

RELATIONSHIP BETWEEN USE OF 3 MONTHLY CONTRACEPTIVE INJECTION AND MENSTRUAL DISORDERS AT GLORIA CLINIC

Winda Kristiyani ¹ , Mesrida Simarmata ² , Boy Anugerah laia ³

¹ Undergraduate Program, Mitra Husada Health College , Medan, Indonesia

Correspondence address: Jl. Water Gate Psr VIII, Simp Kwala Bekala Subdistrict, Medan Johor District,
Medan, North Sumatra 20142
Medan, Indonesia
Email: mesridasimarmata@gmail.com

Abstract

Introduction : Density population has a great influence on welfare and health population . Contraception is tools used in prevent the occurrence pregnancy. In election usage tool contraception can varies However own advantages and disadvantages of each method contraception. **Purpose** : To analyze long term relationship 3 month birth control injection with disturbance cycle menstruation **Method** : Research design survey analytics , with approach *cross sectional*, namely try dig how and why phenomenon That occurred . Population and Sample: all 3- monthly injectable birth control acceptors who experienced and did not experience experience disturbance at the time menstruation totaling 30 acceptors , the total sampling is then sample a total of 30 acceptors . Place and time : at the Gloria Clinic, Teluk Dalam Market, Teluk Dalam District , South Nias Regency, North Sumatra Province , April -June 2024. **Results** : Based on The results of the Chi-Square statistical test $P=0.000 (<0.05)$ that There is Relationship between the duration of use of 3 - month injectable contraceptives and Disturbance Menstruation In Acceptors 3 Months Injectable Birth Control In Di Gloria Clinic, Teluk Dalam Market , Teluk Dalam District, South Nias Regency, North Sumatra Province , 2024 **Conclusion** : There is a relationship between the length of use 3 month birth control injection with disturbance cycle menstruation

Keywords : 3 Month Birth Control Injection , Disorders Menstruation



INTRODUCTION

Density population has a great influence on welfare and health population. Indonesia has appropriateness resident ranking to four in the world. Indonesia is also ranked 100th poorest in the world. Many impacts occur consequence density resident This like lack of field work (Yulin Esther Dita & Legowo, 2022). From this Indonesia has a target of becoming a developed country with building Indonesian society since from content Already can guaranteed can working, automatic with a strategy to manage rate growth population and also the equal distribution of quality human development through usage tool contraception (Mu'awwanah & Illah, 2022) (Irham & Putri, 2023).

Contraception is tools used in prevent the occurrence pregnancy with method thicken mucus cervix for sperm No until to uterus or with method close channel eggs so as not to meet sperm with cell egg with sperm even close channel sperm in men. Contraception There is method simple and there is modern way, long term short and long term long. Contraception used by Couple Age Fertile (PUS aged 15-49 years). However Lots factor in election contraception like age, knowledge, parity (Ekoriano & Novita, 2018).

In the world as many as 214 million No use contraception. In Indonesia, the number of users contraception in women Marry by 73.75%. Usage tool contraception in Indonesia is still dominant tool contraception term short even though it is recommended long term because There is connection usage

contraception Long term and short term short to success contraception. According to results Nanda's research in South Jakarta that majority using Non MJKP (No Contraceptive Method) Long Term) (Nanda, 2023). According to results study Wiarga 2021 Majority user inject KB 3 months by 63.75%. The majority user inject KB 3 months by 63.75%. This is The same as clicked Gloria Kec. Teluk Dalam Kab. Nias Selatan Province of North Sumatra also stated majority using non MJKP. The majority use method 3-month injection contraception. In the selection usage tool contraception can varies However own advantages and disadvantages of each method contraception

