

ABSTRAK

PERBEDAAN EFEK SAMPING PENGGUNAAN KONTRASEPSI PADA AKSEPTOR DEPO MEDROKSI PROGESTERON ASETAT (DMPA) DAN IMPLAN DI PURWOKERTO SELATAN KABUPATEN BANYUMAS

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Latar Belakang: Efek samping utama dari kontrasepsi DMPA dan implan adalah kenaikan berat badan dan gangguan menstruasi. Efek samping tersebut merupakan faktor penyebab *drop out*. Tujuan penelitian ini adalah mengetahui perbedaan efek samping penggunaan kontrasepsi pada akseptor DMPA dan implan di Puskesmas Purwokerto Selatan Kabupaten Banyumas tahun 2019.

Metode: Penelitian ini merupakan penelitian kuantitatif dengan pendekatan *cross sectional*. Sampel penelitian ini sebanyak 65 orang, ditentukan dengan teknik *stratified random sampling*. Analisis data menggunakan analisis univariat dan analisis bivariat menggunakan uji *Chi Square*.

Hasil Penelitian: Hasil uji *Chi Square* menunjukkan nilai $p=0,000$ pada efek samping kenaikan berat badan dan perubahan menstruasi. Pada efek samping amenore didapatkan nilai $p=0,309$, *spotting* nilai $p=0,470$ dan hipermenore nilai $p=0,667$. Kenaikan berat badan rata-rata pada akseptor DMPA adalah 4,56 kg, dan pada akseptor implan adalah 8,17 kg. Total kenaikan berat badan tertinggi pada akseptor DMPA sebanyak 15 kg (8 tahun), pada akseptor implan sebanyak 13 kg (3 tahun). Sedangkan yang terendah pada akseptor DMPA sebanyak 1 kg (1 tahun), akseptor implan sebanyak 1 kg (2 tahun).

Simpulan: Terdapat perbedaan efek samping kenaikan berat badan dan perubahan siklus menstruasi pada akseptor DMPA dan implan di Puskesmas Purwokerto Selatan Kabupaten Banyumas.

Kata Kunci: efek samping, kontrasepsi, DMPA, implan

ABSTRACT

THE DIFFERENCE BETWEEN SIDE EFFECTS OF THE USE OF CONTRACEPTION ON DEPO MEDROXY PROGESTERONE ACETATE (DMPA) AND IMPLANT ACCEPTORS IN COMMUNITY HEALTH CENTER OF SOUTH PURWOKERTO BANYUMAS DISTRICT

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Background: The main side effects of DMPA and implant contraception are weight gain and menstrual disorders. These side effects are the factors causing drop out. The purpose of this study is to determine the differences between side effects of contraceptive use on DMPA and implant acceptors in the South Purwokerto Community Health Center, Banyumas Regency in 2019.

Method: This study is a quantitative study with cross sectional approach. The sample of this study were 65 people determined by proportionate stratified random sampling technique. Data analysis using univariate analysis and bivariate analysis using Chi Square test.

Results: Chi Square test result showed a value of $p = 0,000$ on the side effects of weight gain and menstrual changes. On the side effect of amenorrhea showed $p = 0.309$, spotting $p = 0.470$ and hypermenorrhea $p = 0.667$. The average weight gain on the DMPA acceptors was 4.56 kg, and the implant acceptors was 8.17 kg. The highest total weight gain on the DMPA acceptor was 15 kg (8 years), the implant acceptor was 13 kg (3 years). While the lowest total on DMPA acceptors was 1 kg (1 year), implant acceptor was 1 kg (2 years).

Conclusion: There are differences between side effects of increasing body weight and changes in menstrual cycle on DMPA and implant acceptors in the South Purwokerto Community Health Center, Banyumas Regency.

Keywords: side effects, contraception, DMPA, implant