



Relationship between Age of Three Months Injectable Family Planning Users and Menstrual Cycle Disorders at Kemayoran Health Center for the 2020 Period

Hubungan Usia Pengguna KB Suntik Tiga Bulan dengan Gangguan Siklus Menstruasi di Puskesmas Kemayoran Periode 2020

Dina Raidanti, Yola Yolanda Rahmai
STIKes RSPAD Gatot Soebroto
Jakarta

Abstract

Indonesia faces problems with the number and quality of human resources. Currently, it is estimated that, as one of the developing countries in the world, Indonesia continues to experience an increase in population every year. Researchers got the results of the study there were acceptors of three-month injections at the Kemayoran District Health Center, 3 respondents (20%) normal cycle, 3 respondents (20%) polymenorrhea, 3 respondents (20%) oligomenorrhea, 6 respondents (40%) amenorrhea. To determine the relationship between the age of users of three-month injections and menstrual cycle disorders at the Kemayoran Public Health Center for the period of 25 November 2019–3 January 2020. This type of research is descriptive analytic, the research location is at the Kemayoran Health Center for the period of 25 November 2019 – 03 January 2020. The type of population used in this study, namely, cross sectional. The sampling technique is quota sampling. There are 30 active respondents using three-month injectable contraception. The instrument used to collect data is primary data, while the data collection tool is a questionnaire. From this study, it can be concluded that there is no relationship between the age of three-month injection family planning users and menstrual cycle disorders because the value is > 0.05 .

Keywords: age, three-month injection family planning, menstrual cycle disorders

Abstrak

Indonesia menghadapi masalah dengan jumlah dan kualitas sumber daya manusia. Saat ini diperkirakan bahwa, Indonesia sebagai salah satu negara berkembang di dunia yang terus mengalami peningkatan laju penduduk setiap tahunnya. Peneliti mendapatkan hasil penelitian terdapat akseptor KB suntik tiga bulan di Puskesmas Kecamatan Kemayoran, 3 responden (20%) siklusnya normal, 3 responden (20%) polimenore, 3 responden (20%) oligomenore, 6 responden (40%) amenorea. Untuk Mengetahui Hubungan Usia Pengguna KB Suntik Tiga Bulan dengan Gangguan Siklus Menstruasi di Puskemas Kemayoran Periode 25 November 2019 – 03 Januari 2020. Jenis penelitian ini adalah deskriptif analitik, lokasi penelitian di Puskesmas Kemayoran Periode 25 November 2019–3 Januari 2020. Jenis populasi yang digunakan dalam penelitian ini yaitu, *cross sectional*. Teknik pengambilan sampel adalah kuota sampling. Terdapat 30 responden aktif menggunakan KB suntik tiga bulan. Instrumen yang digunakan untuk mengambil data adalah data primer sedangkan alat pengumpulan data adalah kuesioner. Dari penelitian ini dapat disimpulkan bahwa tidak terdapat hubungan antara usia pengguna KB suntik tiga bulan dengan gangguan siklus menstruasi karena nilai p value $> 0,05$.

Kata kunci: usia, KB suntik tiga bulan, gangguan siklus menstruasi

INTRODUCTION

Indonesia faced a problem with the amount and quality of the source of the power of man. Currently, it is estimated that Indonesia is one of the countries growth in the world that continues to experience an increase in the rate of the population every year. The estimated number of inhabitants in the year 2015 was recorded as many as 255 461 686 inhabitants of 237 641 326 in the year 2010. Development of population and family little of quality is a step essential in achieving development sustainable. Ha, 1 is organized by controlling the quality of the people and

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increasing the rate of Resources Power Man (SDM). Characteristics of development, among others, are carried out by controlling the growth of population, family planning, and the development of quality, the population through the embodiment of family small that quality.

The high birth rate in Indonesia is one of the big problems and require special attention in handling. One of the forms of attention Special government in tackling the numbers of birth is high that, is by implementing development and family planning. The existence of the Family Planning program is expected to have the participation of all parties in realizing the success of family planning in Indonesia.

Contraception is the effort to prevent pregnancy, a business that can be temporary or permanent. The most commonly used contraception device is an injection. Contraceptive injections are one of the types of contraception by the way injection attempts to prevent pregnancy through injections of hormonal. Contraceptive injections are contraceptives via injection intramuscular (in muscle) in the buttocks area, which contains the hormone progesterin. There are two types, namely Depo medroxyprogesterone acetate / DMPA (Depo-Provera) and Depo norethisterone enanthate (Depo15oristerot). Type the injection is given every three months once and can be used within seven days after birth. The results of the survey participant's KB active in Indonesia until December 2017 showed a contraceptive injection still be a selection of the primary user's Couples Age Fertile (EFA) in Indonesia with the percentage of 62.77%, followed by the contraceptive pill 17.24%, 7.15% IUD, 6.99% implant, 2.78% MOW, 1.22% condom, and 0.53% MOP. While data in getting the number of acceptors of family planning in health centers Kemayoran period August 2019 to October 2019 amounted to 342 people are recorded in the book, register poly KB PHC Kemayoran. To acceptor IUD numbering 148 people (43.2%), acceptor KB implant 27 people (7.9%), acceptor KB injections totaling 147 people (43%), acceptors of family planning pills totaled 7 (2%), and acceptor KB condoms amounted to 13 people (3.9%).