The impact that can be happened to the mother 3 month KB acceptor is amenorrhea, nausea, dizziness and increased weight. According to study Harahap and Amelia said that There is connection term usage tool contraception birth control injection 3 month injection with effect side amenorrhea, nausea, dizziness and increased weight. (Harahap & Amelia, 2020). According to Sari in 2022 that usage contraception 3 month injection in South Kalimantan that 3 month injection majority influence disturbance menstruation that is amenorrhea as much as 40% (Purnama Sari, 2022). According to Febriani and Rahmayanti year 2020 found in the use of DMPA injection contraception more from 12 months 77.8% of respondents experience increase weight. KB is tool the most contraceptive used 29%, followed by birth control pills 12% (Febriani & Ramayanti, 2020). Causal factors Weight gain in users of the 3-month DMPA contraceptive injection is

improvement hormone progesterone . Hormone mentioned stimulate center controller lust eating in the hypothalamus which causes the kb acceptor experience hoarding carbohydrate So glucose and stored in fat, This is The same as a result Wahyu Ningsih and Putri's research in 2020 at the clinic home Husada Karang Ayer that factor reason BB increase due to improvement progesterone hormone .

Reason from the disturbance cycle menstruation is beginning usage 3 month injection addition progesteron cause widening vessels blood in the endometrium and eventually fragile so that the occurrence bleeding local . In a normal cycle , estrogen causes degeneration vessels endometrial blood and vessels blood thinning so that No happen equalization endothelium then in use long term will happen amenorrhea (Wiarga et al., 2022). According to Ulfa and Lestari in 2022 were KB acceptors who chose 3 month birth control injection majority his knowledge Still less (Ulfah & Lestari, 2022).

Remember disturbance menstruation Still become effect side main ones that often complained about DMPA acceptor then researcher mean to For researching " The Relationship Between the Length of Use of 3 Monthly Injectable Contraceptives and

Disturbance Menstruation in Acceptors of 3-Month Injectable KB at Gloria Clinic, Teluk Dalam Market, Teluk Dalam District , South Nias Regency , North Sumatra Province in 2024.

METHOD

Types of research This is Study This is study observational design *cross sectional*, namely try dig how and why phenomenon That happened . For know connection between usage times tool contraception 3 month injection with disturbance menstruation in 3- month injection KB acceptors . Time: April to June 2024. Place : at the Gloria Clinic, Teluk Dalam Market, Teluk Dalam District , South Nias Regency, North Sumatra Province in 2024. Population : mothers pregnant visit in Trimurti Clinic as many as 30 people with technique taking total sampling sample then amount sample of 35 people. Univariate data analysis that is characteristics Respondent use distribution frequency and analysis bivariate is the *chi square* test For analyze connection between usage times tool contraception 3 month injection with disturbance menstruation in 3- monthly injectable contraceptive acceptors .

RESULT AND DISCUSSION

1. Analysis Univariate

Analysis Univariate is distribution frequency characteristics Respondent as seen in table 1 as following :

Table 1. Characteristics Respondents based on Age and occupation of 3-month injection KB acceptors at the Gloria Clinic, Teluk Dalam Market, Teluk Dalam District , South Nias Regency , North Sumatra Province in 2024.

No	Age	f	%
1	20-35	24	77
2	>35	7	23
	Total	31	100
No	Education	f	%
1	SD	4	13
2	JUNIOR HIGH SCHOOL	2	7
3	SENIOR HIGH SCHOOL	9	29
4	College	16	52
	Total	31	100
No	Education	f	%
1	Housewife	10	32
2	Farmer	6	19
3	Employee Private	2	7
4	civil servant	13	42
		31	100
No	Duration of Birth Control Use	f	%
1	< 6 months	5	16
2	6-1 years	9	29
3	>1 tahun	17	55
		31	100
No	Gangguan Menstruasi	f	%
1	Ya	24	77
2	Tidak	7	23
		31	100

Majority Respondent age 20-35 years as many as 24 people (77%), education majority college tall as many as 16 people (52%) work The majority of civil servants are 13 people (42 %), the duration of use of contraception is mostly > 1 year as many as 17 people (55%) and disturbances menstruation as many as 24 people (77%)

Table 2. Distribution Frequency Disturbance Menstruation 3 Months Injectable Contraceptive Device At Tanjung Beringin Clinic Hinai District , Regency The Land of the Rising Sun Year 2018

No	Disturbance Menstruation	f	%
1	Experience	24	77
2	Not Experiencing	7	23
	Total	98	100

Based on Table 2. Majority Respondent experience disturbance as many as 24 people (77%).

