

Duration Of The Usage Of Dmpa Injects With Amenorrhea In Alita Medika Balong Bendo Polyclinic Sidoarjo 2023

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ABSTRACT

Depo MedroxyProgesterone Acetate (DMPA) which gives 150 mg of progesterone in the form of small particles given every 12 weeks by intramuscular injection (in the buttocks area). However, injectable birth control also has many side effects such as weight gain, amenorrhea, headaches, spotting bleeding (Hanafi, 2013). From the results of an initial survey at the Alita Medika Balongbendo Sidoarjo Polyclinic obtained data from 10 respondents showing that there are still many DMPA injection acceptor acceptors with a usage time of more than 2 years that succeeded in amenorrhoea. The purpose of this study was to Analyze the Length of the use of DMPA Injections with Amenorrhea in the Alita Medika Balong Bendo Sidoarjo Polyclinic in 2023. The design of this study was a cross sectional analytic study using a survey (survey research). The population in this study were all DMPA injection KB acceptors who arrived at the Alita Medika Polyclinic Balong Bendo Sidoarjo and took their samples using a nonprobability sampling technique by accidental sampling taken by 25 respondents. The independent variable of this study is the length of the use of DMPA injection KB with a nominal data scale and the dependent variable of this study is the incidence of amenorrhea with a nominal data scale. This research was conducted in January to July 2023 at the Alita Medika Clinic Balong Bendo Sidoarjo. In collecting data from respondents, the next step taken by researchers is to process data by editing, coding, scoring, tabulating, data entry, and cleaning. Data analysis in this study used the coefficient contingency test. From the coefficient contingency test results obtained that the value of $p < \alpha = 0.002 < 0.005$ which means that H1 is accepted is the long relationship between the use of DMPA injection KB with amenorrhea. By using DMPA injection contraception for a long time, amenorrhea will increase. By using DMPA injections for a long period of time, the endometrial growth will be smaller and there will be endometrial atrophy.

Keywords: Amenorrhea, DMPA KB injection, KB acceptor

INTRODUCTION

One type of effective contraception that is the choice is hormonal injections (KB) *injectables*, and is one of the long-acting (old) contraceptive methods, which does not require daily use. Good contraception is contraception that is safe, reliable, inexpensive, acceptable to many people, and used for a long time. The type of hormonal contraception that is often used is injectable birth control *Depo Medroxyprogesterone Acetate* (DMPA) which contains 150 mg of progesterone in the form of small particles given every 12 weeks by intramuscular injection (in the buttock area). However, injectable contraceptives also have many side effects such as weight gain, amenorrhea, headaches, spotting (Hanafi, 2013).

From East Java BKKBN data, it was recorded that the total number of active family planning participants in July 2013 was 4,327 participants. DMPA participants (48.09%), (BKKBN, 2017). From the results of an initial survey at the Alita Medika Balongbendo Sidoarjo Polyclinic, data were obtained from 10 DMPA injection respondents whose duration was ≤ 2 years, 3 (30%) acceptors, with 1 (10%) experiencing amenorrhea and 2 (20%) acceptors only experiencing spotting bleeding or spotting whereas for those who used it for > 2 years, 7 (70%) acceptors of DMPA injection KB experienced amenorrhea. So it can be concluded that there are still many DMPA injectable family planning acceptors for a long time using more than 2 years with amenorrhea.

This is caused by progestin contraceptives causing histological changes in endometrium arriving at surroundings *endometrium*. The effect on menstrual patterns depends on the duration of the use. Bleeding Intermenstrual and spotting decreases with time, while the incidence of amenorrhea increases, Progesterone is the most important progestin class hormone in humans. Apart from its hormonal properties, progesterone is also important because it is a supplier of estrogens, androgens and adrenocorticosteroid. This hormone was first isolated from the corpus luteum. This class of progestins causes changes in the already experienced endometrium stimulus estrogen. Of the various types of this hormone, the hydroxyprogesterone caproate group has gonadotropin inhibition properties. The exact mechanism of how progesterone stops bleeding in dysfunctional uterine bleeding has not been fully explained, this ability is achieved thanks to efficacy progesterone on prostaglandin formation, formation and stabilization of lysosomal walls, inhibition of myometrial contraction and arteriolar stimulation.<http://sitierwiatus.blogspot.com/2014/01/lama-penggunaan-kb-suntik-3-bulan.html>

