

## INTISARI

### GAMBARAN PENANGANAN EFEK SAMPING KB SUNTIK OLEH AKSEPTOR DI BPM APPI AMELIA BIBIS BANGUNJIWO KASIHAN BANTUL

Hendriana Lestari Pradina<sup>1</sup>, Endang Rostiati<sup>2</sup>

**Latar Belakang :** Data SDKI 2010-2012, prevalensi pemakaian kontrasepsi suntik di Indonesia 46,8%. Pemberian kontrasepsi suntikan sering menimbulkan gangguan dan biasanya bersifat sementara serta tidak mengganggu kesehatan. Keluhan gangguan haid lebih dominan daripada yang lain (30%) meliputi amenorea, spotting (bercak darah) dan menoragia, dan dijumpai pula keluhan mual, sakit kepala (<1-17%) (pusing), galaktorea (90%), perubahan berat badan (7-9%). Studi pendahuluan di BPM Appi Amelia menunjukkan 60% dari akseptor KB suntik menyatakan keluhan kenaikan berat badan dan terganggunya siklus menstruasi.

**Tujuan Penelitian :** Mengetahui gambaran penanganan efek samping KB suntik oleh akseptor di BPM Appi Amelia Bibis Bangunjiwo Kasihan Bantul

**Metode Penelitian :** Jenis penelitian *descriptif*. Dalam penelitian diperoleh sebanyak 65 akseptor KB suntik DMPA. Instrumen penelitian adalah kuesioner dan hasil penelitian dianalisis dengan distribusi frekuensi relatif atau prosentase.

**Hasil Penelitian :** Penanganan efek samping pola haid mayoritas kategori baik (73,8%), depresi mayoritas kategori baik (58,5%), keputihan mayoritas kategori baik (49,2%), jerawat mayoritas kategori cukup (47,7%), perubahan libido mayoritas kategori cukup (53,8%), perubahan berat badan mayoritas kategori baik (69,2%), sakit kepala mayoritas kategori cukup (49,2%), hematoma mayoritas kategori cukup (41,5%), infeksi dan abses mayoritas kategori baik (61,5%). Secara keseluruhan penanganan efek samping KB Suntik mayoritas adalah kategori cukup (44,6%).

**Kesimpulan :** Penanganan efek samping KB suntik oleh akseptor di BPM Appi Amelia Bangunjiwo Kasihan Bantul adalah kategori cukup. Bidan perlu meningkatkan pemberian konseling secara mendalam agar akseptor KB suntik bisa menerima informasi dan menerapkannya, agar akseptor KB suntik tidak mengalami *drop out* dalam menggunakan KB suntik

Kata Kunci : Akseptor KB, efek samping.

---

<sup>1</sup> Mahasiswa DIII Kebidanan STIKES Jenderal Achmad Yani Yogyakarta

<sup>2</sup> Dosen DIII Kebidanan STIKES Jenderal Achmad Yani Yogyakarta

## ABSTRACT

### THE DESCRIPTION OF HANDLING SIDE-EFFECTS ON KB INJECTION BY ACCEPTOR IN BPM APPI AMELIA BIBIS BANGUNJIWO KASIHAN BANTUL

Hendriana Lestari Pradina<sup>1</sup>, Endang Rostiati<sup>2</sup>

**Background:** The data from SDKI 2010-2012<sup>th</sup>, the prevalence of used injection contraceptive in Indonesia 46,8 %. The provision of injection contraceptive, it's often cause nuisance and usually it's just transient, then it's not harm of health. The complaints of menstrual disorder more dominant than other (30%) including amenorea, spotting (blood spots) and menoragia and also found nauseous, headache (<1-17%), galactorea (90%) change of weight (7-9%). Preliminary studies in BPM Appi Amelia showed 60% of acceptors KB injections explain that cause weight and disruption of menstrual cycle.

**Objective:** To identify the overview of handling side-effects KB injection by acceptor in BPM Appi Amelia Bibis Bangunjiwo Kasihan Bantul.

**Method:** This is used a descriptive method, in this research was taken 65 acceptor of KB injection DMPA. The research instrument is a questioners and the result was analyzed with the distribution of relative frequency or percentage.

**Results:** The treatment of menstrual side-effect has good category (73,8%), in depression majority has good category (58,5 %), the vaginal discharge majority has good category (49,2%), in the acne have sufficient category (47,7%), libido change get simply majority of category (53.8%), the weight change majority have good category (69,2%), headache majority has enough category (49,2%), hematoma also have enough category (41,5%), in the infection and abases majority has good category (61,5%). overall the treatment of side-effect KB injection majority is sufficient category (44,6%).

**Conclusion:** the treatment of side-effects KB injection by acceptor in BPM Appi Amelia Bibis Bangunjiwo Kasihan Bantul is enough categories. Midwives need to improve a concealing to KB injection acceptor can be receive information and apply it. So the KB injection acceptors do not drop out in use KB injection.

Keywords: KB Acceptor and Side-Effect.

---

<sup>1</sup> The Students DIII Midwifery STIKES of Jendral Achmad Yani Yogyakarta

<sup>2</sup> Lecturer DIII Midwifery STIKES of Jendral Achmad Yani Yogyakarta