2. Analysis Bivariate

Analysis of the relationship between 3- month contraceptive injections with disturbance menstruation described in table 3, namely :

Table 3 Cross Tabulation of Duration of Use of 3 Month Injectable Contraceptives With Disturbance Menstruation In Acceptors 3 Months Injectable Birth Control In Di Gloria Clinic, Teluk Dalam Market , Teluk Dalam District , South Nias Regency, North Sumatra Province in 2024

<u>Disturbance menstruation</u>							
No	Length of use	ExperiencingNot experienced				Total	<i>P-value</i>
		f	%	F	%	F	%
1	< 6 months	4	13	1	24	5	16
2	6 months - 1 year	6	19	3	10	9	29
3	>1 tahun	14	45	3	10	17	55
	Total	24	77	7	26	31	100

—Based on Table 3. The majority of the duration of use is 14 people (>1 year) from the results of the chi square test show that found a P value of 0.000 (<0.05) , so There is Relationship between the duration of use of 3 - month injectable contraceptives and Disturbance Menstruation In Acceptors 3 Months Injectable Birth Control In Di Gloria Clinic, Teluk Dalam Market, Teluk Dalam District , South Nias Regency, North Sumatra Province in 2024.

DISCUSSION

1. Results of the univariate test that is Characteristics Respondents based on age and occupation In Acceptors of 3 Monthly Injectable KB at Gloria Clinic, Teluk Dalam Market, Teluk Dalam District , South Nias Regency, North Sumatra Province in 2024: The Majority Respondent age 20-35 years as many as 24 people (77%), education majority college tall as many as 16 people (52%) work The majority of civil servants are 13 people (42 %), the duration of use of contraception is mostly > 1 year as many as 17 people (55%) and disturbances menstruation as many as 24 people (77%). Based on age Respondent majority age respondents 20-35 years old as many as 24 people (77%). Research results This in accordance with results study Karimang , et al. 2020 that age respondents who use 3-

monthly contraceptive injections majority Because age This is age that is still productive For reproduce (Karimang et al., 2020). The same thing was also found by Fabanjo et al. 2021 in Sorong that majority respondents who use 3- monthly contraceptive injections is aged 20-35 years Because matter This is indication in administration of 3- monthly contraceptive injections (Fabanjo et al., 2021). Research assume that Respondent majority age 20-35 years Because age This is age Still Healthy reproduction so method contraception in arrange distance pregnancy through 3- month KB injection method . In terms of Respondent majority educated majority college tall education majority college tall as many as 16 people (52%). Research results This no in accordance with research by Yanti et al. 2022 in Palembang that

majority education that uses 3-monthly injection contraception that is educated low (Yanti et al., 2022). Education is one of the factor affecting somebody For take Decision . Study assume in study This majority Respondent educated tall with Respondent educated tall so Respondent decide still use tool contraception in space pregnancy . In terms of work Respondent The majority of civil servants are 13 people or 42%. From the results Yanti's research in 2022 that No There is connection meaningful between work and Education in choose tool contraception . Researchers assume that with Respondent educated high and working so Respondent more Lots get information about tool contraception so that Respondent majority educated high and work as civil servants (Yanti et al., 2022). In terms of the length of use of respondents the majority of the duration of use of contraception is > 1 year as many as 17 people (55). Research results This supported by research by Lena and Amelia in 2020 that the duration of use of contraceptive injections is 3 months occurred in respondents > 1 year , matter This happen Because 3 month injection influence the occurrence change progesterone hormone then happen change so that happen effect from usage 3- month injection (Harahap & Amelia, 2020). Based on effect 3 month birth control injection so majority Respondent experience disturbance menstruation as many as 24 people (77%). Research results This in accordance with Sari 2022 that majority disorders that occur in respondents who use 3 month birth control injection is disturbance menstruation (Purnama Sari, 2022). Researcher assume that majority

Respondent experience disturbance menstruation Because Respondent Already use tool contraception more from 1 year so happen stacking level progesterone hormone so that influence cycle menstruation .

