

**HUBUNGAN PENGGUNAAN KONTRASEPSI SUNTIK 3 BULAN
DENGAN PERUBAHAN SIKLUS MENSTRUASI PADA PASANGAN
USIA SUBUR WILAYAH KERJA UPT PUSKESMAS SEI
LANGKAI KOTA BATAM**

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Kata Kunci: Kontrasepsi suntik 3 bulan, siklus menstruasi, pasangan usia subur

ABSTRAK

Data Dinas Kesehatan Kota Batam tahun 2024 menunjukkan bahwa kontrasepsi suntik merupakan metode yang paling banyak digunakan oleh pasangan usia subur, yaitu sebanyak 78.502 akseptor (48,1%). Studi pendahuluan di UPT Puskesmas Sei Langkai menemukan 180 akseptor mengalami efek samping berupa *amenorea* (11,9%), *hipomenorea* (9,1%), *hipermenorea* (6,8%), dan *dismenorea* (8,4%). Kondisi ini menjadi dasar dilakukannya penelitian mengenai hubungan penggunaan kontrasepsi suntik 3 bulan dengan perubahan siklus menstruasi. Penelitian ini bertujuan untuk mengetahui hubungan antara penggunaan kontrasepsi suntik 3 bulan dengan perubahan siklus menstruasi pada pasangan usia subur. Jenis penelitian yang digunakan adalah analitik dengan desain *cross sectional*. Populasi penelitian berjumlah 328 akseptor, dengan sampel 77 responden yang dipilih menggunakan teknik *purposive sampling*. Analisis data dilakukan secara univariat untuk mendeskripsikan distribusi frekuensi dan bivariat menggunakan uji *Chi-Square*. Hasil penelitian menunjukkan mayoritas responden *primipara* usia 21–34 tahun (59,8%), *multipara* usia ≥ 35 tahun (80,5%), berpendidikan terakhir SMA/SMK/MA (74,0%), dan tidak bekerja (97,4%). Sebanyak 48 responden (62,3%) mengalami perubahan siklus menstruasi, terdiri dari *amenorea* (40,3%), *oligomenorea* (5,2%), *polimenorea* (16,9%), *hipomenorea* (11,7%), *hipermenorea* (7,8%), dan *dismenorea* (15,6%). Uji *Chi-Square* menunjukkan terdapat hubungan yang sangat signifikan antara penggunaan kontrasepsi suntik 3 bulan dengan perubahan siklus menstruasi ($p\text{-value} < 0,001$). Disimpulkan bahwa terdapat hubungan bermakna antara penggunaan kontrasepsi suntik 3 bulan dengan perubahan siklus menstruasi pada pasangan usia subur. Tenaga kesehatan diharapkan dapat memberikan konseling mengenai efek samping kontrasepsi suntik 3 bulan agar akseptor lebih memahami risiko yang mungkin timbul.

**THE RELATIONSHIP BETWEEN THE USE OF 3-MONTH INJECTABLE
CONTRACEPTIVES AND MENSTRUAL CYCLE CHANGES AMONG
WOMEN OF REPRODUCTIVE AGE IN THE WORKING AREA
OF UPT SEI LANGKAI PUBLIC HEALTH CENTER
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Keywords: *3-month injectable contraceptive, menstrual cycle, women of reproductive age*

ABSTRACT

Data from the Batam City Health Office in 2024 showed that injectable contraception was the most widely used method among couples of reproductive age, with a total of 78,502 acceptors (48.1%). A preliminary study at UPT Puskesmas Sei Langkai found 180 acceptors experiencing side effects, including amenorrhea (11.9%), hypomenorrhea (9.1%), hypermenorrhea (6.8%), and dysmenorrhea (8.4%). This condition served as the basis for conducting research on the relationship between the use of three-month injectable contraception and changes in the menstrual cycle. This study aimed to determine the relationship between the use of three-month injectable contraception and menstrual cycle changes among couples of reproductive age. The research employed an analytical method with a cross-sectional design. The study population consisted of 328 acceptors, with 77 respondents selected through purposive sampling. Data analysis was conducted univariately to describe frequency distribution and bivariately using the Chi-Square test. The results showed that the majority of respondents were primiparous women aged 21–34 years (59.8%), multiparous women aged ≥35 years (80.5%), with a final education level of senior high school/vocational school/madrasah aliyah (74.0%), and unemployed (97.4%). A total of 48 respondents (62.3%) experienced changes in their menstrual cycle, consisting of amenorrhea (40.3%), oligomenorrhea (5.2%), polymenorrhea (16.9%), hypomenorrhea (11.7%), hypermenorrhea (7.8%), and dysmenorrhea (15.6%). The Chi-Square test revealed a highly significant relationship between the use of three-month injectable contraception and changes in the menstrual cycle (p -value < 0.001). It can be concluded that there is a significant association between the use of three-month injectable contraception and menstrual cycle changes among couples of reproductive age. Health workers are expected to provide counseling regarding the side effects of three-month injectable contraception so that acceptors have a better understanding of the potential risks.