

Qualitative Study of Experiences Using 3 Months Injection Hormonal Contraceptive Devices on Side Effects of Libido Reducing

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ABSTRACT

The informants in this study were the reproductive age group of 20-35 years, the group of informants aged over 35 years, the group of informants with a duration of using 3 months of contraceptive injections under 3 years and the group of informants who had used KB injections of 3 months over 3 years and groups who had used injection 3 months. The informants in this study were 10 acceptors at PMB Cici Krismawati in 2022. The results of this study indicate that the symptoms of decreased libido that appear are more common in the group of informants aged over 3 years and the group of informants who have used more than 3 years, while the group of informants of productive age 20-45 years and the group of informants with a duration of 3 months of contraceptive injections under 3 years is rare, the stage of decreased libido that occurs is still a mild stage. The way to deal with decreased libido is that there are those who just give up, communicated with their partners, there are also couples who watch movies as a medium to bring back their libido. PMB is expected to be able to provide comprehensive information to each acceptor, including how to deal with side effects experienced by acceptors.

INTRODUCTION

Indonesia is one of the countries that signed various human rights instruments and has a commitment to various health and family planning development programs contained in the ICPD Action Program, Millennium Development Goals (MDGs), Sustainable Development Goals (SDGs) including the global Family Planning partnership. 2020 (FP2020). One of the goals of FP2020 is the 2020-2024 BKKBN Strategic Plan to support the rights of every woman (women's equal rights) to be able to determine freely, and for themselves, whether they want to have children, when to have them, and how many children to have. want to have. The Family Planning Program, or what is currently called the Family Development Program, (BKKBN, 2020)

Injectable birth control is an attraction for couples who take part in the pregnancy program because it has advantages of up to 99%. Injectable birth control has side effects, one of which is decreased libido, especially in DMPA injection birth control (3-month injection birth control). (Aisyah, 2015). Decreased libido will have a direct impact on sexual relations in the form of discomfort, feelings of insecurity, and fear of not getting attention from a partner which makes individuals carry out various kinds of sexual adaptations. (Hamid, 2008). Sexual relations in the family is the pinnacle of harmony and happiness, therefore both parties must be able to enjoy it together. Dissatisfaction with sex can lead to differences of opinion, disputes, and eventually divorce. (Nurgianti, 2017)

The need for family planning for couples of reproductive age who have not been served (unmet need) in Indonesia is still categorized as high. Over the past four years, unmet need has continued to decline despite fluctuations between 2017 and 2018. In 2015, the position of unmet need was 18.3 percent (Supas 2015), decreased to 15.8 percent in 2016, increased to 17.50 percent in 2017 and again dropping to 12.4 percent in 2018 (2016-2018 RPJMN/SKAP survey). Taking into account socio-cultural characteristics, it is known that unmet need is higher in urban areas (11 percent) than in rural areas (10 percent). Twenty-three percent of women do not want to have family planning for reasons of fear of side effects, while among men, (BKKBN, 2020)

Based on the 2020 Indonesia Health Profile, namely that the pattern of choosing the type of contraceptive method shows that most acceptors choose to use the injection method by 72.9%, followed by the pill by 19.4%. From an effectiveness perspective, these two types of devices are short-term contraceptive methods, so their level of effectiveness in controlling pregnancy is lower than other types of contraception. This pattern occurs every year, where participants choose short-term contraceptive methods more than long-term contraceptive methods, such as IUDs, implants, MOW, MOP. According to the BKKBN, active family planning participants among Couples of Reproductive Age (PUS) in 2020 amounted to 67.6%. This figure has increased compared to 2019 of 63.31% and West Java data of 66.2% based on 2019 Indonesian Family Profile data. (RI Ministry of Health, 2021)

Based on data sources from the Population Control and Family Planning Service (DPPKB) of Karawang Regency, the number of active injection contraceptive participants reached 212,612 as of January - December 2021 out of a total of 565,988 PUS, the highest compared to the use of other types of contraceptives, such as IUD 24,304, MOW 10.809, MOP 2.311, Condom 12.256, Implant 30.438, Pill 116.903. (DPPKB Karawang, 2021)

