



## LEMBAR PENGESAHAN

Judul : Hubungan Antara Penggunaan Pil Keluarga Berencana Dengan  
Kejadian Hipertensi Pada Pasangan Usia Subur: *Literature Review*

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# The Correlation between the Use of Oral Contraceptive Pills and the Incidence of Hypertension in Couples of Childbearing Age: A Literature Review

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## ABSTRACT

**The Backgrounds:** Indonesia is a country that ranks 5th with the highest incidence of hypertension. Hypertension is the leading cause of death in the world (52%). There are two factors that can trigger hypertension: controlled and controlled factors. One of the trigger factors that can be controlled is the use of hormonal contraception (KB Pills).

**The Objectives:** To determine the correlation between the use of oral contraceptive pills and the incidence of hypertension in couples of childbearing age through a literature review.

**The Methods:** This study used a literature review method by searching for articles through the Google Scholar database. The search for articles was carried out using the keywords: "Hypertension", "Contraception Pill", "Couples of Childbearing Age" then the researcher used the STROBE instrument with the limitation of articles in 2011-2021. Participants in this study were couples of childbearing age who used oral contraceptive pills.

**The Results:** The results of this literature review of 5 articles showed that 4 articles which stated that there was correlation between the use of birth control pills with the incidence of hypertension in couples of childbearing age with a result of p less than 0.05. The other one stated that there was no correlation between the use of oral contraceptive pills with the incidence of hypertension in couples of childbearing age.

**The Conclusions:** The use of contraceptive pills is one of the factors that can lead to an increase in blood pressure.

**Keywords:** *Hypertension; Contraceptive Pills; Couples of Childbearing Age*