

ABSTRACT

DESCRIPTION OF SIDE EFFECTS AND MOTHER'S KNOWLEDGE ABOUT HOW TO HANDLE 3-MONTH INJECTION KB ACCEPTERS AT TPMB SITI ALFIYAH SURABAYA

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Family Planning is an effort to regulate births, the ideal distance and age of birth, pregnancy and reproductive rights to create a quality family. Some of the side effects of 3-month injection birth control are spotting, amenorrhea, weight gain, vaginal discharge. Women who use 3-month injection contraception experience side effects on average within 2-3 years of use. The aim of the study was to describe side effects and how to handle 3-month injection acceptors at TPMB Siti Alfiyah Surabaya. This research is a quantitative research with a descriptive approach. The population is all acceptors of 3-month injectable family planning at TPMB Siti Alfiyah Surabaya totaling 28 people. The sampling technique is random sampling and the sample is 26 people. Based on the results of the researcher's calculations above, it shows that 3 months of KB injection acceptors at TPMB Siti Alfiyah experienced amenorrhea as many as 18 respondents with a percentage of 69.2% with a sufficient level of knowledge, namely 23 respondents with a percentage of 88.4%, this was influenced by the length of time the 3rd injection was used. months and the age of the respondents is between 20-30 years. Increased knowledge on how to deal with the side effects of amenorrhea in 3-month injection family planning acceptors preventively can be overcome by frequent consultations with health workers

Keywords: 3 months injectable contraception, side effects, how to handle.

ABSTRAK

GAMBARAN EFEK SAMPING DAN PENGETAHUAN IBU TENTANG CARA PENANGANAN PADA AKSEPTOR KB SUNTIK 3 BULAN DI TPMB SITI ALFIYAH SURABAYA

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KB adalah upaya pengaturan kelahiran, jarak dan usia ideal kelahiran, kehamilan dan hak reproduksi untuk mewujudkan keluarga yang berkualitas. Beberapa efek samping KB suntik 3 bulan adalah spotting, amenore, peningkatan berat badan, keputihan wanita yang menggunakan kontrasepsi suntik 3 bulan rata-rata mengalami efek samping dalam waktu 2-3 tahun pemakaian. Tujuan penelitian untuk mengetahui gambaran efek samping dan cara penanganan pada akseptor kb suntik 3 bulan di TPMB Siti Alfiyah Surabaya. Penelitian ini merupakan penelitian Kuantitatif dengan pendekatan Deskriptif. Populasi adalah seluruh akseptor KB suntik 3 bulan di TPMB Siti Alfiyah Surabaya berjumlah 28 orang. Teknik pengambilan sampel yaitu sample random sampling dan sampel berjumlah 26 orang. Berdasarkan hasil perhitungan peneliti diatas menunjukkan akseptor kb suntik 3 bulan di TPMB Siti Alfiyah yang mengalami amenore sebanyak 18 responden dengan presentase 69,2% dengan tingkat pengetahuan yang cukup yaitu 23 responden dengan presentase 88,4% hal ini dipengaruhi oleh lama penggunaan kb suntik 3 bulan dan usia responden yaitu antara 20-30 tahun. Peningkatan pengetahuan cara penanganan efek samping Amenorea pd akseptor KB suntik 3 bulan secara preventif dapat diatasi dengan sering melakukan konsultasi ke tenaga kesehatan.

Kata Kunci: Kontrasepsi suntik 3 bulan, Efek samping, Cara penanganan.