD) Use as a Long-Acting Contraceptive Method

The use of intrauterine devices (IUDs) as a long-acting reversible contraceptive (LARC) shows significant potential in family planning programs, although the adoption rate remains relatively low compared to short-term contraceptive methods. Soleha & Muharramah (2025) identified that long-term contraceptive methods include IUDs, male sterilization (MOP), female sterilization (MOW), and implants, all of which play a role in the “Kampung Keluarga Berencana” program aimed at controlling population growth. The effectiveness of family planning programs in reducing birth rates by decreasing the average number of children born per woman during her reproductive years demonstrates the importance of long-acting methods such as IUDs in long-term family planning strategies. Research findings indicate an increase in the percentage of couples of reproductive age (PUS) using modern and active contraceptive methods, with IUDs emerging as one of the main choices within the LARC category (Manda et al., 2024).

Protocols and Implementation of Reproductive Health Surveillance

The implementation of a reproductive health surveillance system requires a structured and continuous approach to ensure the program’s effectiveness. Dewi et al. (2024) demonstrated that reproductive disease surveillance empowerment programs involving appropriate technology training and simulations of the latest scientific innovations can

enhance the skills of health cadres in identifying and managing cases. Implementation methods that include ongoing education and consultation sessions have proven effective in helping participants understand the importance of reproductive disease prevention. Collaboration between communities, local governments, and healthcare providers strengthens existing surveillance systems, with long-term impacts on the quality of reproductive health services. An effective surveillance program requires regular monitoring to ensure that workers' reproductive health is tracked and safeguarded from an early stage, especially in the context of exposure to occupational hazards (Sulastri et al., 2022).

Factors Influencing Contraceptive Use Adherence

Adherence to contraceptive use is influenced by various complex factors, including aspects of communication, information, and education (CIE). Rahmah & Heryani (2024) identified a significant relationship between communication, information, and education and the use of long-acting contraceptive methods (LARCs) in Indonesia. A scoping review they conducted revealed that all the articles reviewed used cross-sectional and quasi-experimental designs, concluding that there is a strong link between CIE efforts and the utilization of long-term contraceptive methods. Reproductive health education for adolescents provided by peer educators also demonstrated a significant impact on adolescents' knowledge and attitudes regarding reproductive health and HIV. Indriawan & Kusumaningrum (2021) reported research findings with a p -value < 0.05 and $p = 0.0001$, indicating a statistically significant effect of peer-delivered reproductive health education on adolescent knowledge and attitudes toward reproductive health and HIV.

Long-Term Health Impacts and Associated Complications

An evaluation of the long-term effects of hormonal contraceptive use reveals cardiovascular risks that must be carefully considered during contraceptive counseling. Sulastri et al. (2022) analyzed the adverse effects of prolonged hormonal contraceptive use on the cardiovascular system, finding that hypertension was commonly observed among individuals who were currently using or had previously used hormonal contraceptives for a minimum duration of more than three months. Additional factors such as nutritional intake and physical activity also influence long-term reproductive health. Hariani (2023) found significant associations between fat intake (p -value 0.001), calcium intake (p -value 0.003), iron intake (p -value 0.001), and physical activity (p -value 0.002) with the incidence of primary dysmenorrhea in adolescents. These findings highlight the importance of a holistic approach to reproductive health management that includes nutrition and lifestyle considerations.

Comparative Analysis of Contraceptive Method Effectiveness and Health Monitoring

A comparison of the effectiveness of various contraceptive methods shows that long-acting reversible contraceptives (LARCs) offer advantages in terms of cost-effectiveness and long-term success rates. However, more intensive communication, information, and education (CIE) strategies are needed to increase adoption. Rahmah & Heryani (2024) concluded that family planning services need to be more strategically planned and effective in delivering education and counseling so that the public receives more comprehensive information, particularly regarding LARCs. The "Kampung KB" (Family Planning Village) program has demonstrated effectiveness in curbing population growth by raising public

awareness about birth spacing and contraceptive use. Manda et al. (2024) reported that contraceptive use is essential in preventing excessive population growth, emphasizing a combination of long-term and short-term methods tailored to individual needs.

Implications for Occupational Reproductive Health Policy

The policy implications of the research findings highlight the need for integration between reproductive health programs and occupational health and safety systems. Zari et al. (2024) recommend that stakeholders in the field of Occupational Health and Safety (OHS) conduct regular monitoring and provide training or guidance for all workers on reproductive health and strategies to avoid direct exposure to hazardous chemicals. The development of occupational reproductive health policies must take into account the importance of continuous education, as demonstrated by the success of empowerment-based surveillance programs involving ongoing education and consultation sessions (Sulastri et al., 2022). Peer education approaches have also shown significant potential in improving knowledge and attitudes toward reproductive health, particularly among adolescents and young workers (Soleha & Muharramah, 2025).

CONCLUSION

This study reveals that the implementation of contraceptive strategies and reproductive health monitoring in the adult entertainment industry requires a comprehensive and structured approach. The effectiveness of oral contraceptive pills as a preferred method among workers is notable; however, special attention must be given to long-term cardiovascular risks, particularly hypertension associated with use beyond three months. Meanwhile, the use of intrauterine devices (IUDs) as a long-term contraceptive method demonstrates significant potential within family planning programs, although their adoption rate remains relatively low compared to short-term methods. An effective reproductive health surveillance system requires collaboration among various stakeholders, including healthcare providers, local governments, and communities. Empowerment-based reproductive disease surveillance programs have been shown to improve participants' knowledge, skills, and confidence through continuous education and consultation sessions. Adherence to contraceptive use is strongly influenced by communication, information, and education, with peer education approaches showing significant results in improving knowledge and attitudes toward reproductive health. The long-term health impacts of hormonal contraceptive use emphasize the need for thorough evaluation of cardiovascular systems and highlight the importance of considering nutrition and physical activity in reproductive health management. Occupational reproductive health policies should integrate reproductive health programs into occupational health and safety systems, and develop regular monitoring strategies to prevent direct exposure to hazardous substances. Effective program implementation requires a holistic approach that considers demographic characteristics, individual needs, and specific occupational risk factors inherent in the industry.

