

The Effect of 3-Month Contraceptive Injections on Decreased Libido in Women of Childbearing Age at The Pomalaa Health Center

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Article Info	Abstract
<p>Article History: Received: 26 May 2025 Revised: 03 June 2025 Accepted: 16 Juni 2025</p> <p>Keywords: Contraception; decreased libido; women of childbearing age</p> <p>Corresponding Author: Mien STIKES Karya Kesehatan</p> <p>Email: mienitumien@gmail.com</p>	<p>Background: DMPA injectable contraceptives with high levels of progesterone make the vagina dry so it feels painful during intercourse which can further decrease libido</p> <p>Purpose: . The purpose of this study was to determine the effect of the 3-month injection of family planning on decreasing the libido of women of childbearing age at the Pomalaa Health Center.</p> <p>Methods: This type of quantitative research used a cross sectional study conducted at the Pomalaa Health Center in July involving a sample of 76 people. sampling through purposive sampling technique. Statistical tests were carried out through the chi square test.</p> <p>Results: The results of this study were based on the use of contraceptives, there were 36 people (47.4%) who used 3 months of injection contraception and there were 40 women (52.6%) who did not use 3 months of injection contraception, for the decreased libido variable, there were 42 people (55.3%) mild and moderate as many as 34 people (44.7%) and there is an effect of 3 months injection contraception on decreased libido WUS at Pomalaa Health Center with a value of $p = 0.000$ ($\alpha < 0.05$).</p> <p>Conclusion: There is an effect of 3-month contraceptive injections on decreasing libido in women at the Pomalaa Health Center.</p>

Background

Contraception is one of the reproductive health services which is a tool, medicine or method to prevent pregnancy to achieve the objectives of the Family Planning (KB) program as an effort to regulate child birth, spacing and ideal age of childbirth, regulate pregnancy, through promotion, protection and assistance according to reproductive rights to realize a quality family (Kemenkes, 2017; Saifuddin, 2016). The government created a KB program with the motto "Two Children Are Enough" (Surapaty, 2016).

Globally, almost 60% of productive age couples use contraception, where the use of modern contraception has increased to 57% and is at 62% (World Health Organization, 2018). In Indonesia, injectable contraception is the most common type of contraception and is widely used by women with a total of 17,104,340 people (47.78%) of all those actively using KB, totaling 35,795,560 people (75.10%) (BKKBN, 2018).

A study conducted by Melba (2018), that there is a relationship between the use of 3-month injection contraception and sexual dysfunction (Melba, 2018). The use of injection contraception has an effect on household welfare and can affect the soul in carrying out all work. Because happiness in the household is supported by intimate relationships, it is very important. So that the impact of injection contraception is related to the disruption of sexual

function including decreased libido in its users, so it needs to be handled properly (Prawiroharjo, 2020).

The emergence of problems in household life, this is the impact of decreased sexual desire so it must be addressed immediately. Other problems that can occur are decreased sexual activity, difficulty in having sex, there is a burden during intercourse with a husband due to decreased desire to have sex, can create disharmony in family life, including domestic violence, the emergence of divorce and even cheating by both wives and husbands (Tahalele, 2018).

The impacts for women if using hormonal contraception, especially DMPA injection contraception, include increased weight, irregular menstruation, vaginal dryness, decreased desire for intercourse, irritability, headaches, acne and nervousness (Anwar, 2015). A study by Lestariningsih, Martini & Weliyati, namely if injection contraception is used for a long time, it will result in impaired sexual function including decreased sexual desire or arousal (Lestariningsih, 2017).

From the description above, the researcher took the initiative to conduct research on the effect of 3-monthly contraceptive injections on decreasing libido in women of childbearing age at the Pomalaa Health Center.

Method

This type of study is quantitative with cross sectional study, conducted at Pomalaa Health Center in July involving a sample of 76 women. Sampling using purposive sampling technique. The statistical analysis used is the chi square test.

Results

Respondent Characteristics

Table 1 Frequency Distribution based on Respondent Characteristics in the Pomalaa Health Center Work Area (n= 76)

No	Variable	f	%
1.	Age (year)		
	• 20-30	22	29.9
	• 31-40	43	56.6
	• 41-50	11	14.5
2.	Education		
	• Elementary School	15	15.7
	• Junior High School	10	13.2
	• High School	36	47.4
	• College	15	19.7
3.	Job		
	• Civil servant	14	18.4
	• Self-employed/private	4	5.5
	• housewife	58	76.3
4.	Contraceptive Devices Used		
	• 3-month injectable birt control	36	47.4
	• 1-month injectable birt control	28	36.8
	• Implant	3	3.9
	• Condom	2	2.6
	• Pill	4	5.3
	• spiral	3	3.9

Table 1 shows that the average age of mothers is 35.66 years with a standard deviation value of 5.975, dominated by respondents aged 31-40 years, as many as 43 people (56.5%) and the least is 41-50 years, as many as 11 people (14.5%), for the last education of respondents, dominated by high school as many as 36 people (47.4%), the majority of occupations are housewives as many as 58 people (76.3%), while the majority of contraceptives used are 3-month injection contraceptives as many as 36 people (47.4%).

Table 2 Frequency Distribution based on Research Variables in the Pomalaa Health Center Work Area (n=76)

Variable	n	%
Use of Contraceptive Devices		
Using	36	47.4
Not Using	40	52.6
Decreased Libido		
Mild	42	55.3
Moderat	34	44.7
Servere	0	0

Table 2 shows that based on the use of contraceptives, there were 36 people (47.4%) who used them and 40 people (52.6%) who did not use them, while based on decreased libido, there were 42 people (55.3%) and those who were moderate were 34 people (44.7%).