Based on preliminary studies at BPM Muzayyana, Amd. Keb Socah Bangkalan in August-October 2018 obtained data from interviews accompanied by midwives to 55 hormonal birth control acceptors who had used it for >2 years with decreased libido by 27% with a percentage of 45% in Socah Bangkalan. From the data above there are still many users of hormonal birth control who experience decreased libido. Decreased libido can be caused by several factors including psychological, physical, and contraceptives, namely hormonal birth control which contains 19-progesterone, in long-term use it can arise due to hormonal changes, which make it easier to convert carbohydrates into fat, so often the side effect is fat accumulation which causes weight gain drying of the vagina which causes pain during intercourse and ultimately reduces sexual arousal, so that if the decrease in lipids is not known it can cause problems in the household (Aisyah, 2015). The impact greatly affects household welfare and can affect the psychology of those who work. (Ningsih, 2021)

If a decrease in libido occurs as a result of using hormonal birth control injection contraception, efforts are needed to overcome it, because this method is most widely used by the public. If it is due to hormonal disorders, hormone therapy can be done, but if it is a secondary factor, behavior therapy can be done, namely by providing knowledge or increasing cognitive aspects of sexual functions and explaining that this is a side effect of hormonal birth control and symptoms it is temporary and individual. If decreased libido disturbs household harmony, it is recommended to replace it with non-hormonal contraception to restore the natural cycle of the hormones estrogen and progesterone which play a role in female sexual function and explain the benefits, (Ningsih, 2021)

There are five types of family planning service places, namely FKRTL, FKTP, Networks, mobile services, and other types of family planning service places. Based on the service location, most of the women served by the Network/Network, namely 56.4%. In the type of networking services, practicing midwives provide the most services, namely 60.8% of the number of PUS served. (Ministry of Health, 2020).

Based on the data above, the researcher is interested in conducting a scientific study to find out "Experience of Using a 3-month Injectable Hormonal Contraceptive Device for the Side Effects of Decreased Libido Experienced by Acceptors at PMB Cici Krismawati in 2022", The research activity was carried out at PMB Cici Krismawati where this practice has been practicing independently since 2016 in a village area, namely in Cadaskertajaya Hamlet, Telagasari District, Karawang. Data collection will begin in November 2022.

IMPLEMENTATIONS AND METHODS

Phenomenology, for the triangulation method the researcher obtained from several data collection methods in qualitative research, namely: focus group discussion (FGD), observation and in-depth interviews (Indepth Interview). The informants in this study were the reproductive age group of 20-35 years, the group of informants aged over 35 years, the group of informants with a duration of using 3 months of contraceptive injections under 3 years and the group of informants who had used KB injections of 3 months over 3 years and groups who had used injection 3 months. The informants in this study were 10 acceptors at PMB Cici Krismawati in 2022.

RESULTS AND DISCUSSIONS

Appearing Signs and Symptoms

From the results of the study, it was found that most of the informant groups were aged over 35 years, and the group using hormonal injections for 3 months and over 3 years experienced signs and symptoms of decreased libido, while a small proportion of the reproductive age group was 20-35 years and the group of informants with a long history of use of hormonal injections for 3 months under 3 years rarely experiences signs of decreased libido, as shown in the following expression:

"... *If you get an injection, Hawana doesn't want to have sex, but if you don't get an injection, you're excited... haha*" (UR1)

Strengthened by the key informant's statement, namely the husband of the informant that his wife often seems reluctant when asked to have sex, as in the following expression:

"... *so we don't have a relationship with us, pretend to refuse tea.. but it's keu we..*" (so the effect decreases for sexual intercourse, sometimes the wife likes to refuse) (ssm)

The causative factor for the appearance of signs of decreased libido experienced by the informants was the result of using 3 months of hormonal birth control injections, as shown in the following expression:

"... *when I was injected for 3 months, I felt lazy, I felt the heaviness of wanting to have husband and wife intercourse, unlike before the injection for 3 months... now it's been 1 year since I changed, I'm starting to get excited again, bro... no problem... hehe*" (M1)

Most With the duration of using this 3-month injectable birth control, the side effects of decreased libido that are felt vary, but on average after using it for more than 1 year you start to feel the difference or changes that have occurred from before using it to after using it, such as the following statement:

