

**THE DESCRIPTION OF SIDE EFFECTS OF HORMONAL  
CONTRACEPTION IN THE WORKING AREA OF THE PALENGAAN  
HEALTH CENTER PAMEKASAN REGENCY**

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**ABSTRACT**

*Family planning is an effort to plan pregnancy in order to achieve a happy and prosperous small family. Based on the contraception selection pattern of active family planning participants in Indonesia, most active family planning participants choose injections and pills as contraception. The purpose of this study is to determine the description of the use and side effects of hormonal contraception in the Palengaan Health Center working area, Pamekasan Regency.*

*This research design used quantitative descriptive methods, using a single variable. The study population was hormonal contraception acceptors in the Palengaan Health Center working area. The sample was taken using purposive sampling technique with a total of 153 respondents. Side effect data was collected using a questionnaire. Data were analyzed descriptively to describe the frequency distribution of side effects experienced by respondents.*

*The results showed that the most widely used type of hormonal contraception was DMPA injections by 43%, followed by Cyclofem injections by 28%, pills by (23%), and implants by (5.2%). Side effects of using hormonal contraception were weight gain (60%), mood swings (91%), breast enlargement/pain (45%), irregular bleeding (54%), and headache/dizziness (50%). The results showed that the most widely used type of hormonal contraception was DMPA injections (43%), followed by Cyclofem injections (28%), pills (23%), and implants (5.2%). Side effects of using hormonal contraception were weight gain (60%), mood swings (91%), breast enlargement/pain (45%), irregular bleeding (54%), and headache/dizziness (50%).*

*Hormonal contraception side effects occur due to hormonal imbalances caused by the introduction of synthetic hormones (estrogen and/or progestin). These hormones affect the body's natural hormone system, particularly in the hypothalamus and pituitary, which can lead to nausea, headaches, mood changes and menstrual irregularities.*

**Keywords: Side Effects, Hormonal Contraception**