

## **ABSTRACT**

**Background:** *Worldwide, hypertension is a major public health problem and is often a risk factor for cardiovascular disease, and has not been controlled optimally. Several studies found that there was a significant increase in blood pressure in users of hormonal contraceptive methods, although not clinically significant. The purpose of this study was to analyze the factor of long use of hormonal contraception with the incidence of hypertension.* **Methods:** *This type of research is a literature review with a research design using the PRISMA, PICO approach and selection and quality assessment using the JBI checklist. The search was carried out in 3 electronic databases (Scopus, DOAJ, and Sinta) published in 2016-2021 and published in Indonesian and English. The search found 505 articles, then selected, leaving 18 articles according to the inclusion criteria. The independent variable is the duration of the use of hormonal contraception and the dependent variable is hypertension.* **Results:** *from 14 articles discussing contraceptive pills, 11 articles there is a relationship with the incidence of hypertension, the average duration is > 1 year. Of the eight articles discussing almost half of them using DMPA injectable contraceptives, six articles stated that there was a relationship with the incidence of hypertension, the average duration was > 1 year. And of the five articles discussing implant contraception, three articles stated that there was no relationship between the incidence of hypertension with an average duration of > 5 years.* **Conclusion:** *From 18 articles, it was stated that there was a relationship between the length of time using hormonal contraceptives and the incidence of hypertension. However, not all incidences of hypertension are influenced by the length of use of hormonal contraception, which could be due to other influencing factors. For the next researcher, they can conduct research on other factors, namely increasing age and increasing weight which triggers hypertension to increase.*

**Keyword:** *duration of use, hormonal contraception, hypertension*