Table 3 Results of Analysis of the Effect of 3-Month Injectable Contraceptives on the Decrease in Libido of Women of Childbearing Age at the Pomalaa Health Center.

Tabel 3 Hasil Analisis Pengaruh KB Suntik 3 bulan terhadap Penurunan Libido Wanita Usia Subur di Puskesmas Pomalaa

Decreased Libido	Penggunaan Alat Kontrasepsi					ρ value
	Using		No. Using		Amount	
	n (%)	%	n	%	n (%)	
Mild	29	38.2	13	17.1	42 (55.3)	0.001
Moderat	7	9.2	27	35.5	34 (44.7)	
Serve	0	0	0	0	0	
Total	36	47.4	40	52.6	93 (100)	

Table 3 shows that there are 36 mothers (47.4%) who use 3-month injectable contraception, 29 mothers (38.2%) have a decrease in libido in the less category and 7 people (9.2%) are moderate, while out of 40 people (52.6%) who do not use it, there are 13 people (17.1%) who experience a decrease in libido in the mild category and 27 people (35.5%) are moderate. In addition, a ρ value of 0.000 is obtained, meaning H1 is accepted and H0 is rejected because the ρ value is <0.05 so that there is an effect of 3-month injectable contraception on the decrease in libido of WUS at the Pomalaa Health Center.

Discussion

Use of 3-Month Injectable Contraceptives in Women of Childbearing Age

From the study, it can be seen that there are 36 mothers (47.4%) who use 3-month contraceptives because based on the respondents' answers, some said they used 3-month injectable contraceptives while 40 mothers (52.6%) said they did not use 3-month injectable contraceptives but used other contraceptives.

As previously conducted research found that the majority of the duration of use of birth control from respondents who used 3-month injections, namely long-term, as many as 24 people (63.2%) (Melba, 2018). Other studies also show that all women of childbearing age

use hormonal contraception where the majority use injections of 50.4% compared to other hormonal methods (Rohmatin, 2019).

The theory states that for users of birth control pills do not have to always remember to consume them every day, and do not need to come to a health service to do contraceptive injections every month so that KB acceptors only need to come to a health service once every 3 months (Azwar & Hayati, 2016). The choice of WUS related to contraceptive injections, this is because they consider this KB to have a big influence and its use for a long time, especially the 3-month injection contraceptive because it is very simple including quite economical than the 1-month contraceptive (DMPA), and its use is not the same as the PIL contraceptive which must be consumed every day (Octasari, 2014).

The findings of this study, it can be concluded that women who do not use 3-monthly contraceptive injections are caused by the lack of respondent knowledge and the lack of support from their husbands for the respondents regarding the decision to use 3-monthly contraceptive injections.

Decreased Libido in Women of Childbearing Age

This study provides an overview for women, namely experiencing a decrease in sexual desire in the mild category as many as 42 people (55.3%) caused by wanting to have sex sometimes (about half the time) during the last 4 weeks and a moderate level of desire to have sex in the last 4 weeks, while a decrease in sexual desire in the moderate category as many as 34 people (44.7%) were caused by feeling aroused during sex many times during the last 4 weeks (less than half) for the last 4 weeks and a desire to have sex several times (less than half).

Previous research found that decreased sexual desire in users of DMPA (Depo Medoxy Progesterone Acetate) injectable contraception, where almost half of respondents experienced decreased libido (Nurgianti, 2017). The theory states that the effects of progesterone contraceptives such as 3-month injectable contraception occur in vaginal dryness that feels painful (dyspareunia) during intercourse. This condition for a long period of time will cause the desire to have sex to decrease (disturbed sexual function) (Anggraini, 2015).

Based on the research results, the researcher assumes that women who use 3-monthly contraceptive injections do not suffer from a significant decrease in libido in women of childbearing age due to the healthy lifestyle adopted by the respondents.

The Effect of Using 3-Month Injectable Contraceptives on Decreased Libido in Women of Childbearing Age

The study findings show that there is an effect of 3-month injectable contraceptives on decreased libido in WUS at the Pomalaa Health Center caused by women who use 3-month injectable contraceptives sometimes getting satisfaction or arousal in sexual intercourse during the last 4 weeks, almost never in the last 4 weeks so that the vagina becomes moist during sexual intercourse and almost never or in the last 4 weeks never in sexual intercourse in achieving orgasm (climax/peak of pleasure).

The results of this study are in line with previous research finding that there is a low relationship between the impact of using injectable contraceptives and the quality of sexual intercourse in WUS where the longer the use of injectable contraceptives, the more sexual desire will be disturbed because it can be a cause of sexual dysfunction for women who use it due to the hormones contained in the contraceptive vaccine (Yosin et al., 2018). As the theory states that one of the side effects for women who use contraceptive injections is decreased libido (reduced sexual desire) where this sign is caused by the effects of progesterone, especially those containing 19-progesterone, which makes the vagina dry (Irianto, 2016).

According to the findings, there is a relationship between women who use 3-month contraceptive injections and decreased sexual desire, researchers assume that this occurs due to lack of husband support and occurs because respondents are busy at work so they often experience fatigue

Conclusion

According to the study findings, the conclusion of this study is that there is an effect of 3-month contraceptive injection on decreasing libido in women of childbearing age at the Pomalaa Health Center with a value of $p = 0.000 (<0.05)$. It is recommended to increase insight regarding the effect of using contraceptive injection on decreasing libido in women of childbearing age.

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