

PENGARUH KONTRASEPSI SUNTIK 3 BULAN TERHADAP SIKLUS MENSTRUASI PADA AKSEPTOR KB DI PUSKESMAS TANJUNG BALAI KARIMUN PROVINSI KEPULAUAN RIAU TAHUN 2022

Nurhaslinda¹, Lily Yulaikhah²

INTISARI

Latar Belakang : Gangguan menstruasi merupakan salah satu efek samping pemakaian KB suntik 3 bulan, penggunaan KB suntik 3 bulan akan menimbulkan efek samping amenore setelah pemakaian 1 tahun.

Tujuan : dari penelitian ini adalah untuk mengetahui ada pengaruh kontrasepsi suntik 3 bulan terhadap siklus menstruasi pada akseptor KB di Puskesmas Tanjung Balai Karimun Provinsi Kepulauan Riau.

Metode penelitian : Jenis penelitian kuantitatif ini menggunakan *cross-sectional design*. Populasi dalam penelitian ini seluruh akseptor kontrasepsi suntik 3 bulan di Puskesmas Tg.Balai Krimun berjumlah 132 akseptor. Sampel sebanyak 21 akseptor kb suntik 3 bulan. Metode pengambilan sampel *purposive sampling*. Alat ukur yang meliputi lembar observasi siklus menstruasi.

Hasil : Umumnya seluruh responden aseptor KB 3 bulan mengalami perubahan siklus menstruasi. Pada bulan Juli, hanya terdapat satu responden dengan siklus menstruasi normal (4,8%) dan satu responden oligomenora (4,8%). Pada bulan September terdapat satu responden yang oligomenorea (4,8%). Sedangkan pada bulan-bulan lainnya seperti bulan Agustus, Oktober, November dan Desember seluruh responden amenorea (100%).

Kesimpulan : Ada pengaruh kontrasepsi suntik 3 bulan terhadap siklus menstruasi pada akseptor KB di Puskesmas Tanjung Balai Karimun Provinsi Kepulauan Riau.

Kata kunci: Akseptor KB, Kontrasepsi suntik, Siklus menstruasi

¹Mahasiswa Program Studi Kebidanan (S-1) Universitas Jenderal Achmad Yani Yogyakarta

²Dosen Pembimbing Program Studi Kebidanan (S-1) Universitas Jenderal Achmad Yani Yogyakarta

**THE EFFECT OF 3-MONTH INJECTION CONTRACEPTION
ON MENSTRUATION CYCLE IN KB ACCEPTERS
AT PUSKESMAS TANJUNG BALAI KARIMUN
KEPULAUAN RIAU PROVINCE 2022**

Nurhaslinda ¹, Lily Yulaikha ²

ABSTRACT

Background : Menstrual disorders are one of the side effects of using 3-month injection birth control, using 3-month injection birth control will cause side effects of amenorrhea after 1 year of use.

Objective : from study This is For know There is The effect of 3-month injectable contraception on the menstrual cycle in family planning acceptors at the Tanjung Balai Karimun Public Health Center, Riau Archipelago Province.

Method : This type of quantitative research uses *cross-sectional design* . The population in this study were all acceptors of the 3-month injection contraception at the Tg.Balai Krimun Health Center totaling 132 acceptors. Sample as much 21 KB acceptor injection 3 months. The sampling method *is purposive sampling*. Measuring tool that includes an observation sheet of the menstrual cycle.

Result : In general, all 3-month family planning acceptor respondents experienced changes in the menstrual cycle. In July, there was only one respondent with a normal menstrual cycle (4.8%) and one oligomenora respondent (4.8%). In September there was one respondent who had oligomenorrhoea (4.8%). Meanwhile, in other months, such as August, October, November and December, all respondents were amenorrhoeic (100%).

Conclusion : There is The effect of 3-month injectable contraception on the menstrual cycle in family planning acceptors at the Tanjung Balai Karimun Public Health Center, Riau Archipelago Province.

Keywords : Family planning acceptors, injection contraception, Menstrual cycle

¹*Student of Midwifery Study Program (S-1) Jenderal Achmad Yani University, Yogyakarta*

²*Supervisors of the Midwifery Study Program (S-1) Jenderal Achmad Yani University, Yogyakarta*