

ABSTRAK

Latar Belakang : Kontrasepsi merupakan metode yang digunakan untuk mencegah kehamilan salah satunya dengan menggunakan KB suntik progestin. Metode ini telah terbukti efektif dalam mencegah kehamilan, tetapi juga dapat memiliki dampak terhadap siklus menstruasi wanita. Perubahan yang terjadi pada siklus menstruasi seperti keterlambatan, perdarahan tidak teratur, bahkan amenorhea.

Tujuan : Mengetahui hubungan lamanya penggunaan KB suntik progestin terhadap siklus menstruasi pada wanita usia reproduktif di Puskesmas Kinali Kabupaten Pasaman Barat tahun 2024.

Metode : Penelitian ini menggunakan desain *cross sectional*. Teknik pengambilan sampel adalah *purposive sampling* dan didapatkan sebanyak 98 responden di Puskesmas Kinali Kabupaten Pasaman Barat. Uji yang digunakan adalah *Chi-Square*.

Hasil : Hasil penelitian didapatkan wanita usia subur yang menggunakan suntik KB progestin terbanyak pada rentang usia 20-35 tahun sebanyak 56 responden, kategori pendidikan terakhir SMA sebanyak 42 responden, lamanya penggunaan suntik KB terbanyak yaitu 12-24 bulan sebanyak 56 responden, serta responden terbanyak yang mengalami perubahan siklus menstruasi sebanyak 69 responden. Dari analisis bivariat di uji *Chi Square* antara lamanya penggunaan KB suntik progestin dengan siklus menstruasi di Puskesmas Kinali Kabupaten Pasaman Barat yang didapatkan nilai signifikan (p) 0,00. yang artinya lebih kecil dari $\alpha = 0,05$.

Kesimpulan : Terdapat hubungan antara lamanya penggunaan KB suntik progestin dengan siklus menstruasi di Puskesmas Kinali Kabupaten Pasaman Barat.

Kata Kunci : Kontrasepsi, Siklus menstruasi, Wanita usia reproduktif, Lamanya penggunaan.

ABSTRACT

Background : Contraception is a method used to prevent pregnancy, one of which is by using progestin injection contraceptives. This method has been proven effective in preventing pregnancy, but it can also have an impact on a woman's menstrual cycle. Changes that may occur in the menstrual cycle include delays, irregular bleeding, and even amenorrhea.

Objective : To determine the relationship between the duration of progestin injection contraceptive use and the menstrual cycle in women of reproductive age at the Kinali Community Health Center in West Pasaman Regency in 2024.

Method : This research uses a cross-sectional design. The sampling technique employed is purposive sampling, resulting in a total of 98 respondents at the Kinali Community Health Center in West Pasaman Regency. The test used is the Chi-Square test.

Result : The results showed that most women of childbearing age who used progestin injections were in the age range of 20-35 years as many as 56 respondents, the last education category was high school as many as 42 respondents, the length of use of injectable birth control was 12-24 months as many as 56 respondents, and the most respondents who experienced changes in the menstrual cycle were 69 respondents. From the bivariate analysis in the Chi Square test between the length of use of progestin injectable birth control with the menstrual cycle at the Kinali Health Center, West Pasaman Regency, a significant value (p) of 0.00 was obtained, which means it is smaller than $\alpha = 0.05$.

Conclusion : There is a relationship between the duration of progestin injection contraceptive use and the menstrual cycle at the Puskesmas Kinali Kabupaten Pasaman Barat.

Keywords : Contraception, Menstrual cycle, Women of reproductive age, Duration of use.