

**GAMBARAN KECEMASAN CALON AKSEPTOR DALAM MEMILIH
ALAT KONTRASEPSI IUD DI BPM SUPRAPTI KRAGILAN SINDUADI
MELATI SLEMAN**

INTISARI

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Latar Belakang: Prevalansi metode kontrasepsi di Indonesia yang paling banyak digunakan oleh peserta KB aktif adalah suntikan (46,87%) dan terbanyak ke dua adalah pil (24,54%). Sedangkan metode kontrasepsi yang paling sedikit dipilih oleh peserta KB aktif adalah Metoda Operasi Pria (MOP), yakni sebanyak 0,69%. Dari laporan kontrasepsi IUD masih tergolong alat kontrasepsi yang paling diminati 11,41. DIY merupakan terbesar kedua (89,08%) sebagai peserta KB aktif tingkat nasional. Hasil studi pendahuluan di BPM Suprapti, Kragilan, Sinduadi, Mlati, Sleman, bahwa jumlah akseptor IUD sebanyak 31 akseptor. juga melakukan wawancara terhadap 15 akseptor KB. Isi wawancara mengenai hal-hal yang berkaitan dengan kecemasan jika menggunakan KB IUD. Hasil wawancara menunjukkan 3 akseptor memiliki kecemasan sedangkan hal ini diketahui ketika ditanya mengenai apakah ibu cemas dan ragu menggunakan IUD dan 4 akseptor siap dan tidak cemas sama sekali jika harus menggunakan KB IUD. Wawancara di lakukan pada ibu pengguna kontrasepsi jangka pendek.

Tujuan Penelitian : Mengetahui gambaran kecemasan calon akseptor dalam memilih alat kontrasepsi IUD di BPM Suprapti, Kragilan, Sinduadi, Mlati, Sleman.

Metode Penelitian : Penelitian ini menggunakan *deskriptif*. Teknik pengambilan sampel *purposive sampling*. Sampel sebanyak 70 akseptor, dengan instrumen kuisioner.

Hasil Penelitian : Sebagian besar responden berumur 20 - 35 tahun (72,9%) , pendidikan SMA (47,1%) dan ibu rumah tangga/IRT (54,3) dengan tingkat kecemasan calon akseptor dalam memilih alat kontrasepsi IUD kategori tidak cemas (20,0%), ringan (25,7%), sedang (32,9%) dan berat (21,4%).

Kesimpulan : Sebagian besar responden berumur 20 - 35 tahun, pendidikan SMA dan ibu rumah tangga/IRT dan dengan tingkat kecemasan sedang

Kata Kunci : Kecemasan, Memilih Alat Kontrasepsi IUD

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**DESCRIPTION OF OF ANXIETY IN CHOOSING THE CANDIDATE
ACCEPTORS IUD CONTRACEPTION TOOLS
IN BPM SUPRAPTI KRAGILAN SINDUADI
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ABSTRACT

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Background: The prevalence of contraceptive methods in Indonesia's most widely used by active family planning participants are injections (46.87%) and the second highest is the pill (24.54%). While the contraceptive method chosen by the least active family planning participants are Operation Method Man (MOP), which is as much as 0.69%, then the condom as much as 3.22%. From these reports IUD is still considered the most desirable contraceptives 11.41. The prevalence provinces with the active family planning participants DIY (89.08%). DIY is the second largest province (89.08%) as an active participant of national-level planning. The study results pendahuluandi BPM Suprapti, Kragilan, Sinduadi, Mlati, Sleman, showed that the number of IUD acceptors as much as 31 acceptors. In the preliminary study the researchers also conducted interviews of 15 acceptors. Fill interviews on matters related to anxiety when using the IUD. Interviews showed 3 acceptors have anxiety while it is known from their answers when asked about whether the mother anxious and hesitant to use IUD and 4 acceptor ready and do not worry at all if it should use the IUD. Interview done on the mother's short-term contraception such as injections, birth control pills and condoms

Objective: To identify candidate acceptor picture of anxiety in choosing a contraceptive IUD in BPM Suprapti, Kragilan, Sinduadi, Mlati, Sleman.

Methods: This study used a descriptive. The sampling technique used in this study is purposive sampling. The sample in this research were 70 acceptors. The data analysis using descriptive percentages. Data collection instrument was a questionnaire.

Results: The percentage descriptive analysis of test results, the majority of respondents aged 20-35 years (72.9%), high school education (47.1%) and housewives / IRT (54.3%), the level of anxiety in the candidate acceptor choosing a contraceptive IUD category are not worried (20.0%), mild (25.7%), moderate (32.9%) and severe (21.4%).

Conclusion: The majority of respondents aged 20-35 years, high school education and housewives / IRT the level of anxiety in choosing

Keywords: Anxiety, Choosing IUD Contraception

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