Efforts were made to DMPA KB acceptors who experienced amenorrhea, an explanation was given that if it did not cause anxiety, acceptors could accept and understand that amenorrhoea is a characteristic of injectable contraception not due to pregnancy and does not need treatment. If the client cannot accept the disorder, do not continue the injection. Suggest the use of other types of contraception. The purpose of this study was to analyze the duration of using DMPA injections with amenorrhea at the Alita Medika Balong Bendo Sidoarjo Polyclinic in 2023.

METHOD

The design in this research is quantitative analytic cross *sectional* with approach survey *research*. The population in this study were all DMPA injection family planning acceptors who came to the Alita Medika Balong Bendo Sidoarjo Polyclinic and the samples were taken using a non-probability sampling technique by accidental sampling with a total of 25 respondents. The independent variable in this study was duration of the use of DMPA injection birth control with a nominal data scale and the dependent variable in this study was the incidence of amenorrhea with a nominal data scale. This research was conducted from January to July 2023 at the Alita Medika Balong Bendo Sidoarjo Sidoarjo Clinic. Measuring tool used is a questionnaire. The process of collecting data in this study was submitting a letter of introduction from the Faculty of Nursing Study Program Midwifery DIV IIK Strada to be submitted to the head of the Alita Medika Balong Bendo Clinic, Sidoarjo Regency to request permission for initial data collection. After obtaining permission, the researcher then asked the respondent's permission to be used as a research subject to find out the duration of the use of DMPA injections associated with amenorrhea. In collecting data from respondents, the next steps taken by researchers are data processing by editing, coding, scoring, tabulating, data entry and cleaning. The results of the study were analyzed using the contingency coefficient with its interpretation if p value $> level\ of\ significant\ (0.05)$ then the conclusion is that H_0 is accepted and H_1 is rejected, meaning that there is no duration of the use of DMPA injections associated

with amenorrhea at the Alita Medika Balong Bendo Sidoarjo Polyclinic in 2020 and if p value $< \text{level of significant}$ (0.05) then the conclusion is that H_0 is rejected and H_1 is accepted, meaning that there is DMPA Injecting Duration Associated with Amenorrhea at the Alita Medika Balong Bendo Sidoarjo Polyclinic in 2023.

RESULT

Characteristics of Respondents Based on the duration of the use of DMPA injection KB.

Table 2. Duration of the use of DMPA injection KB

Old Usage	Amount	Presentase %
≤ 2 years	19	40,4
> 2 years	28	59,6
Total	47	100

Source: 2020 Research Primary Data

Based on the table above, it shows that of the 47 respondents, the majority (59.6%) used it for > 2 years, namely 28 respondents.

Amenorrhea incident

Table 3. Incidence of Amenorrhea

The Occurrence Of Amenorrhea	Amount	Presentase%
Positive amenorrhea	34	72
Negative Amenorrhea	13	28
total	47	100

Source: 2020 Research Primary Data

Based on the table above, it shows that of the 47 respondents, the majority (72%) experienced amenorrhea, namely 34 respondents.

Duration of the use of DMPA injection with the incidence of amenorrhea.

Duration of the use * incidence_of amenorrhoea Crosstabulation

			Incident Amenorhea		Total
			Positive amenorrhea	Negative Amenorrhea	
age_of-use	> 2 years	Count	8	11	19
		% of Total	17.0%	23.4%	40.4%
	≤ 2 years	Count	26	2	28
		% of Total	55.3%	4.3%	59.6%
Total	Count		34	13	47
	% of Total		72.3%	27.7%	100.0%

Source: 2020 Research Primary Data

Based on the table above, it shows that of the 47 respondents, the majority (55.3%) experienced amenorrhea, namely 26 respondents.

