

# HUBUNGAN PENGGUNAAN METODE KONTRASEPSI SUNTIK 3 BULAN DENGAN GANGGUAN SIKLUS MENSTRUASI DI KLINIK KARTIKA JAYA

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## ABSTRAK

Pendahuluan: Suntik KB salah satu metode pencegahan kehamilan yang paling banyak digunakan di Indonesia . Suntikan KB 3 bulan efektif mencegah kehamilan sampai 99%. Kerugian dari penggunaan KB suntik 3 bulan sering ditemukan gangguan haid, seperti siklus haid sering memanjang atau memendek atau tidak terjadi haid sama sekali. Di Klinik Kartika Jaya masih banyaknya yang mengalami gangguan siklus menstruasi dari 421 akseptor suntik 3 bulan 220 akseptor mengalami gangguan siklus menstruasi. Tujuan: untuk mengetahui jumlah akseptor suntik 3 bulan dan yang mengalami gangguan siklus menstruasi di bulan Januari serta untuk menganalisis hubungan penggunaan metode kontrasepsi suntik 3 bulan dengan gangguan siklus menstruasi. Metode: penelitian ini menggunakan desain penelitian yaitu survey analitik dengan pendekatan *cross sectional* dengan teknik pengambilan sampel menggunakan *accidental sampling*, dengan jumlah sampel ditentukan dengan rumus slovin. Pengumpulan data dilakukan secara langsung di Klinik Kartika Jaya dengan cara pengisian kuesioner pada akseptor suntik 3 bulan dan akseptor hormonal yang tidak menggunakan suntik 3 bulan. Hasil: menunjukkan bahwa terdapat hubungan penggunaan suntik 3 bulan dengan gangguan siklus menstruasi dengan nilai  $p\ value=0.001$ . Kesimpulan: jumlah akseptor suntik 3 bulan 81 responden dan yang mengalami gangguan siklus menstruasi 70 responden serta dari hasil uji *chi-square* terdapat hubungan penggunaan metode kontrasepsi suntik 3 bulan dengan gangguan siklus menstruasi.

**Kata Kunci:** kontrasepsi suntik 3 bulan, gangguan siklus menstruasi

**THE RELATIONSHIP OF USING 3 MONTHS OF INJECTED  
CONTRACEPTIONMETHODS WITH MENSTRUAL CYCLE DISORDER  
AT KARTIKA JAYA CLINIC**

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**ABSTRACT**

Introduction: KB injection is one of the most widely used methods of preventing pregnancy in Indonesia. 3 months of birth control injections are effective in preventing pregnancy up to 99%. The disadvantage of using 3-month injectable contraceptives is that menstrual disorders are often found, such as menstrual cycles that are often lengthened or shortened or menstruation does not occur at all. At Kartika Jaya Clinic, there are still many who experience menstrual cycle disorders, from 421 3 month injection acceptors to 220 acceptors experiencing menstrual cycle disorders. Objectives: to determine the number of 3-month injectable acceptors and those with menstrual cycle disorders in January and to analyze the relationship between the use of the 3-month injectable contraceptive method and menstrual cycle disorders. Methods: this study used a research design, namely an analytical survey with a cross sectional approach with a sampling technique using accidental sampling, with the number of samples determined by the slovin formula. Data collection was carried out directly at the Kartika Jaya Clinic by filling out questionnaires for 3-month injection acceptors and hormonal acceptors who did not use 3-month injections. Results: showed that there was a relationship between the use of 3-month injections with menstrual cycle disorders with p value = 0.001. Conclusion: the number of acceptors for 3-month injection was 81 respondents and 70 respondents experienced menstrual cycle disorders and from the results of the chi- square test there was a relationship between the use of the 3-month injectable contraceptive method with menstrual cycle disorders.

**Keywords:** 3-month injectable contraceptive, menstrual cycle disorders