

## INTISARI

### GAMBARAN TINGKAT KECEMASAN IBU TENTANG POLA MENSTRUASI DALAM MENGGUNAKAN KB SUNTIK *DMPA* DI BPM APPI AMELIA BANGUNJIWO KASIHAN BANTUL YOGYAKARTA PADA TAHUN 2015

Deni Asokawati<sup>1</sup>, Endang Rostiati<sup>2</sup>

**LatarBelakang** : Berdasarkan Badan Kependudukan dan Keluarga Berencana Nasional (BKKBN) peserta KB aktif di Indonesia pada tahun 2014 sejumlah 35.190.777 juta jiwa. Sehingga di Indonesia pada tahun 2014 pengguna akseptor KB aktif lebih banyak menggunakan kontrasepsi suntik (47,54%), dan penggunaan akseptor KB aktif lebih rendah menggunakan metode kontrasepsi MOP (0,69%) (BKKBN, 2014). Berdasarkan hasil studi yang didapatkan dari dinas kesehatan, di Kabupaten Bantul terdapat 17 Kecamatan, salah satunya Kecamatan Kasihan dengan pengguna KB aktif dan peserta KB baru terbanyak ke dua dengan jumlah PUS 16.552 jiwa. Hasil studi pendahuluan yang dilakukan sebanyak 4 kali dengan wawancara kepada 10 orang akseptor KB *DMPA* diperoleh hasil sebanyak 7 orang (70%) menyatakan cemas karena menstruasinya sedikit dan tidak teratur, dan 3 orang (30%) menyatakan tidak cemas.

**Tujuan** : Diketuinya tingkat kecemasan ibu tentang pola menstruasi dalam menggunakan KB suntik *DMPA* di BPM Appi Amelia.

**Metode** : Penelitian ini merupakan jenis penelitian *Deskriptif*. Penelitian ini dilakukan dengan pendekatan survey, pengambilan sampel dengan *purposive sampling*, besar sampel 55 responden yang sesuai dengan inklusi dan eksklusi. Analisis data menggunakan analisis *univariat*.

**Hasil** : Hasil penelitian menunjukkan bahwa tingkat kecemasan ibu tentang pola menstruasi dalam menggunakan KB suntik *DMPA* di BPM Appi Amelia adalah kategori tidak cemas sebanyak 6 responden (10,9%), ringan sebanyak 24 responden (43,6%), sedang sebanyak 16 responden (29,1%), berat sebanyak 8 responden (14,5%) dan sangat berat sebanyak 1 responden (1,8%).

**Kesimpulan** : Tingkat kecemasan ibu tentang pola menstruasi dalam menggunakan KB suntik *DMPA* di BPM Appi Amelia sebagian besar adalah ringan yaitu 24 responden atau 43,6%.

Kata Kunci : kecemasan, menstruasi, KB Suntik *DMPA*

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<sup>1</sup>Mahasiswa Program Studi Kebidanan (D-3) Stikes Jenderal Achmad Yani Yogyakarta

<sup>2</sup>Dosen Pembimbing Kebidanan (D-3) Stikes Jenderal Achmad Yani Yogyakarta

## ABSTRACT

### THE DESCRIPTION OF ANXIETY LEVEL OF MOTHERS ABOUT MENSTRUATION PATTERN IN APPLYING DMPA INJECTION CONTRACEPTIVE IN PRIVATE PRACTICE MIDWIFE APPI AMELIA BANGUNJIWO KASIHAN BANTUL YOGYAKARTA 2015

Deni Asokawati<sup>1</sup>, Endang Rostiati<sup>2</sup>

**Background** : Based on National Family Planning and Population Agency (BKKBN), the number of active family planning participants in Indonesia in 2014 was 35.190.777 people, so that in Indonesia in 2014, the active family planning acceptors had higher usage of injection contraceptive (47,54%) and lower usage of MOP contraceptive (0,69%) (BKKBN, 2014). Based on the result the study from Health Agency in Bantul regency with 17 sub districts, identified Kasihan as the sub district with second most number of active contraceptive applicants and new family planning participants with the number of fertilized-aged couples (PUS) as many as 16.552 people. Preliminary study conducted 4 times through interviews with 10 DMPA contraceptive acceptors identified 7 respondents (70%) who were anxious as their menstruation was little and irregular, and 3 respondents (30%) who were not anxious.

**Objective** : To find out the description of anxiety level of mothers about menstruation pattern in applying dmpa injection contraceptive in private practice midwife Appi Amelia, Bangunjiwo, Kasihan, Bantul, Yogyakarta, 2015

**Method** : This was a descriptive study with survey approach. Samples were selected through purposive sampling technique as many as 55 respondents who met the inclusion and exclusion criteria. Data analysis applied univariate analysis.

**Result** : The result of this study implied that the anxiety level of mothers about menstruation pattern in applying DMPA injection contraceptive in Private Practice Midwife Appi Amelia was in "no anxiety" category as many as 6 respondents (10,9%), minor anxiety as many as 24 respondents (43,6%), moderate anxiety as many as 16 respondents (29,1%), severe anxiety as many as 8 respondents (14,5%), and really panic as many as 1 respondent (1,8%).

**Conclusion** : The anxiety level of mothers about menstruation pattern in applying DMPA injection contraceptive in private practice midwife Appi Amelia wa mostly in minor anxiety category as many as 24 respondents (43,6%).

**Keyword** : Anxiety, Menstruation, DMPA injection contraceptive.

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[1] A student of Diploma III Midwifery Study Program of A.Yani Yogyakarta High School of Health Science

[2] A counseling lecturer of Diploma III Midwifery Study Program of A.Yani Yogyakarta High School of Health Science