2. Bivariate Test Results

Based on The results of the Chi-Square statistical test $P = 0.000$ (<0.05) that There is Relationship between the duration of use of 3 - month injectable contraceptives and Disturbance Menstruation In Acceptors 3 Months Injectable Birth Control In Di Gloria Clinic, Teluk Dalam Market, Teluk Dalam District , South Nias Regency, North Sumatra Province in 2024. Research results This in accordance with study The Queen in 2023 that tool contraception 3 month injection 2.78 times more Possible experience disturbance menstruation because of the 3 month contraceptive device contains a depot progestin that limits function of the ovaries in produce hormone progesteron as high as No happen ovulation , Menstruation happen Because FSH hormone affects the ovaries to produce cell cooked eggs , after go out waiting at the paloop tube so shell used the exit cell The mature egg, called the corpus rubrum , changes become corus luteum will produce hormone progesteron in a way natural , because Already given Depo Progestin injections synthetic so ovarian function decreases over time in produce hormone resulting in progesterone disturbance in the cycle menstruation (Kurmiawati , 2023). According to research by Ilham et al. that disturbance menstruation occurs in women can happen polymenorrhea or oligomenorrhea Because luteal phase becomes short , then happen

anovulation in women and difficult happen fertilization / conception Because cell less eggs mature (Ilham et al., 2022).

Researcher assume happen disturbance menstruation in respondents Because majority usage > 1 year and occurs accumulation progesteron in a way synthetic that is giving depot progestin injection automatic bother the function of the ovaries to to mature cell eggs and occurs depletion endometrial wall so that happen polymenorrhea or oligomenorrhea

CONCLUSION AND SUGGESTION

Majority Respondent age 20-35 years as many as 24 people (77%), education majority college tall as many as 16 people (52%) work The majority of civil servants are 13 people (42%), the duration of use of contraception is mostly > 1 year as many as 17 people (55%) and disturbances menstruation as many as 24 people (77%), there are connection Relationship between the duration of use of 3 -month injectable contraceptives and Disturbance Menstruation In Acceptors 3 Months Injectable Birth Control at Gloria Clinic, Teluk Dalam Market, Teluk Dalam District , South Nias Regency, North Sumatra Province in 2024

ACKNOWLEDGMENT

We would like to thank STIKes Mitra Husada Medan for facilitating the implementation of this research, we would also like to thank Di Klinik Gloria Pasar Teluk Dalam Kec.Teluk Dalam Kab.Nias Selatan Provinsi Sumatra Utara Tahun 2024 for being willing to be the research location, and we would like to thank all the mothers who have become respondents in this research and we would like to thank all parties involved in this research

REFERENCE

- Ekoriano , M., & Novita, DF (2018). Dynamics Usage Modern Contraceptive Use in Indonesia (Analysis of Susenas 2015 Data) . *Journal Indonesian Population /* , 13 (June), 27–38.
- Fabanjo , IJ, Nuryanti , Y., Rosdiana , Syafi , & Tutupari , M. (2021). Characteristics of Factors Affecting Use Injectable Contraceptives for Women of Age Subur in Amban Health Center Manokwari West Papua. *Journal Sorong Midwifery* , 1 (1), 1–12.
- Febriani , R., & Ramayanti , I. (2020). Analysis Changes in Body Weight on Use Depo Medroxy Injection KB Progesterone Acetate (Dmpa) . *Journal of ' Aisyiyah Medika* , 5 (1), 113–121.
<https://doi.org/10.36729/jam.v5i1.802>
- Harahap , LJ, & Amelia, L. (2020). Relationship between Duration of Use With Effect Side 3-month Injectable Contraception in KB Acceptors . *Harahap , Lena Juliana Amelia, Lia* , 2 (2), 124–128.
- Ilham, MA, Islamy , N., Hamidi, S., & Sari, RDP (2022). Disturbance Cycle Menstruation in Adolescents : Literature Review. *Journal Study Nurse Professional* , 5 (1), 185–192.
- Irham, AR, & Putri, RM (2023). Density Resident to Human Development Index in Lampung Province . *Communication Media Geography* , 24 (1), 91–100.
<https://doi.org/10.23887/mkg.v24i1.60261>
- Jayanti, ND (2023). *Types of Methods and Mechanisms Work*

