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Hubungan Lama Penggunaan KB Suntik 3 Bulan Dengan Gangguan Menstruasi Di
TPMB Supriyati,AMd.,Keb Kecamatan Makarti Jaya Kabupaten Banyuasin

ABSTRAK

Latar Belakang :Suntik KB 3 bulan atau suntik DMPA berisi *Depot mendroksiprogesteron asetat* yang diberikan dalam suntikan tunggal 150 mg/ml secara intramuskular setiap 12 minggu, mengandung hormon *progesteron* dan tidak ada kandungan hormon *ekstrogen*. Salah satu kontrasepsi yang paling sering digunakan oleh para akseptor KB yaitu kontrasepsi suntik 3 bulan karena efektif dapat digunakan semua wanita usia reproduksi, Namun demikian KB suntik terutama KB suntik 3 bulan memiliki efek samping yaitu gangguan menstruasi. Pemberian KB suntik 3 bulan yang semakin lama atau rutin diberikan setiap 3 bulannya akan mempengaruhi gangguan menstruasi.

Tujuan : Untuk mengetahui hubungan lama penggunaan pemakaian hubungan lama penggunaan KB suntik 3 bulan dengan gangguan menstruasi di TPMB
Supriyati,AMd.,Keb Kecamatan Makarti Jaya Kabupaten Banyuasin

Metode :Desain penelitian ini menggunakan survei *analitik* , dengan pendekatan *cross sectional*. Populasi pada penelitian ini adalah seluruh akseptor KB Suntik 3 bulan sebanyak 55 responden. Teknik pengambilan sampel menggunakan *total sampling*. Dengan teknik analisis data menggunakan uji *Chi-Square*.

Hasil Penelitian : Dari hasil terhadap 55 responden, ada 42 responden mengalami gangguan menstruasi (76,4%) dan 13 responden tidak mengalami gangguan menstruasi (23,6%). Hasil uji statistik menggunakan uji chi square menunjukkan bahwa $p= 0,000 < 0,05$ terdapat hubungan yang signifikan antara lama pemakaian KB suntik 3 bulan dengan gangguan menstruasi. Dalam hal ini dapat dinyatakan penerimaan hipotesis penelitian yaitu H_a diterima dan H_o ditolak dan demikian hipotesis penelitian telah teruji kebenarannya.

Kesimpulan : terdapat hubungan antara lama pemakaian KB suntik 3 bulan dengan gangguan menstruasi di TPMB Supriyati,AMd.,Keb Kecamatan Makarti Jaya Kabupaten Banyuasin.

Kata Kunci : KB Suntik 3 bulan, Gangguan menstruasi, Lama pemakaian, Akseptor KB.

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The Relationship between the Use of 3 Months Injectable Family Planning and Menstrual Disorders at TPMB Supriyati, AMd., Keb, Makati Jaya District, Banyuasin Regency

ABSTRACT

Background: 3-months injectable contraception is a injection type of contraception that contains only the hormone progesterone and contains the hormone estrogen, the dose give is 50 mg/ml intramuscularly be used by all women of reproductive. One of the most frequently used contraceptives by family planning acceptors is the 3-month injectable contraceptive because it can effectively be used by all women of reproductive age. Giving injectable contraceptives for 3 months which is getting longer or routinely given every 3 months will affect the estrogen in the body less strongly against the endometrium.

Methods: This study uses an analytic with a cross sectional approach. The population in this study were all acceptors of 3-month injectable contraception as many as 55 respondents. The sampling technique used was total sampling. The data collection method used a questionnaire that had been adopted in the form of questions.

Research Results: From the results of the study on 55 respondents, there were 42 respondents experienced menstrual disorders (76.4%) and 13 respondents did not experience menstrual disorders (23.6%). The results of statistical tests using the chi square test showed that $p = 0.000 < 0.05$ there was a significant relationship between the duration of using injectable contraceptives for 3 months and menstrual disorders. In this case, it can be stated that the acceptance of the research hypothesis is that H_a is accepted and H_o is rejected and thus the research hypothesis has been tested for truth.

Conclusion: there is a relationship between duration of use of injectable contraceptives for 3 months with menstrual disorders in TPMB Supriyati, AMd., Keb, Makati Jaya District, Banyuasin Regency.

Keywords: 3 months injectable contraceptives, 3 months injectable contraceptive.