

**GAMBARAN EFEK SAMPING PADA AKSEPTOR KB SUNTIK 3 BULAN
DMPA DI PMB MARIA ULFA KECAMATAN BANDUNGAN
KABUPATEN SEMARANG TAHUN 2020**

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ABSTRAK

Latar Belakang : kontrasepsi KB suntik memiliki banyak efek samping seperti gangguan haid (berupa amenorea, spotting dan menoragia), terjadinya kenaikan berat badan, keputihan, timbulnya jerawat pada wajah, pusing/sakit kepala, mual dan muntah. Di PMB Maria Ulfa dari 10 akseptor KB suntik 3 bulan didapatkan 8 akseptor mengalami efek samping.

Tujuan penelitian : untuk mendeskripsikan gambaran efek samping pada akseptor KB suntik 3 bulan DMPA di PMB Maria Ulfa Bandungan Kabupaten Semarang Tahun 2020.

Metode : Jenis penelitian adalah penelitian deskriptif dengan pendekatan *cross sectional*. Populasi 145 orang akseptor KB suntik 3 bulan yang berkunjung di PMB Maria Ulfa S. ST.Keb Bandungan Kabupaten Semarang pada tanggal 1 November – 30 November 2020. Sampel sejumlah 145 orang dengan teknik *total sampling*.

Hasil : Hasil penelitian menunjukkan sebanyak 55 responden (37,9%) mengalami gangguan haid sebanyak 38 responden (26,2%) mengalami peningkatan berat badan, sebanyak 24 responden (16,6%) mengalami keputihan, dan sebanyak 28 responden (19,3%) mengalami sakit kepala.

Saran : Bidan dapat memberikan konseling tambahan dan mengurangi cara penanggulangan efek samping suntik pada akseptor KB 3 bulan dengan keluhan yang dialami.

Kata Kunci : Efek Samping, Kb Suntik, 3 Bulan, DPMA

ABSTRACT

Background: *Injectable contraceptives have many side effects, such as menstrual disorders (in the form of amenorrhoea, spotting and menorrhagia), weight gain, vaginal discharge, facial acne, headaches, nausea and vomiting. In PMB Maria Ulfa, out of 10 acceptors for 3-month injection of contraception, 8 acceptors experienced side effects.*

The aim of the study: *to describe the side effects of the DMPA 3-month injection family planning acceptors at PMB Maria Ulfa Bandungan, Semarang Regency in 2020.*

Method: *This type of research is a descriptive study with a cross sectional approach. Population of 145 acceptors of 3-month family planning injection who visited PMB Maria Ulfa S. ST.Keb Bandungan, Semarang Regency on November 1 - November 30, 2020. The sample was 145 people with total sampling technique.*

Results: *The results showed that as many as 55 respondents (37.9%) experienced menstrual disorders as many as 38 respondents (26.2%) experienced an increase in body weight, 24 respondents (16.6%) experienced vaginal discharge, and as many as 28 respondents (19, 3%) experienced headaches.*

Suggestion: *Midwives can provide counseling, addition and reduction of ways of overcoming injection side effects to 3 months family planning acceptors with helpful complaints.*

Keywords: *Side Effects, Injection Kb, 3 Months, DPMA*