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EFFECT OF INJECTIVE CONTRACEPTION USE (DMPA) ON CHANGES IN MENSTRUATION PATTERNS IN VILLAGE EFI-EFI PUSKESMAS KUPA-KUPA WORKING AREA SOUTH TOBELO

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ABSTRACT

Contraception Hormonal is one of the most effective and reversible contraceptive methods to prevent conception. Contraception Hormonal is a contraceptive in which estrogen and progesterone provide feedback to the pituitary gland through the hypothalamus resulting in resistance to the follicles and ovulation process. This type of research uses quantitative research methods to see the length of use of injectable contraception (DMPA) on changes in menstrual patterns with a large sample of 22 respondents in the village of efi-efi sampling with the admojonoto formula. The most frequent changes in menstrual patterns in injecting family planning acceptors were amenorrhea, the number of respondents was 14 with a percentage (63.64%). total number of respondents 5 with percentage (22.73%) and normal number of respondents 3 with percentage (13.63%). Based on the results of statistical tests there was a significant relationship between the duration of use of depot medroxy progesterone acetate injectable contraceptives with changes in menstrual pattern which can be seen from the Chi-square test indigo p value = 0.002 smaller than the value of sig = 0.05, it can be concluded that Ho is rejected and Ha is accepted.

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INTRODUCTION

One of the most important problems faced by developing countries, such as in Indonesia, is the population explosion. The population explosion resulted in rapid population growth because of the lack of knowledge and cultural patterns in the local community. To overcome these problems the Indonesian government has implemented a family planning program (KB) which began in 1968 by establishing the LKBN (National Family Planning Agency) which later became the BKKBN (National Family Planning Coordinating Board). (1)

According to the World Health Organization (WHO) contraceptive use has increased in many parts of the world, especially in Asia and Latin America and is lowest in Sub-Saharan Africa. Globally, modern contraceptive users have increased insignificantly from 54% in 1990 to 57.4% in 2014. Regionally, the proportion of fertile couples aged 15-49 years reported the use of modern contraceptive methods has increased by at least the last 6 years. One of the most important problems faced by developing countries, such as in Indonesia, is the population explosion. The population explosion resulted in rapid population growth because of the lack of knowledge and cultural patterns in the local community. To overcome these problems the Indonesian government has implemented a family planning program (KB) which began in 1968 by establishing the LKBN (National Family Planning Agency) which later became the BKKBN (National Family Planning Coordinating Board). (1)

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The results of the 2016 Central Statistics Agency (BPS) percentage of PUS aged 15-49 years who

use or use KB devices in Maluku as much as 446,156 and Maluku as much as 310,774. And the use of contraceptive injections for the North Maluku region was 2,841 (61.96%) compared to pills 179 (39.0%). (3) for North Halmahera, 75% of injecting contraceptive users and 1,758 for the southern Tobelo work area were the second from the highest of the Tobelo City Kec Work area of 2,847. (4)

While the initial data taken from Kupa-kupa Public Health Center, Tobelo Selatan District, started from January to May in 2018, users of injectable contraception (DMPA) were 110 users of injectable contraception (DMPA).

Based on the above background, the researchers are interested in conducting research on "renewal of the duration of use of injectable contraception (DMPA) on changes in menstrual patterns in the Kupa-kupa health center in South Tobelo sub-district, North Halmahera.

METHODS

This type of research uses quantitative research methods to see the effect of the duration of injection contraceptive use (DMPA) on changes in menstrual patterns in the Kupa-kupa health center in South Tobelo sub-district, North Halmahera Regency.

The place of this research will be conducted at Kupa-kupa health center in South Tobelo sub-district, North Halmahera District, Time Research. this research was conducted for 1 month, starting from June 2018

RESULTS AND DISCUSSION

a. Effect of duration of Injecting Contraceptive Use on Menstrual Pattern Changes in Efi-Efi Village Working Area of Kupa-Kupa Health Center South Tobelo District North Halmahera Regency.

Bivariate analysis was used to see whether there was any influence between the duration of Depo Medroxy Progesterone Acetat injection contraceptive usage and changes in menstrual patterns, using Chi-square with significant = 0.05.

Table 1. Table of results of chiquer statistical test between the duration of use of Depo Medroxy Progesterone Acetate injectable contraception with changes in menstrual patterns.

No	Duratio of use	Changes in menstrual pattern								P value
		Amenorea		Polimeno Rea		Normal		F	%	
		f	%	f	%	f	%			
1	>3 year	14	63,64	5	22,73	1	4,55	20	90,91	0.002
2	<3 year	0	0	0	0	2	9,09	2	9,09	
Total of		14	63,64	5	22,73	3	13,64	22	100	

Source: 2018 Primary Data

Based on table 1 shows that the use of Depo Medroxy Progesterone Acetate injectable contraceptives on changes in menstrual patterns are amenorrhea number of respondents 14 with a percentage (63.64%), number of respondents 5 with percentage (22.73%) and normal number of respondents 3 with a percentage (13.63%).

Based on the duration of use of contraceptive injections depot medroxy Progesterone acetat > 3 years the number of respondents 20 with a percentage (90.91%) The effect of menstrual patterns depends on the duration of use. Inter-menstrual bleeding and spotting using 3-month type of contraceptive injection. The longer the use of injections 3 months, then the incidence of menstrual duration of the respondent becomes changed not menstruating at all. Menstrual changes are caused by the components of gestagen contained in DMPA. This change is in line with reduced menstrual blood in DMPA respondents.

b. Changes in menstrual patterns

The most frequent changes in menstrual patterns in injecting family planning acceptors were amenorrhea, the number of respondents was 14 with a percentage (63.64%). Long-term use occurs. Menstrual disorders such as amenorrhoea are caused by progesterone in the DMPA component suppressing LH so that the endometrium becomes shallower and atrophic with inactive glands.

Prolonged amenorrhoea in progesterone administration is unknownharmful, and many women can receive it well. In some women changes in menstruation are the main reason for stopping the use of DMPA.

CONCLUSION

Based on the results of the study, of 22 Depo Medroxy Progesterone Acetat injectable family planning acceptors in Efi-efi Village, Kupa-Kupa Community

Health Center, South TobeloSubdistrict, Halmahera Ultra District, it can be concluded that: menstruation pattern where it can be seen from the results of Chi-square test indigo p value = 0.002 smaller than the value of sig = 0.05 then it can be concluded Ho is rejected and Ha is accepted

Suggestion

The suggestions that the researchers convey from this research are as follows:

1. For researchers, they can further develop this research by examining several factors that influence the occurrence of menstrual disorders.
2. It is expected that educational institutions, especially for the library department, will add a collection of books, literature related to menstrual disorders.
3. This research can be used as a reference to provide IEC to family planning acceptors who have menstrual disorders in choosing the right and effective contraception.
4. For family planning program implementers and related staff in providing family planning services, they always provide injecting hormonal contraception about the benefits and disadvantages of using contraceptive depot medroxy progesterone acetat, family planning purposes, types of family planning, family planning methods and side effects of each family planning.

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