

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
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FAKULTAS ILMU KESEHATAN

Skripsi, Juli 2026

Dianatul Hasanah

Hubungan Penggunaan Kontrasepsi Suntik 3 Bulan dengan Kejadian Amenore pada Akseptor

xvii + 103 halaman + 12 tabel + 2 gambar + 13 lampiran

Abstrak

Latar Belakang: Kontrasepsi suntik 3 bulan (*Depot Medroxyprogesterone Acetate/DMPA*) merupakan salah satu metode kontrasepsi hormonal yang banyak digunakan karena efektif, praktis, dan memiliki tingkat kegagalan yang rendah. Meskipun demikian, penggunaan DMPA dapat menyebabkan perubahan pola menstruasi, salah satunya amenore. Risiko terjadinya amenore cenderung meningkat seiring dengan bertambahnya lama penggunaan kontrasepsi suntik 3 bulan. Penelitian ini bertujuan untuk menganalisis hubungan antara lama penggunaan kontrasepsi suntik 3 bulan dengan kejadian amenore pada akseptor. Metode: Penelitian ini menggunakan desain kuantitatif analitik korelasional dengan pendekatan *cross-sectional*. Populasi sekaligus sampel penelitian berjumlah 123 akseptor kontrasepsi suntik 3 bulan yang dipilih menggunakan teknik *total sampling*. Variabel independen adalah lama penggunaan kontrasepsi suntik 3 bulan, sedangkan variabel dependen adalah kejadian amenore. Data dikumpulkan menggunakan kuesioner dan data Buku KB, kemudian dianalisis menggunakan uji *Chi-Square*. Hasil: Sebagian besar responden telah menggunakan kontrasepsi suntik 3 bulan selama lebih dari dua tahun dan mengalami amenore. Hasil analisis menunjukkan adanya hubungan yang bermakna antara lama penggunaan kontrasepsi suntik 3 bulan dengan kejadian amenore pada akseptor. Semakin lama durasi penggunaan kontrasepsi suntik 3 bulan, semakin tinggi kecenderungan terjadinya amenore. Kesimpulan: Lama penggunaan kontrasepsi suntik 3 bulan berhubungan dengan kejadian amenore pada akseptor. Peningkatan durasi penggunaan DMPA diikuti oleh meningkatnya kejadian amenore. Temuan ini diharapkan menjadi dasar bagi tenaga kesehatan dalam meningkatkan edukasi dan konseling mengenai perubahan pola menstruasi sebagai efek fisiologis penggunaan kontrasepsi hormonal, sehingga akseptor memiliki pemahaman yang baik dan tetap menggunakan kontrasepsi sesuai indikasi.

Kata kunci: Kontrasepsi suntik 3 bulan, DMPA, Amenore, Akseptor KB.

ABSTRACT

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Dianatul Hasanah

The Association Between Three-Month Injectable Contraceptive Use and the Incidence of Amenorrhea Among Contraceptive Acceptors

xvii + 103 pages + 12 tables + 2 figures + 13 appendices

Abstract

Background: Three-month injectable contraception (Depot Medroxyprogesterone Acetate [DMPA]) is one of the most widely used hormonal contraceptive methods because it is effective, practical, and has a low failure rate. However, DMPA use may lead to changes in menstrual patterns, including amenorrhea. The risk of amenorrhea tends to increase with a longer duration of three-month injectable contraceptive use. This study aimed to analyze the relationship between the duration of three-month injectable contraceptive use and the incidence of amenorrhea among contraceptive acceptors. Methods: This study employed a quantitative correlational analytic design with a cross-sectional approach. The population and sample consisted of 123 three-month injectable contraceptive acceptors selected using the total sampling technique. The independent variable was the duration of three-month injectable contraceptive use, while the dependent variable was the incidence of amenorrhea. Data were collected using questionnaires and family planning records and were analyzed using the Chi-square test. Results: Most respondents had used three-month injectable contraception for more than two years and experienced amenorrhea. The analysis revealed a statistically significant relationship between the duration of three-month injectable contraceptive use and the incidence of amenorrhea among contraceptive acceptors. A longer duration of contraceptive use was associated with a higher likelihood of experiencing amenorrhea. Conclusion: The duration of three-month injectable contraceptive use is significantly associated with the incidence of amenorrhea among contraceptive acceptors. An increased duration of DMPA use is accompanied by a higher incidence of amenorrhea. These findings may serve as a basis for healthcare providers to strengthen education and counseling regarding menstrual pattern changes as a physiological effect of hormonal contraceptive use, thereby improving acceptors' understanding and supporting continued contraceptive use according to clinical indications.

Keywords: *three-month injectable contraception; duration of contraceptive use; amenorrhea; contraceptive acceptors; DMPA.*

Keywords: *Three-month injectable contraception, DMPA, Amenorrhea, Family planning acceptors.*