"... *From being injected for more than 1 year, which is 3 months, there is already a feeling of not wanting to be invited to have a relationship with tea... sometimes there*

is no desire at all for a few weeks... later there is more, most of the time there is not..." (US2)

"...if it's the day of the injection, I'm still enthusiastic, you know, right after 2 years it's starting to decrease but I'm invited to tea..." (UR1)

This information is reinforced by the statement of the key informant, namely the acceptor's husband who stated that his wife's libido decreased after using injectable birth control for 3 months for more than 1 year, as stated below:

"... well, ma'am, I was planning to inject babaraha all the time, I pretended to be inflated, but I was invited to have a relationship. 1-2 years start to feel)" (SS)

However, there were some groups of informants of productive age 20-35 years and groups of informants who used 3-month injections of KB under 3 years who stated that they did not feel any signs of decreased libido symptoms that appeared in husband-wife relationships during the use of 3-month hormonal injections, as stated in the following statement:

"... as far as I can remember, there has been no influence on the relationship between husband and wife, it's the same as usual, the desire is still there as usual, no matter what, it's smooth sailing... hehe..." (US1)

Which was reinforced by her husband as a key informant, as in the expression:

"...mmm..no, it's not the same thing, my wife hasn't changed anything since she was injected for 3 months too, husband and wife relationship as usual..." (STu)

Classification of Decreased Libido

From the results of this study it can also be classified from the 3 groups of informant characteristics as follows:

1. Those who experience sexual desire disorder

Hypoactive sexual desire disorder and sexual aversion disorder, experienced by most of the informant groups, namely the group of informants aged 35 years and over and the group of informants using family planning over 3 year as the following expression:

"... so I don't want to do that, so even if it's a relationship, it's not a sin with my husband... hehe..." (L1)

This information was reinforced by the statement of the key informant, namely the acceptor's husband who stated that his wife often seemed reluctant (lazy) when asked to have intercourse after using the 3-month injection of family planning, as stated below:

"...Sometimes I pretend to refuse when asked for a relationship, I'm so lazy..it's just different.. hehe.."(ssm)

The factors that caused the informants to experience desire disorders were due to the use of the 3-month hormonal injection used, as stated in the following statement:

"...I don't think I've ever been given an injection for 3 months, it's too old, I pretend to be sarees when I'm invited to tea.. haha... Ayena anu sabulan karek 6x injections is not bad Ayaan deui lusta but I'm invited to tea..haha.." (M2)

This information is reinforced by the statement of the key informant, namely the acceptor's husband who stated that since his wife had injections, she often seemed reluctant to be invited to have sex after using 3 months of injections, as shown below:

"...Before injecting and after injecting birth control for 3 months it's very different ma'am, it's lazy like that, before being injected the response was still good, ma'am, now don't ask yourself to be invited sometimes it looks forced like that... hehe.."
(SL)

2. Sexual arousal disorders in this study were experienced by a group of informants of productive age 20-35 years and a group of informants with a duration of use of family planning under 3 years, which stated:

"...if asked by my husband, I don't know why the weather is not lustful, but there is no passion, I like the reason, I'm just tired like that... hehehehe, if you inject for 3 months, you often refuse, bun, it's different from 1 month, you've also used 7x injections for 1 month. those who are 3 months now are about to reach 3 years..." (3L1)

This information was reinforced by the statement of the key informant, namely the acceptor's husband who stated that his wife often seemed less enthusiastic when asked to have intercourse after using the 3-month injection of family planning, as stated below:

"... since the injection, what effect does it have on husband and wife relationships? It's like it's less passionate... it's different when you first get married, right after you get married. Before the birth control injection...hehe.." (SE)

3. Orgasmic disorders, experienced by some groups of informants with a duration of use of hormonal injection contraception for 3 months under 3 years, as stated in the following statement:

"... so I don't feel that good, bun..haha" (3L1)

This information was reinforced by the statement of the key informant, namely the acceptor's husband who stated that he had to work even harder to

achieve his wife's orgasm after using 3 months of injectable birth control, as stated below:

"...since I entered KB, don't ask me if I don't force it, I really force it... eh, it's not forcing haha... so if you want to get to the top, you have to work hard... hehe.." (SN)

4. Sexual pain disorders/Sexual pain disorders: Dyspareunia, Vaginismus, Noncoital sexual pain disorders

"... like there is pain during intercourse, maybe if for example the pain is because there are stitches at birth, it hurts like that,..." (3L2)