Effects of side use of injectable DMPA is a disorder of menstruation, the addition of heavyweight, dryness of the vagina, lowered libido, infections of emotion, sore head, nervotaksis and acne. (Endang Susilowati, 2011). Disorders of menstruation due to injectable DMPA only contains the hormone progesterone that can disrupt menstruation. At the same time, amenorrhoea was high caused because the hormone progesterone suppresses LH (Luteinizing Hormone). The endometrium becomes more shallow and suffered setbacks so that the gland becomes not active (Adelina Pratiwi, 2018). Disorders of menstruation often found in the form of a cycle of menstruation are shortened or elongated, bleeding a lot or a little, bleeding that is not regularly or bleeding spots (spotting), no menstruation at all (amenorrhea).

The range of standard time one cycle of menstruation is 21 to 35 days, and the size of the long cycle of the most ideal is 28 days. But many studies show that only two-thirds of entire women have long cycles like that. Today the first arrival of menstruation counted as the first cycle of menstruation, typically 28 days; the events of ovulation occurs on the 14th. The Genesis interruption cycle of menstruation in Indonesia is estimated to be experienced by 70% of women, where the use of contraceptive hormonal causes 50% of them. The incidence of bleeding or menstrual disorders in couples of childbearing age (EFA) with hormonal contraception is triggered by disturbances in the reproductive balance due to increased hormone levels in the body. Based on the data obtained amount Female Age Fertile (WUS) on the tool contraceptive birth control injections three months at Health Center Kemayoran period August 2019 - October 2019 amounted to 140 people, aged <21 years of which as many as 12 people, aged 21-35 years as many as 94 people, aged >35 years as many as 34 people. While the data obtained regarding the number of fertile age couples (PUS) at the Kemayoran Health Center for the period August 2019 – October 2019 were 140 people, aged <21 years were 56 people, 21-35 years old were 79 people, and aged <35 years were five people. And data regarding the number of children or parity in Puskesmas Kemayoran period August 2019 - October 2019 on the appliance contraceptive birth control injections three months, namely that having a child one or primiparas totaling 55 people, have a child 2-4 people or multipara counting 84 people and has children > 4 people or grand multipara summing one person.

One of the chapters of the Millennium Development Goals (MDGs) was agreed upon by 189 countries including Indonesia is the improvement of health and well-being of the mother

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throughout the cycle of life of mothers included in contraception and the effect of contraception including interference cycle of menstruation. Contraceptive injections consisted of contraceptive injections for three months and contraception for one month. The problem often arises due to contraceptive injections three-monthly, namely: amenorrhea 60%, 20% oligomenorrhea, and polimenore 20%, while the contraceptive injections one month 85% of acceptors of family planning are not experiencing problems or disruption cycle of menstruation.

Based on the study of the introduction, the author did the interview and gave a questionnaire to the 15 acceptors of family planning injections three months in Puskesmas Kemayoran, found that out of 15 respondents, who suffered disruption cycle of menstruation, among other three respondents (20%) experienced a process of regular, three respondents (20%) had polymenorrhea, three respondents (20%) had oligomenorrhea, six respondents (40%) had amenorrhea.

Based on studies a bag description above authors interest to examine the title *Relationship Age Users KB Injectable Three Months with Impaired Cycle Menstruation in Puskemas Kemayoran period 25 November 2019-3 January 2020*.

RESEARCH METHOD

The research is a method of research analysis / explanative is a method of research done to look for relationships between variables that nature is not a relationship because as a result, is usually researched descriptive up first to look for the database. Design research is the cross-sectional design, namely a draft study by doing measurements or observations at the time of the same (all the time) between variables dependent and variable independent. The location of this data research was conducted at the Kemayoran Health Center, Central Jakarta. Time research is shown in the month 25 November 2019-03 January 2020.

The population in the study is all acceptors KB Injectable Three Months who visit in Puskesmas Kemayoran, Central Jakarta period 25 November 2019 up to 03 January 2020 that as many as 80 people. The technique used to capture the sample was quota sampling is a technique for determining a piece of the population that has the characteristics of a particular until the number (quota) that is desired. Writers use technique quota sampling as many as 30 respondents from 80 populations have several limitations, namely from the period of time. The instrument of this research can be a questionnaire (a list of questions). The data analysis is performed by analysis of univariate and analysis bivariate.

