

ABSTRACT

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Introduction: Injectable contraception is one of the efforts made to prevent pregnancy using hormonal injections, this type of hormonal contraceptive injection in Indonesia is increasingly being used because it is effective, practical to use, relatively cheap and safe, but most of these hormonal contraceptives can cause problems. Menstrual patterns are due to the hormones contained in this contraceptive. The aim of this study was to determine the description of the menstrual cycle in acceptors of 1-month contraceptive injections and 3-month contraceptive injections. Method: This research is descriptive quantitative with a secondary data analysis approach. The population in this research is all acceptors of 1-month and 3-month contraceptive injections. The research was conducted at TPMB Yulis Aktriani. The sample was taken using a purposive sampling technique, totaling 52 respondents who met the inclusion criteria. The research results were analyzed descriptively to determine the frequency distribution of the data collected. Results :Based on the results, almost all respondents with 1-month contraceptive injections had normal menstrual cycles, 29 respondents (93.5%), and almost all respondents with 3-month contraceptive injections had long menstrual cycles, 19 respondents (90.5%). Conclusion: This research shows that menstrual disorders in 1 month injection contraceptive acceptors are mostly normal, and Depo Medroxy Progesterone Acetate (DMPA) experiences the most menstrual disorders, oligomenorrhea.

Keywords : Hormonal Contraception, Menstrual Disorder.