

GAMBARAN KEJADIAN EFEK SAMPING PADA PEMAKAIAN KB SUNTIK 3 BULAN DI KLINIK PELITA HATI BANGUNTAPAN BANTUL YOGYAKARTA

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INTISARI

Latar Belakang: Indonesia merupakan negara berkembang dengan jumlah penduduk yang banyak, akan tetapi kualitas penduduk masih rendah sebab permasalahan utama bidang kesehatan yaitu Angka Kematian Ibu (AKI) belum teratasi. Satu faktor yang berkontribusi adalah ibu hamil dengan 4T dan gagalnya kontrasepsi. Menggalakkan program KB merupakan potensi untuk menurunkan AKI dan menekan laju pertumbuhan penduduk. Berdasarkan data BKKBN 2015, Kabupaten Bantul memiliki jumlah PUS tertinggi dan pengguna kontrasepsi tertinggi pertama dengan kontrasepsi suntikan yang paling banyak digunakan yaitu sebanyak 47,66%.

Tujuan: Diketuinya gambaran kejadian efek samping pada pemakaian KB suntik 3 bulan di Klinik Pelita Hati Banguntapan Bantul Yogyakarta.

Metode Penelitian: Jenis penelitian *deskriptif*, pendekatan *survey*, teknik sampling menggunakan *purposive sampling*. Instrument menggunakan *checklist*. Analisis data menggunakan analisis univariat.

Hasil: Kejadian efek samping pada pemakaian KB suntik 3 bulan di Klinik Pelita Hati Banguntapan berdasarkan gangguan menstruasi *amenorrhoe* sebanyak 36 responden (81.80%), efek samping berdasarkan *spotting* sebanyak 12 responden (27.30%), efek samping berdasarkan perubahan berat badan sebanyak 33 responden (75.00%) dan efek samping berdasarkan pusing/ sakit kepala sebanyak 12 responden (27.30%).

Kesimpulan: Darikeseluruhan responden di Klinik Pelita Hati mayoritas mengalami efek samping pemakaian KB suntik 3 bulan berdasarkan gangguan menstruasi *amenorrhoe* yaitu sebanyak 36 responden (81.80%).

Kata Kunci: Efek Samping, KB Suntik 3 Bulanⁱ

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**INCIDENCE OVERVIEW OF SIDE EFFECTS ON 3 MONTHS
INJECTABLE CONTRACEPTIVE USE IN PELITA HATI BANTUL
HEALTH CLINIC YOGYAKARTA**

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ABSTRACT

Background: Indonesia has a large population, but the quality of the population is still low because the main problem of health sector of Mother Mortality Rate (MMR) was unresolved. Factor that most contributed is pregnant women with 4T and contraceptive failure. Promote the contraceptive user is the potential to reduce MMR and reduce the rate of population growth. Based on data from DIY Health Agency (BKKBN) 2015, Bantul has the highest number of contraceptive user in Yogyakarta with injectable contraceptives are the most frequently used (47,66%).

Objective: Knowing the overview side effects on 3 months injectable contraceptive use in Pelita Hati Bantul Health Clinic Yogyakarta.

Method: The research was using descriptive survey research design. The sampling technique was using purposive sampling. This research was using checklist as measuring instrument and the data were analyzed using univariate data analysis.

Result: Incidence of side effects on 3 months injectable contraceptive use in Pelita Hati Health Clinic by menstrual disorders (amenorrhoe) is 36 respondents (81.80%), side effects by spotting is 12 respondents (27.30%), side effects by weight disorders is 33 respondents (75.00%) and side effects by dizziness/headaches is 12 respondents (27.30%).

Conclusion: Most of the incidence of side effects on 3 months injectable contraceptive in Pelita Hati Health Clinic is menstrual disorders (amenorrhoe), there are 36 respondents (81.80%).

Keywords: Side Effects, 3 Months Injectable Contraceptiveⁱⁱ

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