

## ABSTRAK

**Serlyn Umar.** 2015. *Hubungan Lama Penggunaan KB Suntik Dengan Perubahan Siklus Menstruasi Pada Akseptor KB Di Desa Hulawa Kecamatan Telaga Kabupaten Gorontalo.* Skripsi. Jurusan Keperawatan. Fakultas Ilmu-Ilmu Kesehatan dan Keolahragaan Universitas Negeri Gorontalo. Pembimbing I Dra.Hj. Rany Hiola, M. Kes dan Pembimbing II Wirda Y. Dulahu, S.Kep, Ns, M.Kep

Di Indonesia, jenis kontrasepsi yang paling banyak diminati adalah kontrasepsi suntik. Namun kontrasepsi suntik memiliki efek samping. Seperti perubahan siklus menstruasi. Penelitian ini bertujuan untuk mengetahui hubungan lama penggunaan KB suntik dengan perubahan siklus menstruasi pada akseptor KB di Desa Hulawa Kecamatan Telaga Kabupaten Gorontalo. Desain deskriptif korelasional dengan pendekatan *Cross Sectional*. Populasi yaitu seluruh akseptor KB yang ada di Desa Hulawa Kecamatan Telaga Kabupaten Gorontalo. Teknik pengambilan sampel *Stratified Random Sampling* di ikuti kriteria sampel berjumlah 60 orang. Teknik analisis data adalah uji *Chi Square*.

Berdasarkan hasil penelitian didapatkan penggunaan KB suntik dalam jangka waktu  $\leq 2$  tahun sebagian besar mengalami perubahan siklus menstruasi sebanyak 53,3 % serta tidak mengalami perubahan siklus menstruasi 46,7 %, sedangkan penggunaan KB suntik dalam jangka waktu  $> 2$  tahun mengalami perubahan siklus menstruasi sebanyak 100 %. Kesimpulan penelitian ini didapatkan nilai  $p=0,000(p \leq 0,05)$  yang berarti ada hubungan penggunaan KB suntik dengan perubahan siklus menstruasi pada akseptor KB di desa Hulawa Kecamatan Telaga Kabupaten Gorontalo. Diharapkan untuk akseptor KB suntik memperhatikan dan mempertimbangkan setiap efek samping yang terjadi pada kontrasepsi yang dipakai.

**Kata kunci : Lama penggunaan KB suntik, siklus menstruasi, Akseptor KB.**

**DaftarPustaka : 37 (1999-2015)**

## ABSTRACT

**Serlyn Umar.** 2015. The Relationship of using Injectable Contraception with Menstrual Cycle at the Acceptors at the Village of Hulawa, Sub-district Telaga, District of Gorontalo. Skripsi. Department of Nursing. Faculty of Health Sciences and Sports. State university of Gorontalo. Principal supervisor was Dra. Hj. Rany Hiola, M.Kes., and co-supervisor was Wirda Y. Dulahu, S.Kep, Ns., M.Kep.

In Indonesia, kinds of contraception that most demand are injectable contraception. But this contraception has side effects, as menstrual cycle changing. This research aimed at knowing the relationship of using injectable contraception with menstrual cycle at the acceptors at the village of Hulawa, sub-district Telaga, District of Gorontalo. Design of this research used correlational description with Cross sectional approach. Population of this research is all acceptors at the village of Hulawa, Sub-district Telaga, District of Gorontalo. The sampling technique was Stratified Random Sampling and followed by the sample criteria, about 60 participants. Technique of analyzing the data used Chi-Square.

Based on the research showed the using of contraception in the period  $\leq 2$  years, most of them had menstrual cycle changing about 53,3%, and had not experienced menstrual cycle changing about 46,7% while the using of contraception in the period  $> 2$  years had experienced menstrual cycle changing about 100%. This research concluded that the value of  $p=0,000$  ( $p \leq 0,05$ ), it means that there is a relationship of using injectable contraception with menstrual cycle at the acceptors at the village of Hulawa, Sub-district Telaga, District of Gorontalo. This research hopes that acceptors should pay more attention and consider every side effect of using contraception.

**Keywords;** Duration of Injectable Contraception, Menstrual Cycle, Acceptors.

**References;** 37 (1999-2015)

