

GAMBARAN TEKANAN DARAH PADA AKSEPTOR KB SUNTIK 3 BULAN DI PUSKESMAS KALUMATA KOTA TERNATE

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INTISARI

Latar Belakang: KB Suntik 3 bulan merupakan salah satu jenis kontrasepsi yang berupa suntikan progestin secara IM pada otot gluteus yang diberikan setiap 3 bulan. Dalam penggunaan jangka panjang dari alat kontrasepsi ini dapat menyebabkan risiko terkena tekanan darah tinggi.

Tujuan: Melihat gambaran tekanan darah pada akseptor KB suntik 3 bulan di Puskesmas Kalumata Kota Ternate

Metode: Penelitian ini menggunakan jenis penelitian deskriptif kuantitatif non-eksperimental. Penentuan sampel dalam penelitian ini yaitu purposive sampling yang sesuai dengan kriteria inklusi dan eksklusi penelitian yaitu sebanyak 27 orang. Analisis data menggunakan analisis univariat.

Hasil Penelitian: Berdasarkan hasil penelitian tekanan darah akseptor KB suntik 3 bulan di Puskesmas Kalumata Kota Ternate menunjukkan mayoritas memiliki tekanan darah normal yaitu 20 (74.1%) akseptor dan dengan kategori prehipertensi yaitu 7 (25.9%) akseptor yang mengalami prehipertensi.

Kesimpulan: Mayoritas akseptor KB suntik 3 bulan di puskesmas kalumata kota ternate memiliki tekanan darah yang normal. Disarankan dilakukan pemantauan jangka Panjang dalam mengukur tekanan darah pada akseptor kb suntik 3 bulan.

Kata Kunci: Akseptor KB, KB Suntik 3 bulan, Pukesmas Kalumata, Tekanan Darah.

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DESCRIPTION OF BLOOD PRESSURE IN 3-MONTH INJECTION KB ACCEPTERS AT KALUMATA HEALTH CENTER, TERNATE CITY

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ABSTRACT

Background: 3-month injection birth control is a type of contraception in the form of IM injections of progestin in the gluteus muscles which are given every 3 months. In the long term use of this contraceptive can cause the risk of developing high blood pressure.

Objective: To see an overview of blood pressure in 3-month injection family planning acceptors at the Kalumata Health Center, Ternate City

Method: This study uses a non-experimental quantitative descriptive research type. Determination of the sample in this study, namely purposive sampling in accordance with the inclusion and exclusion criteria of the study, namely as many as 27 people. Data analysis using univariate analysis.

Research Results: Based on the JNC classification (2018) the blood pressure of 3-month injectable family planning acceptors at the Kalumata Public Health Center in Ternate City showed that the majority had normal blood pressure, namely 20 (74.1%) acceptors and in the prehypertension category, namely 7 (25.9%) acceptors who experienced prehypertension.

Conclusion: The majority of family planning acceptors who take the 3-month injection at the Kalumata Community Health Center, Ternate City have normal blood pressure. It is recommended that long-term monitoring be carried out in measuring blood pressure in KB injection acceptors for 3 months.

Keywords: Blood pressure, KB acceptors, Kalumata Public Health Center , 3 months injection KB,

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