

# **GAMBARAN TINGKAT PENGETAHUAN TENTANG EFEK SAMPING ALAT KONTRASEPSI IUD PADA AKSEPTOR KB IUD DI PUSKESMAS KASIHAN II BANTUL**

Lodovika<sup>1</sup>, Eva Putriningrum<sup>2</sup>

## **INTISARI**

**Latar Belakang :** IUD adalah suatu alat atau benda yang dimasukkan ke dalam rahim yang sangat efektif, *reversible* dan jangka panjang, dapat dipakai oleh semua perempuan usia reproduktif. Namun masih banyak akseptor IUD yang mengalami efek samping. Efek samping IUD merupakan masalah bagi seorang akseptor yang mengalami karena merupakan beban kejiwaan yang harus ditanggungnya, yang berakhir pada adanya kekhawatiran, dan kecemasan yang berlebihan terhadap kondisi yang dialami. Pengetahuan mengenai efek samping merupakan hal penting dalam upaya perlindungan terhadap kesehatan, minimnya pengetahuan akan berdampak terhadap peningkatan angka kejadian gangguan kesehatan akibat efek samping kontrasepsi. Di Puskesmas Kasihan II Bantul terdapat 5 orang akseptor KB IUD belum mengetahui lebih dalam tentang efek samping kontrasepsi IUD.

**Tujuan:** Mengetahui gambaran tingkat pengetahuan akseptor KB IUD tentang efek samping alat kontrasepsi IUD.

**Metode Penelitian:** Penelitian ini merupakan jenis penelitian *deskriptif kuantitatif*. Populasi pada penelitian ini adalah semua akseptor KB IUD di Puskesmas Kasihan II Bantul pada bulan Januari sampai dengan bulan Mei 2016 yang berjumlah 44 orang. Pengambilan sampel menggunakan *total sampling*. Pengambilan data menggunakan kuesioner tertutup. Analisa data menggunakan analisa univariat.

**Hasil Penelitian:** Tingkat pengetahuan akseptor KB IUD tentang efek samping perdarahan di Puskesmas Kasihan II Bantul adalah baik (47,7%), keputihan cukup (50,0%), disminore baik (93,2%), dispareunia baik (70,5%), ekspulsi kurang (54,5%), mules/nyeri cukup (81,8%), perforasi kurang (65,9%), dan infeksi kurang (47,7%),

**Kesimpulan:** Tingkat pengetahuan akseptor KB IUD tentang efek samping di Puskesmas Kasihan II Bantul sebagian besar cukup (81,8%).

**Kata Kunci :** Tingkat pengetahuan, KB IUD, Efek samping.

---

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

<sup>2</sup>Stikes Jenderal Achmad Yani Yogyakarta

# THE LEVEL OF KNOWLEDGE ABOUT THE SIDE EFFECTS OF CONTRACEPTIVE IUD ACCEPTORS IUD IN HEALTH KASIHAN II BANTUL

Lodovika<sup>1</sup> , Eva Putriningrum<sup>2</sup>

## ABSTRACT

**Background:** IUD is a device or object that is inserted into the uterus very effective, reversible and long term, can be used by all women of reproductive age. But there are still many IUD acceptors who experience side effects, side effects of IUD is a problem for an acceptor who suffered because of the psychological burden that should be on the responsibility, which ends on their concerns, and excessive anxiety to conditions experienced. Knowledge about the side effects are important in efforts to protect the health, lack of knowledge will have an impact on the increase in the incidence of health problems due to the side effects of contraceptives. On health Kasihan II Bantul there are 5 people IUD acceptors do not know more about the side effects of IUD.

**Objective:** Knowing the level overview IUD acceptors knowledge about the side effects of contraceptive IUD.

**Methods:** This research is quantitative descriptive research . The population in this study were all IUD acceptors in health Kasihan II Bantul in January to May 2016 amounted to 44 people . Sampling using total sampling . Retrieving data using the questionnaire enclosed with amount

23 statement This research was conducted on 12-20 August 2016 in health Kasihan II Bantul by the number of respondents 44 IUD acceptors.

**Results:** The level of knowledge of family planning acceptors of IUD bleeding side effects in poor health center II Bantul was good (47.7 %) , whitish enough (50.0 %) , disimnore good (93.2 %) , dyspareunia good (70.5 %) , expulsion less ( 54.5 %) , mules / painful enough (81.8 %) , perforation less (65.9 %) , and less infection (47.7 %).

**Conclusion:** Expected health workers can improve counseling about side effects of IUD so akseptot IUD has a good knowledge about the IUD, especially the side effects of IUD.

**Keywords:** The level of knowledge , IUD , side effects .

---

<sup>1</sup>A student of (D-3) Midwifery Study Program School of Health A.Yani Yogyakarta

<sup>2</sup>A lecturer of (D-3) Midwifery Study Program School of Health A. Yani Yogyakarta