

SINOPSIS

Metode kontrasepsi suntik DMPA tidak menimbulkan gangguan namun tetap memiliki kekurangan dan beberapa efek samping diantaranya yaitu kenaikan berat badan dan penurunan libido. Data yang tercatat di Dinkes Kab. Bangkalan sebanyak 12,56% (3.696) akseptor mengalami efek samping kenaikan berat badan dan penurunan libido 836 akseptor (4,34%) , Sedangkan data yang ada di Puskesmas Kamal tercatat sebanyak 30% (3) akseptor mengalami efek samping kenaikan berat badan dan sebanyak 10% (1) akseptor mengalami penurunan libido. Dilihat dari data tersebut angka kejadian kenaikan berat badan dan penurunan libido di Dinkes Bangkalan masih cukup tinggi dibanding dengan angka kejadian kenaikan berat badan dan penurunan libido di Puskesmas Kamal. Studi kasus ini bertujuan untuk memberikan asuhan kebidanan pada akseptor kontrasepsi suntik DMPA dengan kenaikan berat badan dan penurunan libido di wilayah kerja Puskesmas Kamal.

Metode yang digunakan adalah studi kasus dengan memberikan asuhan kebidanan pada Ny H akseptor kontrasepsi suntik DMPA dengan efek samping kenaikan berat badan dan penurunan libido. teknik pengumpulan data berupa anamnese, pemeriksaan fisik, analisa data dan penatalaksanaan yang komprehensif dengan evaluasi berkala, hasil asuhan kebidanan didokumentasikan dengan model pendokumentasian SOAP. Dilakukan dari tanggal 30 April – 29 Mei 2024 dirumah pasien Desa Tanjung Jati, Kec. Kamal.

Berdasarkan hasil kunjungan didapatkan akseptor kontrasepsi suntik DMPA mengalami kenaikan berat badan dan penurunan libido selama 3 tahun pemakaian. Pola makan yang diterapkan tidak teratur dan banyak mengandung lemak, berbahan dasar tepung. Pola aktivitas tidak teratur yaitu jarang melakukan olahraga. Pola seksual terjadi penurunan gairah seksual atau libido karena merasa malas dan capek setelah melakukan kegiatan sehari-hari. Hasil pemeriksaan ditemukan kenaikan berat badan sebanyak 15 kg dan penurunan libido selama penggunaan kontrasepsi. P3A0 akseptor kontrasepsi suntik DMPA dengan masalah kenaikan berat badan dan penurunan libido. Asuhan kebidanan meliputi pengaturan pola makan dengan diet makanan seimbang rendah kalori serta pelaksanaan olahraga seperti jalan santai dipagi hari ,mengajarkan senam aerobik dan senam kegel, mengelola stress yang dirasa dan lebih menjalin komunikasi dengan pasangan untuk meningkatkan gairah seksual serta memotivasi agar tetap mempertahankan semua arahan yang diberikan. Hasil evaluasi yang dilakukan selama 4 minggu didapatkan penurunan berat badan sebanyak 2 kg sudah teratasi sebagian sedangkan pada penurunan libido belum teratasi. Ibu sudah mengubah pola hidupnya dengan mengurangi mengonsumsi makanan tinggi lemak, manis, berbahan dasar tepung, rutin jalan santai dipagi hari dan senam aerobik 3 kali dalam seminggu..

Berdasarkan hasil diatas diharapkan dapat meningkatkan mutu pelayanan kontrasepsi dengan memberikan edukasi secara lengkap terkait efek samping metode kontrasepsi DMPA,keuntungan dan kerugian serta solusi dari efek samping kontrasepsi. Serta pasien lebih aktif dalam menanyakan yang dirasakan dan lebih menjalin hubungan komunikasi dengan suami dan mengurangi aktifitas yang berat.

SYNOPSIS

The DMPA injectable contraceptive method does not cause interference, but it does have disadvantages and some side effects, including weight gain and decreased libido. Data from the Bangkalan District Health Office indicate that 12.56% (3,696) of acceptors experienced side effects, including weight gain and decreased libido. Of these, 836 acceptors (4.34%) experienced weight gain, while 30% (3) experienced decreased libido. Data from the Kamal Health Center revealed that 30% (3) of acceptors experienced weight gain, while 10% (1) experienced decreased libido. The data indicates that the incidence of weight gain and decreased libido in the Bangkalan Health Office is still relatively high compared to the incidence of weight gain and decreased libido at the Kamal Health Center. This case study aims to provide midwifery care to DMPA injectable contraceptive acceptors with weight gain and decreased libido in the Kamal Health Center work area.

The case study method was employed to provide midwifery care to Mrs. H, a DMPA injectable contraceptive acceptor presenting with side effects of weight gain and decreased libido. Data collection techniques included anamnesis, physical examination, data analysis, and comprehensive management with periodic evaluation. The results of midwifery care were documented using the SOAP documentation model. The study was conducted from April 30 to May 29, 2024, at the patient's residence in Tanjung Jati Village, Kamal District.

The results of the visit indicated that individuals who accept the DMPA injectable contraceptive experience weight gain and a decrease in libido over the course of three years. The diet applied is irregular and contains a high proportion of fat and flour-based products. Irregular activity patterns are rarely accompanied by exercise. There is a decrease in sexual desire or libido due to feelings of laziness and fatigue after engaging in daily activities. The results of the examination revealed a weight gain of 15 kg and a decrease in libido during contraceptive use. P3A0 DMPA injectable contraceptive acceptor with the problem of weight gain and decreased libido. Midwifery care includes dietary regulation with a balanced, low-calorie diet and the implementation of exercise, such as leisurely walks in the morning, teaching aerobic exercise and Kegel exercises, stress management, and establishing more communication with a partner to increase sexual desire and motivation to maintain all the directions given. The results of the evaluation carried out for four weeks demonstrated a 2-kg weight loss, which has been partially resolved, while the decrease in libido has not been resolved. The mother has altered her lifestyle by reducing her consumption of high-fat, sweet, flour-based foods, engaging in regular morning walks, and performing aerobic exercise three times a week.

The results of the study indicate that providing comprehensive education on the side effects, advantages, and disadvantages of the DMPA contraceptive method, as well as solutions to contraceptive side effects, will lead to an improvement in the quality of contraceptive services. Additionally, patients will be more active in asking questions and establishing communication with their husbands, which will result in a reduction in strenuous activities.