

GAMBARAN GANGGUAN MENSTRUASI PADA AKSEPTOR LAMA KB SUNTIK DEPO MEDROKSI PROGESTERON ASETAT (DMPA) DI PUSKESMAS IMOIRI 1 BANTUL YOGYAKARTA

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INTISARI

Latar Belakang : Progam Keluarga Berencana (KB) dilakukan dalam mengatur jumlah kelahiran. Salah satunya kontrasepsi hormonal suntik 3 bulanan seperti DMPA (Hartanto 2003). Permasalahan yang sering dihadapi akseptor DMPA adalah gangguan menstruasi seperti spotting, menorrhagia, dan amenorrhea. Studi pendahuluan yang peneliti lakukan pada wawancara 20 akseptor lama KB suntik DMPA di Puskesmas Imogiri 1 didapatkan 16 akseptor mengalami gangguan menstruasi berupa spotting, menorrhagia, dan amenorrhea. 4 akseptor lainnya tidak mengalami gangguan menstruasi.

Tujuan : Mengetahui Gambaran Gangguan menstruasi pada akseptor lama KB suntik DMPA di Puskesmas Imogiri 1 Bantul Yogyakarta.

Metode penelitian : Jenis penelitian *descriptif*. Sampel diambil dengan teknik *Purposive Sampling*, sehingga diperoleh jumlah sampel sebanyak 63 akseptor lama KB Suntik DMPA. Instrumen penelitian adalah kuesioner dan hasil penelitian dianalisis dengan distribusi frekuensi relatif atau prosentase.

Hasil Penelitian : Gangguan spotting yang dialami akseptor lama KB suntik DMPA di Puskesmas Imogiri 1 Bantul Yogyakarta yaitu gangguan spotting ringan sebesar 27 akseptor (42,9%). Gangguan menorhagi yang dialami akseptor lama KB suntik DMPA di Puskesmas Imogiri 1 Bantul Yogyakarta yaitu gangguan menorhagi ringan 31 akseptor (49,2%). Gangguan amenorrhea pada akseptor KB suntik DMPA di Puskesmas Imogiri 1 Bantul Yogyakarta adalah mengalami gangguan amenorrhea sedang sebanyak 43 akseptor (68,3%).

Kesimpulan : Gangguan menstruasi pada akseptor lama KB suntik DMPA di Puskesmas Imogiri 1 Bantul Yogyakarta masuk dalam kategori gangguan menstruasi sedang sebesar 30 (47,6%).

Kata Kunci : Gangguan Menstruasi, Akseptor lama KB suntik DMPA

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**THE DESCRIPTION OF MENSTRUATION DISORDER IN OLD
ACCEPTORS OF DEPO MEDROXY PROGESTERON ACETATE
(DMPA) INJECTION CONTRACEPTIVE IN IMOIRI I COMMUNITY
HEALTH CENTER, BANTUL, YOGYAKARTA**

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ABSTRACT

Background : Family Planning program is conducted in term of controlling birth rate. A kind of this program is trimester injection hormonal contraceptive such as DMPA (Hartanto, 2003). Typical problems that are commonly faced by DMPA acceptors are menstruation disorders such as spotting, menorrhagia, and amenorrhagia. Preliminary study with interviews to 20 old acceptors of DMPA injection contraceptive in Imogiri I community health center discovered 16 acceptors who suffered menstruation disorders such as spotting, menorrhagia, and amenorrhagia. The other 4 acceptors had no menstruation disorder.

Objective : To find out the description of menstruation disorder in old acceptors of Depo Medroxy Progesteron Acetate (DMPA) injection contraceptive in Imogiri I Community Health Center, Bantul, Yogyakarta

Method : This was a descriptive study. Samples were selected through purposive sampling technique as many as 63 old acceptors of DMPA injection contraceptive. Study instrument were questionnaires and study result was analyzed with relative frequency distribution or percentage.

Result : Spotting disorder suffered by old acceptors of DMPA injection contraceptive in Imogiri I community health center, Bantul, Yogyakarta, was minor spotting disorder as many as 27 acceptors (42,9 %). Menorrhagia disorder suffered by old acceptors of DMPA injection contraceptive in Imogiri I community health center, Bantul, Yogyakarta, was minor menorrhagia disorder as many as 31 acceptors (49,2 %). Amenorrhagia disorder in DMPA injection contraceptive acceptors in Imogiri I community health center, Bantul, Yogyakarta, was moderate amenorrhagia disorder as many as 43 acceptors (68,3 %).

Conclusion : Menstruation disorder in old acceptors of DMPA injection contraceptive in Imogiri I community health center, Bantul, Yogyakarta, was categorized as moderate menstruation disorder as many as 30 (47,6 %).

Keywords : Menstruation disorder, Old Acceptors of DMPA injection contraceptive.

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