

## Efek Samping Kontrasepsi Hormonal Di Puskesmas Leksono II Kabupaten Wonosobo Tahun 2013

### INTISARI

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**Latar Belakang :** Kontrasepsi hormonal mempunyai keluhan mual, sakit kepala (<1-17%) (pusing), galaktorea (90%), perubahan berat badan (7-9%) (Hartanto dkk, 2005). Kontrasepsi hormonal memiliki resiko tinggi terhadap disfungsi seksual wanita sedangkan kontrasepsi non hormonal memiliki risiko terkecil terhadap disfungsi seksual wanita. Disfungsi seksual merupakan penyakit umum, dimana dua dari lima wanita mengalami keluhan rendahnya gairah seksual. Salah satu penyebabnya adalah penggunaan kontrasepsi hormonal. Berdasarkan survey pendahuluan yang dilakukan peneliti di Puskesmas Leksono II diketahui bahwa jumlah kontrasepsi hormonal pada tahun 2012 sebanyak 1008 orang (pil : 136, suntik : 476, implan : 360)

**Tujuan :** Untuk Mengetahui efek samping kontrasepsi hormonal di Puskesmas Leksono II Kabupaten Wonosobo.

**Metode Penelitian :** Jenis penelitian deskriptif, pendekatan cross sectional, sampel 81 orang sesuai dengan kriteria inklusi dan eksklusi. Analisis data menggunakan univariat.

**Hasil Penelitian :** mayoritas efek samping pil kombinasi dan suntik kombinasi responden mengalami mual muntah sebanyak 10 responden (90,91%), mayoritas efek samping pil progestin dan suntik progestin responden mengalami amenorhoe sebanyak 29 responden (72,5%), mayoritas efek samping implan responden mengalami spotting yaitu 17 responden (56,67%)

**Kesimpulan :** Hasil penelitian dengan menggunakan analisis univariate menunjukkan bahwa efek samping kontrasepsi hormonal mempunyai keluhan mual sebanyak (90,91%), amenorhoe (72,5%) dan spotting (56,67%)

**Kata Kunci :** efek samping, kontrasepsi hormonal

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## Side Effects of Hormonal Contraception in Health Center II Leksono Wonosobo regency in 2013

### ABSTRACT

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**Background:** Hormonal contraceptives have complaints of nausea, headache (<1-17%) (dizziness), galactorrhea (90%), weight change (7-9%) (Hartanto et al, 2005). Hormonal contraceptives have a higher risk of female sexual dysfunction Whereas non-hormonal contraception has the smallest risk for female sexual dysfunction. Sexual dysfunction is a common disease, in which two of the five women had complaints of low sexual desire. One reason is the use of hormonal contraceptives. Based on preliminary surveys conducted by researchers at the Health Center II Leksono known that the amount of hormonal contraception in the year 2012 as many as 1008 people (contraceptive pill: 136, injectable contraceptives: 476, contraceptive implants: 360) and every month there are 81 users of hormonal contraception.

**Objective:** To Know the side effects of hormonal contraceptives at the health center II Leksono Wonosobo regency.

**Method:** a descriptive study, a cross sectional sample of 81 people according to the inclusion and exclusion criteria. Data using univariate analysis.

**Results:** The majority of the side effects of combination pills and injectable combination of respondents experiencing nausea and vomiting by 10 respondents (90.91%), the majority of the side effects of progestin pills and injectable progestin experienced amenorrhoe respondents were 29 respondents (72.5%), the majority of the side effects of the implant respondents experienced spotting the 17 respondents (56.67%)

**Conclusion:** The results of studies using univariate analysis showed that the side effects of hormonal contraception have as much nausea (90.91%), amenorrhoe (72.5%) and spotting (56.67%)

Keywords: side effects, hormonal contraceptives

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