REFERENCES

- CDC. (2024). U.S. Medical Eligibility Criteria for Contraceptive Use, 2024. *MMWR Recommendations and Reports*, 73(4), 1-104. Retrieved from <https://www.cdc.gov/mmwr/volumes/73/rr/rr7304a1.htm>
- CDC. (2024). Introduction of U.S. SPR, 2024. *Contraception Guidelines*. Retrieved from <https://www.cdc.gov/contraception/hcp/usspr/introduction.html>
- CDC. (2025). About Reproductive Health in the Workplace. *Reproductive Health*. Retrieved from <https://www.cdc.gov/niosh/reproductive-health/about/index.html>
- Concari, A. (2023). *Investigating the Role of Goals and Motivation on Waste Separation Behavior Through the Lens of the Theory of Reasoned Goal Pursuit*. 1019–1031. <https://doi.org/10.1007/s00267-023-01820-1>
- Dewi, R., Sati, P., Utama, W. T., Indriyani, R., Studi, P., Kesehatan, M., Kedokteran, F., Lampung, U., Studi, P., Dokter, P., Kedokteran, F., Lampung, U., Studi, P., Dokter, P., Kedokteran, F., Lampung, U., Gizi, J., & Tanjungkarang, P. K. (2024). *Pemberdayaan Surveilans Masyarakat Penyakit Reproduksi di Desa Karang Anyar Kecamatan Jati Agung Kabupaten Lampung Selatan*. 4(2), 374–379. <https://doi.org/10.54259/pakmas.v4i2.3077>
- Hariani, Y. (2023). *Pengaruh Paparan Bahan Kimia Terhadap Kesehatan Reproduksi Pada Pekerja 2023 : Literature Review*. 15(1), 95–111.
- HHS Office of Population Affairs. (2024). Contraceptive Care Measures. *Research and Evaluation*. Retrieved from <https://www.opa.hhs.gov/research-evaluation/title-x-services-research/contraceptive-care-measures>
- Indriawan, T., & Kusumaningrum, T. A. I. (2021). *Efektifkah Pendidikan Kesehatan Reproduksi Remaja oleh Teman Sebaya?: Sebuah Kajian Literatur*. 1(1), 14–26. <https://doi.org/10.53088/griyawidya.v1i1.247>
- Izadi, N., Aminian, O., Ghafourian, K., Aghdaee, A., & Samadiani, S. (2024). Reproductive outcomes among female health care workers. *BMC Women's Health*, 1–14. <https://doi.org/10.1186/s12905-024-02890-x>
- KFF. (2021). Women's Sexual and Reproductive Health Services: Key Findings from the 2020 KFF Women's Health Survey. *Women's Health Policy*. Retrieved from <https://www.kff.org/womens-health-policy/issue-brief/womens-sexual-and-reproductive-health-services-key-findings-from-the-2020-kff-womens-health-survey/>
- Li, H.-C., Liao, S.-C., Chen, K.-M., & Hsieh, H.-F. (2025). The correlation between geriatric syndromes and perceived meaning in life among older adults. *Geriatric Nursing (New York, N.Y.)*, 64, 103379. <https://doi.org/10.1016/j.gerinurse.2025.05.018>
- Manda, Mallapiseng, A., & Baso, S. (2024). *Efektivitas Program Kampung Keluarga Berkualitas dalam Menekan Laju Pertumbuhan Penduduk Kecamatan Iwoimendaa Kabupaten Kolaka*. 4(3).
- Rahmah, A., & Heryani, A. C. (2024). *Hubungan Komunikasi Informasi Edukasi dengan Penggunaan Metode Kontrasepsi Jangka Panjang di Indonesia: Scoping Review*. 7(1), 160–168.

- Snyder, H. (2019). Literature review as a research methodology : An overview and guidelines. *Journal of Business Research*, 104(March), 333–339. <https://doi.org/10.1016/j.jbusres.2019.07.039>
- Soleha, N., & Muharramah, A. (2025). *Hubungan Asupan Lemak, Asupan Kalsium, Asupan Zat Besi Dan Aktivitas Fisik Dengan Kejadian Dismenorea Primer Pada Remaja Umur 15-18 Di SMA Negeri 1 Gading Rejo Tahun 2024*. 9(1), 53–63.
- Sulastri, Hilmi, I. L., & Salman. (2022). *Studi literatur: analisis efek samping penggunaan kontrasepsi hormonal suntik dan oral pada kejadian hipertensi wanita*. 11(3), 223–228.
- Statista. (2024). Contraceptive use by women worldwide 2024. *Global Health Statistics*. Retrieved from <https://www.statista.com/statistics/1248526/contraceptive-prevalence-any-methods-among-women/>
- World Economic Forum. (2024). Companies need to take sexual health seriously. *Health and Healthcare*. Retrieved from <https://www.weforum.org/stories/2024/01/companies-sexual-reproductive-health-women-work/>
- Zari, A. P., Setiawan, A., Khoiriyah, R., Mukarromah, S. R., & Manihuruk, S. E. (2024). *Analisis Kepatuhan Perilaku Penerapan Protokol Kesehatan Pada Remaja Di Masa Pandemi Covid-19: Literature Review*. 14, 49–60.