RESULTS AND DISCUSSION

Results

Univariate Analyst

Overview Age Users KB Injectable Three Months with Impaired Cycle Menstruation in Puskesmas Kemayoran period 25 January 2019-03 January 2020 as many as 30 people as a case. More details can be analyzed in the table following this:

Table 1. Age Distribution of Three Months Injectable Family Planning Users with Disturbances Menstrual Cycle at Puskesmas Kemayoran Period 25 November 2019 – 03 January 2020

Variable	Family Planning Participant (Case) N = 30	Percentage (%)
Age		
< 21 y.o.	1	3,3
21-35 y.o.	24	80





>35 y.o.	5	16,7
Normal Menstrual Cycle		
Yes	3	10
No	27	90
Polimenore		
Yes	4	13,3
No	26	86,7
Oligomenore		
Yes	1	3,3
No	29	96,7
Amenorea		
Yes	22	73,3
No	8	26,7

Sumber: Diolah (2020)

Based on Table 1 above can be known that from 30 Acceptor KB Injectable Three Months aged <21 years, which is as much as 1 (3.3%) aged 21-35 years, which is as many as 24 people (80.0%) and aged > 35 years that is as many as five people (16.7%). Based on 30 Acceptor KB Injectable Three Months who experienced menstruation cycles typical as much as three people (10.0%), which does not share the process of menstruation normal as many as 27 people (90.0%). Based on 30 Acceptor KB Injectable Three Months were experiencing interference cycle menstrual based polimenore as many as four people (13.3%), and are not experiencing polimenore as many as 26 people (86.7%). Based on 30 Acceptor KB Injectable Three Months were experiencing interference cycle menstrual based oligomenorrhoea as much as 1 (3.3%), which does not experience oligomenorrhoea as many as 29 people (96.7%). Based on 30 Three- Month Injectable Family Planning Acceptors who experienced menstrual cycle disorders based on amenorrhoea as many as 22 people (73.3%), and who did not experience amenorrhoea, as many as eight people.

Bivariate Analyst

Bivariate analysis is intended to analyze the relationship between the variables of this study; for more details, it can be interpreted in the following table:

Table 2. The Relationship between Age of Three Months Injectable Family Planning Users and Menstrual Cycle Disorders at Kemayoran Health Center for the Period 25 November 2019–3 January 2020

Variable	Menstrual Cycle Disorders								Total	
	Normal	%	Polimenore	%	Oligomenore	%	Amenorea	%		
Age										
<21 y.o.	0	0	0	0	0	0	1	3,3	3,3	
21-35 y.o.	3	10	3	10	1	3,3	17	56,7	80	
>35 y.o.	0	0	1	3,3	0	0	4	13,3	16,6	
Total	3	10	4	13,3	1	3,3	22	73,3	100	

Based on Table 2 above is obtained h acyl analysis of the relationship of age users KB injecting three months with a cycle of menstruation typically got that at age <21 years do not exist experiencing cycles of menstruation is expected, at the age of 21-35 years who experienced cycles of menstruation normal as much as three people (10%), at the age of > 35 years did not exist who experienced cycles of menstruation typical.

Discussion

The results of the analysis of the relationship of age users KB injecting three months with polimenorea obtained that at age <21 years did not exist who suffered polimenorea, at the age of 21-

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35 years who suffered polimenorea as many as three people (10%), at the age of > 35 years who suffered polimenorea much one person (3.3%).

The results of the analysis of the relationship of age user's KB injecting three months with oligomenorrhea obtained that at age <21 years do not exist that experience oligomenorrhea, at the age of 21-35 years old who experience oligomenorrhea as many as one person (10 %), at the age of > 35 years did not exist who suffered oligomenorrhea.

The results of the analysis of the relationship of age user's KB injecting three months with amenorrhoea obtained that at age <21 years who experience amenorrhoea as much as 1 (3.3%), at the age of 21-35 years old who experience amenorrhoea as many as 17 people (56.7 %), at the age of >35 years who experienced amenorrhoea as many as four people (13,3%).

Test results statistics obtained $p = 0.962 > 0.05$ then it can be concluded not a d a relationship ages user's KB injecting three months with a cycle of menstruation normal. The analysis results also obtained the value of OR = 0.885 means that users KB was injecting three months one times more effect on disorder cycle of menstruation.

CONCLUSION

Based on the research results, following the purpose of general, i.e. for know Relations Age Users KB Injectable Three Months with Impaired Cycle Menstruation in Puskesmas Kemayoran Period 25 November 2019-03 January 20 20. There are 30 acceptors KB Inject 3 Months with the study criteria that have been determined are used as samples. Having done the research, the obtained results that $p = 0.962 > 0.05$ than can be concluded not there is a relationship of age user's KB injecting three months with interruption cycle of menstruation. The analysis results also obtained the value of OR = 0.885, which means that users KB was injecting three months one times more effect on disorder cycle of menstruation.

For further research, it is expected to examine the more distant relationship Age Users KB Injectable Three Months with Impaired Cycle Menstruation by using variables other more influence disturbance cycle of menstruation. For respondents, it is expected that the respondents always be vigilant against any disturbances which experienced the cycle of menstruation so that if there is a symptom of disease can be immediately treated and expected to respondents more often consultations to the point of care of the health of the issue cycle of menstruation. For Kemayoran Health Center, it is expected to improve the education and counselling associated with KB Injectable Three Months, for example, by using the media tools to help education in the form of a banner. And encourage officers of health to remind the pair of Age Fertile (EFA), especially mothers aged <21 years and > 35 years, to use contraception term length that is useful not only to prevent and to space pregnancy but also for the health of the reproductive mother was alone.

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