- Hormonal or Non-Hormonal Contraception* .
- Karimang , S., Abeng, TDE, & Silolonga , WN (2020). Factors Related to With Use 3 Months Injectable Contraceptives in the Region Health Center The Tagulandang Regency Sitaro . *Journal Nursing* , 8 (1), 10. <https://doi.org/10.35790/jkp.v8i1.28407>
- Kurmiawati , I. (2023). The Influence Use of Injectable Contraceptive Devices With Disturbance Cycle Menstruation in Acceptors of Injectable Birth Control at the Village Health Clinic New flower Subdistrict Kadur Regency . *Bidadari Sakti Journal* , 6 (1), 10–16. <http://journal.uim.ac.id/index.php/bidadari>
- Mu'awwanah , U., & Illah, GRR (2022). Problematic Indonesian Population . *Journal of Islamic Economics and Finance* , 4 (1), 63–78. <https://ejournal.inaifas.ac.id/index.php/Al-tsaman/article/view/877>
- Nanda, PW (2023). Relationship Giving Mother's Knowledge About Contraceptive Devices With Selection of Contraceptive Devices Mkjp At Clinic S Year 2023. *Journal Bpi Health Science* , 7 (2), 1–5.
- Nastiti , VR, & Risqiwati , D. (2020). Prediction of Fertile Period in Women Using State Space Modeling Based on Basal Body Temperature . *Journal Technology Compact* , 14 (1), 1. <https://doi.org/10.33365/jtk.v14i1.475>
- Prayuni , ED , Imandiri , A. , & Adianti , M. (2019). Therapy for Irregular Menstruation With Acupuncture and Herbal Adhesive (Asiatic Centella (L.)). *Journal Of Vocational Health Studies* , 2 (2), 86. <https://doi.org/10.20473/jvhs.v2i2.2018.86-91>
- Purnama Sari, D. (2022). Effects Side Usage 3 Month Injectable KB for Acceptors at Midwife Practice Private (Bps) Hj . Norhidayati Banjarmasin. *Journal Nursing Asylum Insan (Jksi)* , 6 (2), 127–131. <https://doi.org/10.51143/jksi.v6i2.297>
- Sailan, NP, Masi, G., & Kundre , R. (2019). Use of Contraceptive Methods in Women of Age Fertile With Cycle Menstruation in Health Center . *Journal Nursing* , 7 (2), 1–8. <https://doi.org/10.35790/jkp.v7i2.27474>
- Simarmata, M., Halim, B., & Ardinata, H. (2018). Effects of red ginger capsule supplementin reducing PGF2 α concentrations and pain intensity in primary dysmenorrhea Effects of red ginger capsule supplementin reducing PGF2 α concentrations and pain intensity in primary dysmenorrhea. *IOP Conference Series: Earth and Environmental Science*.
- Ulfah, B., & Lestari, PP (2022). Analysis Knowledge About Disturbance Menstruation Among Acceptor 3 Month Injectable KB . *INVOLUTION: Journal Knowledge Midwifery* , 12 (1), 18–22. <https://doi.org/10.61902/involusi.v12i1.334>
- Villasari , A. (2021). Physiology Menstruation . In *Strada Press* . <https://stradapress.org/index.php/ebook/catalog/download/22/1>

- 9/74-1?inline=1
- Wiarga , NAA, Putri, SR, & Syarah , M. (2022). Determinants Disturbance Menstruation in Mothers in Practice Independent Midwife Neng Astri AW, Am.Keb 2021. *SIMFISIS Journal Indonesian Midwifery* , 2 (1), 273–281. <https://doi.org/10.53801/sjki.v2i1.72>
- Yanti, F., Rahmawati, E., & Silaban , TDS (2022). Relationship Parity , Education, and Employment with Use of 3 Monthly Injectable Contraceptive Devices at PMB Yusida Palembang in 2021. *Journal Scientific Journal of Batanghari University of Jambi* , 22 (2), 793. <https://doi.org/10.33087/jiubj.v22i2.1882>
- Yulin Esther Dita, C., & Legowo , M. (2022). Analysis Density Influential Population To Poverty and Degradation Environment . *Proceedings of the National Seminar on Environmental Science Knowledge Social (SNIIS)* , 01 , 1–12.