"... it tends to bleed a little when when you force it again you don't want tea bun... it might hurt..., so the aa has to stimulate it for a long time.." (3L1)

This was also reinforced by the key informant's statement, namely the midwife that when there is no desire/passion to have sexual intercourse and then you are forced to have sexual intercourse, you will experience pain during intercourse due to a lack of lubricant which facilitates sexual intercourse as usual, as follows:

"... If the relationship begins with a lack of desire/passion, the symptoms that arise are usually pain during intercourse caused by the lubricant/lubricating fluid during intercourse is reduced or doesn't even come out..." (B)

So that there was a change in the pattern of husband and wife relations in the household for the informants who experienced a decrease in libido, namely those who had routinely had sexual intercourse more frequently after using 3 months of family planning, the intensity of the relationship decreased, as shown in the following expression:

"... now at most bun eta ge rarely ends...leading to sin we are invited to meet..hehe." (UR2)

Strengthened by the Key Informant's answer, namely by the Acceptor's husband as the following expression:

"... 1x at least bun ayena mah tisaparak was injected.. anu used to be 3-4x saminngu...akh ayena rarely has ongekohana...hehe" (1x at most now since being injected which is usually 3-4x a week husband and wife relations..akhh now often rarely do husband and wife relationship..hehe) (ssm)

Libido Declining Stage

1. Mild Stage

From the results of the study, the Libido Declining Stage experienced in the productive age group of 20-35 years and the use of birth control injections

under 3 years is still classified as a mild stage, as shown in the following expression:

"... but it usually goes away and goes like that, bun, it's often not there... but if it's right, I want it, I want it again, there's more... hehe" (US2)

"... pretending to be happy on my own, but my father and I are so tired haha.. mimineung namah embung wae.." (UR2)

Strengthened by the key informant's statement that his wife

"...how's her mood, bun, her mood is there, come on, if it's right, it's okay, it's okay...don't force it...hehe" (SE)

"...nya' keur hayang2 bun keur embung mah antepkeun we...rek kumah deui atuch da...akh sometimes it's sad" (When I want to, I want to bun but when I don't want to, I don't force myself either, what can I do... ah sometimes both want too... hehe) (SS)

"... he doesn't always want it either bun... sometimes it's there too... so it's just right when I don't want to just let it be here tomorrow..." (SN)

Medium Stage

Moderate stage This is experienced in part by the age group over 35 years and the use of more than 3 years of 3-month hormonal injections so that media or tools are used to be able to get excited again, as in the following expression:

"...sometimes I like to bleed a little when forced into a relationship, usually with my husband. I just like to watch it when there's no passion or desire.." (L2)

Strengthened by the key informant's statement that when there was a complaint of disturbance in the libido of his wife, the husband and wife took the initiative to watch as a medium to bring passion back, as in the following expression:

"..but sometimes watching a movie can bring out passion like that.." (SN)

Severe Stage

Severe stage, this was not experienced by the informant group, both from the productive age group 20-35 years, the age group over 35 years, the group based on the duration of contraceptive use under 3 years or the use of injectable birth control over 3 years, where the decrease in libido caused by this hormone it can still be resolved without having to be given drugs but can recover when the hormonal birth control injection is removed and when the hormones in the body have returned to normal it will recover as usual. Like the following statement

"... but the experience, if you have released it, is normal, *deui bun*, the child of *kahiji jeung kadua kana nu* is 3 months, *wae anu kahiji kanu ka two*, the distance is 12 years far away, using *anu* 3 months, *wae* 3-4 years and then releasing the KB, left by Saudi Arabia, *gawe Geus teu make mah kalilaan mah* come back *deui* passionate desire..haha...pregnant *deui* child *ka two* finished the two children use injection so and so 3 months after 6 years and then 2 years after 2 years...usual *deui* desire passion *aya deui*...pregnant *deui* *wae anu katilu* I know *Ayena Geus* 2.5 years old and 3 months old, I'm too lazy to have sex with tea..." (but when the experience is released, it returns to normal, just like with the first and second child.....) (UR1)

How to Deal with Decreased Libido that Occurs as a Result of 3 Months of Hormonal Injections