From the test results of the contingency *coefficient* it was found that the p value $< \alpha = 0.000 < 0.005$, which means that H_1 It is accepted that there is a long-standing relationship between the use of DMPA injectable birth control and the incidence of amenorrhea.

DISCUSSION

Duration of the use of DMPA injection KB.

Based on The results of the study in Table 3 show that out of 47 respondents, the majority (59.6%) had used > 2 years, namely 28 respondents. DMPA injectable birth control, which contains 150 mg of DMPA which is given every 3 months by injection intramuscularly (in the buttocks area) (Sarwono, 2011). This shows that many acceptors have used DMPA injectable birth control because there are many advantages of DMPA contraception compared to with other types of contraception. The advantages of using DMPA injectable birth control are that it can prevent long-term pregnancies, does not affect marital relations, is practical, has a low failure rate and few side effects.

Amenorrhea incident

Based on table 4 shows that of the 47 respondents, almost all (92.9%) experienced amenorrhea, namely 26 respondents. Amenorrhea is a symptom of not having menstruation for several months Woman who are not pregnant and have no organic disorders. Usually this girl experience Psychological stress in the form of anxiety, emotional, fear of doing a new job and wanting to get pregnant in couples so that psychosomatic disorders will arise in the form of amenorrhea (Sarwono, 2011). The factors that affect amenorrhea are internal factors, namely reproductive organs, hormones, disease. And External Factors namely nutritional status and lifestyle.<http://dr-suparyanto.blogspot.com/2011/04/amenorea.html>. In this case, many respondents who used it for > 2 years experienced amenorrhea. This is because the endometrium becomes shallow and atrophic with inactive glands. Often atrophic stroma with inactive glands. Often the stroma becomes oedematous. With prolonged use, the endometrium can become so thin, so that no or very little tissue is obtained when a biopsy is performed. Efforts as a health worker to deal with amenorrhea in DMPA injectable KB acceptors, namely counseling can be carried out by explaining that amenorrhea is a side effect of DMPA injecting KB.

Old relationship between the use of DMPA injectable birth control and the incidence of amenorrhea

From the test results of the contingency *coefficient* it was found that the p value $< \alpha = 0.000 < 0.005$, which means that H_1 It is accepted that there is a long-standing relationship between the use of DMPA injectable birth control and the incidence of amenorrhea. The effect on menstrual patterns depends on the duration of the use. Intermenstrual bleeding and spotting decrease with time, while the incidence of amenorrhea increases (Hanafi 2013). On use of DMPA, the endometrium becomes shallow and atrophic with inactive glands. Often atrophic stroma with inactive glands. Often the stroma becomes oedematous. With long-term use, the endometrium can become so scanty that no or very little tissue is found when a biopsy is performed. With prolonged use of injectable DMPA contraception for a long time, amenorrhea will occur. By using DMPA injectable birth control for a long time, the endometrial growth will be smaller and endometrial atrophy will occur. The impact that occurred on the length of the use of DMPA injection contraception with the incidence of amenorrhea was that acceptors felt anxious because they did not experience menstruation every month. In this case the researcher assumes that health workers should explain more to acceptors who are worried because they do not experience menstruation every month because this is one of the side effects of DMPA injection KB.

CONCLUSION

Most (59.6%) of respondents in Poli Klinik Alita Medika Balong Bendo Sidoarjo in 2020 is the one with a duration of > 2 years, namely 28 respondents. Almost all (92.9%) at the Alita Medika Balong Bendo Sidoarjo Polyclinic B in 2020 with a duration of > 2 years experienced amenorrhea, namely 26 respondents.

From the results of the contingency *coefficient* it was found that the p value $<\alpha = 0.000 < 0.005$, which means that H_1 It is accepted that there is a long-standing relationship between the use of DMPA injectable birth control and the incidence of amenorrhea. this indicates that H_0 rejected H_1 accepted means that there is a relationship between the length of the use of DMPA injection contraception and Incident Amenorrhea Of Poli Klinik Alita Medika Balong Bendo Sidoarjo Year 2020 Which meaning that the longer you use DMPA injection KB, the greater the risk of amenorrhea

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