

**Program Studi Sarjana Keperawatan**  
**Fakultas Ilmu Kesehatan**  
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**Juli, 2023**

**ABSTRAK**

**Gambaran Karakteristik dan Riwayat Penggunaan Kontrasepsi Suntik pada  
Akseptor KB Suntik di Desa Kedungwuni Barat**

Riskika Aulia Zahra, Emi Nurlaela

**Latar Belakang :** Kontrasepsi suntik terdiri dari dua macam yaitu suntik kombinasi dan suntik progestin. Kedua jenis kontrasepsi suntik tersebut mempunyai efek samping yang dapat dialami oleh akseptor. Penelitian ini bertujuan untuk mengetahui gambaran karakteristik dan riwayat penggunaan kontrasepsi suntik pada akseptor KB suntik.

**Metode :** Penelitian ini adalah penelitian deskriptif. Pengumpulan data menggunakan teknik *simple random sampling*. Sampel penelitian berjumlah 96. Instrumen yang digunakan yaitu lembar observasi. Analisa data yang digunakan adalah analisa *univariat*.

**Hasil :** Hasil penelitian menunjukkan bahwa kejadian efek samping pada KB suntik kombinasi yaitu haid tidak teratur 6 (60,0%), amenorea 2 (20,0%), penambahan berat badan 5 (50,0%), sakit kepala 4 (40,0%), mual muntah 2 (20,0%) dan spotting 5 (50,0%). Sedangkan efek samping pada KB suntik progestin yaitu haid tidak teratur 75 (87,2%), amenorea 43 (50,0%), penambahan berat badan 55 (64,0%), sakit kepala 22 (25,6%), mual muntah 2 (2,3%) dan spotting 44 (51,2%).

**Simpulan :** Gambaran kejadian efek samping paling banyak pada suntik kombinasi yaitu haid tidak teratur 6 (60,0%) dan pada suntik progestin yaitu haid tidak teratur 75 (87,2%). Perawat maternitas diharapkan selalu memberikan intervensi dengan tidak mengesampingkan efek samping yang dialami akseptor.

**Kata Kunci :** Karakteristik, Riwayat Penggunaan, Akseptor KB Suntik.

**Daftar Pustaka :** 49 (2013-2022).

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**ABSTRACT**

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**The Overview of Characteristics and History of Injection Contraceptive Use in Acceptors of Family Planning Injection in West Kedungwuni**

**Background:** There are two types of injectable contraceptives, namely combination injection and progestin injections. Both types of injection contraception have side effects that can be experienced by acceptors. This study aims to describe the characteristics and history of injecting contraceptive use among family planning acceptors.

**Methods:** This research was descriptive. Data collection was done using a simple random sampling technique. The research sample was 96. The instrument used was the observation sheet. The data analysis used was univariate.

**Results:** The results showed that there were side effects in combined injectable birth control, namely irregular menstruation (6 or 60.0%), amenorrhea (2 or 20.0%), weight gain (5 or 50.0%), headaches (4 or 40.0%), nausea vomiting (2 or 20.0%), and spotting (5 or 50.0%). Meanwhile, the side effects of progestin injection birth control were irregular menstruation (75 or 87.2%), amenorrhea (43 or 50.0%), weight gain (55 or 64.0%), headaches (22 or 25.6%), nausea vomiting (2 or 2.3%) and spotting (44 or 51.2%).

**Conclusion:** The overview of the most common side effects was in combination injections, namely irregular menstruation (6 or 60.0%), and progestin injections, namely irregular menstruation (75 or 87.2%). Maternity nurses are expected to always provide intervention without ruling out side effects experienced by acceptors.

**Keywords:** *Characteristics, Usage History, Acceptors of Family Planning Injection*

**Bibliography:** 49 (2013-2022)