According to the informant, the way to deal with decreased libido disorders that occur on average is not just surrender, as the expression below:

"... nothing, just surrender instead of being forced to sin we have the obligation to be afraid of sin..haha" (US2)

"... there's no *sich bun*, just relax, if you're lazy, that's okay..even if you're in a relationship, at least it doesn't feel good..haha.." (L1)

There are also groups of informants who communicate with their partners, as in the following expression:

"...Look at social media on Facebook, lots of people complain, read about the side effects of birth control, why don't I want to continue, that's my husband's story... when I talk about it, I understand, right? I don't love you anymore *bun*..hehe"

"...just like watching it when you don't have the passion to be alone with your sister..." (US2)

Reinforced by key informants how to overcome the problem of side effects of decreased libido on his wife by husbands, there is no specific way to overcome it, most with mutual understanding and communication, and surrender, as in the following expression:

"... there's no *bun*, let's just let it be tomorrow tomorrow... who knows, tomorrow I want it... haha"

"..often it doesn't matter, bro, just give up but sometimes watching movies can make you feel like that.." (SNI)

"...if the mood isn't there...well, that's okay, you can't force it, right...just wait for the mood...hehe..." (SN)

According to the health worker key informant, the midwife, stated that 1 in 10 people who had family planning complained of an effect on decreased

libido, more often they complained about weight, had spots and felt tired. Those who are interested in 3-month hormonal injections are more than 30 years old, but almost all fertile women here have used birth control, and according to him, ways to deal with complaints of side effects of decreased libido include exercising, lots of communication with partners, reducing stress, avoiding smoking, , and alcohol. There are also tips, one of which is to do something new when having sex. Like the following statement:

"...Usually there are not many patients who complain of side effects of decreased libido directly, but there are only 1 in 10 patients who come complaining, but if you dig deeper, maybe more will feel these effects because they usually think that sexual intercourse is considered taboo and embarrassing to say..." (B)

"...Complaints that often occur are usually more about the BB rising fast, aches, spots coming out...like that..." (B) "...

There are more people who are interested in this contraceptive injection compared to other types of birth control, especially those aged 30 years and over and here almost all fertile women use birth control..." (B)

"...The way to deal with the side effects of hormonal injection birth control itself, especially on the effect of reducing libido, includes regular exercise, lots of communication with your partner about how you feel, avoid stress, avoid smoking, alcohol and there are tips as well, one of which is to do something new during an intimate relationship either from the atmosphere, the room or the style..." (B)

Decreased Libido as a Side Effect of 3-Month Injectable Birth Control

The father of modern psychology, namely Sigmund Freud, popularized the term libido and defined it as the energy or instinct contained in what Freud called identification, which is in the unconscious component of psychology. Freud showed that this libidinal urge can conflict with civilized behavior. The basic need to conform to society and control of the libido causes tension and disturbance within the individual, prompting the use of ego defenses to channel the psychic energy of this unsatisfied and mostly unconscious need into other forms. (Aisyah S, 2015)

Decreased libido is the same as sexual dysfunction, which is low sexual desire for a person or the opposite sex, both men and women. This disorder can occur due to various reasons, both psychologically and medically, as well as having an unpleasant effect on the harmony of a relationship between husband and wife. (Manan E, 2013). According to Sulistyawati (2015), decreased libido can occur due to the effects of the hormone progesterone, especially those containing 19 norsteroids. Decreased sexual desire (libido) in injecting birth control acceptors, although it rarely occurs and is not experienced in every woman, in long-term use can occur due to changes in hormonal factors. (David, 2012).

Hormonal contraception is a predictor of sexual dysfunction in female DMPA injectable contraceptive acceptors, where Depo medroxyprogesterone acetate has a different mechanism of action than low-dose progestins. DMPA works by thickening cervical mucus and endometrial changes. And circulating progesterone levels are high enough to effectively increase the luteinizing hormone (LH) so that fertilization does not occur. DMPA, which contains progesterone, has antiestrogenic effects, so long-term use can cause partial estrogen deficiency. Synthetic progesterone cooperates with DMPA by reducing secretion, increasing viscosity, and reducing spinines, causing hypoestrogenism in women, which results in decreased libido, painful intercourse and decreased bone density (baziad, 2008 dalam Natalia, dkk, 2022).

