

## ABSTRAK

Universitas Ngudi Waluyo  
Kebidanan Program Sarjana Fakultas Kesehatan  
Skripsi, Januari 2024  
Ana Riandari  
152221039

**Gambaran Karakteristik Akseptor KB Suntik 3 Bulan dengan *Spotting* dan *Amenorea* di PMB Ari Budiyanti Ciberem**  
(xiv + 110 halaman + 6 tabel + 2 gambar + 7 lampiran)

**Latar Belakang :** Kontrasepsi Suntik merupakan kontrasepsi yang paling sering digunakan oleh Akseptor KB. Kontrasepsi KB suntik khususnya KB Suntik 3 Bulan memiliki efek samping, meliputi *spotting* dan *Amenorea*.

**Tujuan Penelitian :** Untuk mengetahui gambaran gangguan menstruasi pada akseptor KB suntik 3 bulan di PMB Ari Budiyanti Ciberem Banyumas.

**Metode Penelitian :** Desain penelitian deskriptif kuantitatif. Populasi dalam penelitian ini adalah ibu yang menjadi akseptor KB suntik 3 bulan di PMB Ari Budiyanti yang berjumlah 206 Akseptor. Teknik sampling menggunakan Teknik *purposive sampling* sehingga jumlah sampel adalah 198 Akseptor di PMB Ari Budiyanti. Instrumen penelitian menggunakan master table. Analisa data menggunakan Analisa univariat dalam bentuk distribusi frekuensi.

**Hasil Penelitian :** Hasil penelitian menunjukkan bahwa Sebagian besar pengguna KB suntik 3 bulan mengalami efek samping *amenorea* sebanyak 169 responden (85,4%) dan mengalami efek samping *spotting* sebanyak 29 responden (14,6%).

**Simpulan :** dari penelitian ini adalah sebagian besar responden mengalami *amenorea* sebanyak 169 responden (85,4%) dan yang mengalami *spotting* sebanyak 29 responden (14,6%). Saran untuk tenaga kesehatan yaitu dapat menambah dan mengembangkan ilmu yang sudah ada terutama mengenai karakteristik akseptor KB suntik 3 bulan dengan *Spotting* dan *Amenorea*.

**Kata Kunci :** KB, *Amenorea*, *Spotting*.

## ABSTRACT

Ngudi Waluyo University  
Midwifery Undergraduate Program, Faculty of Health  
Thesis, January 2024  
Ana Riandari  
152221039

*Description of the Characteristics of 3-Month Injection Birth Control Acceptors with Spotting and Amenorrhea at PMB Ari Budiyanti Ciberem (xiv + 110 pages + 6 tables + 2 figures + 7 attachments)*

**Background :** *Injectable contraception is the contraception most frequently used by family planning acceptors. Injectable birth control contraception, especially the 3 month injection contraceptive, has side effects, including spotting and amenorrhea.*

**Research Objective :** *To determine the description of menstrual disorders in 3-month contraceptive injection acceptors at PMB Ari Budiyanti Ciberem Banyumas.*

**Research Method :** *Quantitative descriptive research design. The population in this study were mothers who were acceptors of 3-month contraceptive injections at PMB Ari Budiyanti, totaling 206 acceptors. The sampling technique uses purposive sampling technique so that the number of samples is 198 acceptors at PMB Ari Budiyanti. The research instrument uses a master table. Data analysis uses univariate analysis in the form of a frequency distribution.*

**Research Results :** *The research results showed that the majority of 3-month injectable contraceptive users experienced the side effect of amenorrhea as many as 169 respondents (85.4%) and experienced the side effect of spotting as many as 29 respondents (14.6%).*

**Conclusion :** *The Conclusion of this research is that the majority of respondents experienced amenorrhea, 169 respondents (85.4%) and 29 respondents experienced spotting (14.6%). Suggestions for health workers are to add to and develop existing knowledge, especially regarding the characteristics of 3-month contraceptive injection acceptors with spotting and amenorrhea.*

**Keywords:** *birth control, amenorrhea, spotting.*