

GAMBARAN PENGETAHUAN DAN KEJADIAN EFEK SAMPING PADA AKSEPTOR KB SUNTIK 3 BULAN DI PMB UTAMI PUJIASTUTI

Description Of Knowledge And The Side Effects On Acceptors For 3-Month Injection Contraception (KB) At PMB Utami Pujiastuti

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ABSTRAK

Pendahuluan: Salah satu upaya pengendalian jumlah penduduk di Indonesia melalui program keluarga berencana (KB). Pemilihan jenis kontrasepsi *modern* paling banyak akseptor menggunakan suntik sebesar 59,9%. **Tujuan:** Untuk mengetahui gambaran pengetahuan dan kejadian efek samping pada akseptor KB suntik 3 bulan di PMB Utami Pujiastuti. **Metode:** Jenis penelitian *deskriptif kuantitatif* dengan pendekatan *cross-sectional*. Pelaksanaan penelitian dilakukan pada 29 Desember 2022-16 Januari 2023. Teknik *purposive sampling* dengan jumlah sampel 59 orang. Pengolahan dan pengumpulan data dalam bentuk distribusi frekuensi. **Hasil:** Mayoritas tingkat pengetahuan akseptor dalam kategori cukup sebanyak 35 (59,3%), dan kejadian efek samping paling banyak yaitu tidak haid 37 (66%). **Pembahasan:** Berdasarkan hasil analisis sebagian besar responden berpengetahuan cukup (59,3%). Kejadian efek samping yang dialami tidak haid (66%), haid sedikit-sedikit/bercak 18 (32,1%) dan penambahan berat badan 1 (1,7%). **Simpulan:** Tingkat pengetahuan akseptor KB suntik 3 bulan yaitu dalam kategori cukup dan kejadian efek samping paling banyak yaitu tidak haid.

Kata Kunci: Pengetahuan, Kejadian Efek Samping, Akseptor KB Suntik 3 Bulan

ABSTRACT

Introduction: One of the efforts to control the population in Indonesia is through the family planning (KB) program. Most acceptors choose the type of modern contraception using injections at 59.9%. **Purpose:** To find out the description of knowledge and the incidence of side effects in 3-month injection contraception acceptors at PMB Utami Pujiastuti. **Method:** Type of quantitative descriptive research with a cross-sectional approach. The research was carried out on December 29 2022-January 16 2023. Purposive sampling technique with a total sample of 59 people. Processing and data collection in the form of frequency distribution. **Results:** The majority of acceptors' knowledge level was in the sufficient category, 35 (59.3%), and the most common side effects were no menstruation, 37 (66%). **Discussion:** Based on the results of the analysis, most of the respondents had sufficient knowledge (59.3%). The incidence of side effects experienced were no menstruation (66%), 18 spotting (32.1%) and 1 weight gain (1.7%). **Conclusion:** The knowledge level of 3-month injection family planning acceptors is in the sufficient category and the most common side effects are no menstruation.

Keywords: Knowledge, Incidence of Side Effects, Acceptors for 3-Months Injection Contraception.