In this study, it was found that most of the participants who experienced a decrease in libido were experienced by the group of informants with characteristics of age over 35 years and the group of informants with a duration of use of more than 3 years while a small number were experienced by the group of informants with reproductive age aged 20-35 years and duration of use under 3 years. The information obtained in this study were informants who experienced sexual desire disorder: hypoactive sexual desire disorder and sexual aversion disorder, experienced by most of the informant groups, namely the group of informants aged 35 years and over and the group informants using family planning over 3 years as the following expression:

This information was reinforced by the statement of the key informant, namely the acceptor's husband who stated that his wife often seemed reluctant (lazy) when asked to have intercourse after using the 3-month injection of family planning. The factor that caused the informants to experience desire disorders was due to the use of the 3-month hormonal injection used. With the duration of using the 3-month injectable birth control, it varies, but on average, after using it for more than 1 year, you start to feel the difference or changes that have occurred.

Sexual arousal disorders in this study were experienced by a group of informants of productive age 20-35 years and a group of informants with a duration of use of family planning under 3 years. Orgasmic disorders, experienced by some groups of informants with duration of use of hormonal injection contraception 3 months under 3 years. Sexual pain disorders/Sexual pain disorders: Dypareunia, Vaginismus, Noncoital sexual pain disorders, this is experienced in part by the acceptor group of reproductive age 20-35 years and the group of informants with a duration of 3 months of injectable birth control under 3 years.

Libido Declining Stage

- Mild Stage

Usually due to mild physical and psychological disturbances such as fatigue, mild stress, or sleep disturbances. After the disturbance disappears, sex drive will soon return to normal.

- Medium Stage

At this stage, the decrease in libido is more severe. Sufferers are treated with drugs and tools so that their sex drive reappears.

- Severe Stage

At this stage there are sufferers who can still be treated with therapy and taking certain medications, but there are also those who are resigned to their fate. (Noprisanti, 2012)

In this study it was found that most of the informants were in the productive age group of 20-35 years, the age group of 35 years and over, the informant group with a duration of using KB injections of 3 months under 3 years or above 3 years experienced a stage of decreased libido which was still relatively mild (mild stage) because after the use is removed and the hormones have stabilized again, the libido itself will reappear without the need for drug therapy.

Changes in Relationship Patterns

How many times is the ideal time to have sex in a week is often the question of many couples. Sometimes the question also arises whether the amount that is done is classified as normal and healthy, just like other couples. However, the actual ideal number for each couple can be different, because it depends on the satisfaction of each partner. Intimate relationships not only meet physical needs, but also build an emotional connection between the two partners in the marriage relationship. The emotional connection factor is more important for women than for men.

Sex does have many benefits, but that doesn't mean it has to be done every day and is mandatory. It's okay if you want to limit the number of times you have sex a week. This is because it doesn't always happen that both partners want to have sex at the same time or as often as other couples. What's more, it's the willingness of both partners that makes intimate relationships more fulfilling, enjoyable, and healthy. Forcing someone to have sex is certainly considered sexual coercion and is not recommended.

CONCLUSIONS AND RECOMENDATIONS

From the results of the research on the experience of using 3-month hormonal injection contraception on the side effects of decreasing libido at PMB Cici Krismawati in 2022, it can be concluded that:

1. Signs and symptoms of decreased libido side effects experienced by informants, that is, most of the informants from the age group of 35 years and over and the group using KB over 3 years more often felt signs of symptoms that appeared and a small number in the group of informants of reproductive age 20-35 years and the group of informants using KB under 3 years were less frequent with a lower stage. still mild, namely disorders of desire, arousal, impaired orgasm, dyspareunia and pain during intercourse.

2. Mild stage is more experienced from informants, namely informants from the age group of 35 years and over, the use group over 3 years and over, the informant group of reproductive age 20-35 years and the group of informants using family planning under 3 years and a small number of them who experienced a moderate stage where they had to use media such as watching to generate passion return.
3. How to overcome when the side effect of decreased libido occurs what the informants and key informants (acceptors and acceptors' husbands) usually do is that there are those who just give up, there are those who try to understand each other, communicate with their partners, and there are also those who watch to bring passion back to both of them.

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