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*Strengthening Maternal,
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Bridging Research and Practice*

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Ery Khusnal



Hall 4 'Aisyiyah University Yogyakarta, Yogyakarta Indonesia

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Jl. Lingkar Barat No.63, Mlangi, Nogotirto, Gamping,
Sleman, Yogyakarta 55292

Telp: (0274) 4469199, Fax:(0274) 4469204

email: info@unisayogya.ac.id

website: www.unisayogya.ac.id

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DURATION OF USE CONTRACEPTIVE INJECT 3 MONTHS RELATED TO DESCRIPTION of LIBIDO'S ACCEPTORS at BPS YAYUK ISMAIL SIDORESMO JAGIR SURABAYA

Puji Hastuti, Dya Sustrami, Bunga Puji Rahayu

Email : ph_ners79@yahoo.co.id

ABSTRACT

Depreciation of libido happens caused by effect progesterone especially containing 19-norsteroid impact to the condition of dry vagina so that causes not pleasant taste when having intercourse. This study was aim to detect duration of use KB inject 3 months with depreciation of libido in acceptor KB inject 3 months.

Observational analytic was used in this study. A purposive sampling was invited 32 respondents.

The results showed mostly of acceptor KB inject 3 months used at 13-24 months (52.6%). Mostly of acceptor KB inject 3 months that experience depreciation of libido (43,8%). Result of statistics Spearman's Rank Correlation test showed $\rho = 0.015$ and $r = 0.425$, that there is long connection of use KB injects 3 months with depreciation of libido in acceptor kb inject 3 months at BPS Yayuk Ismail, Surabaya. This finding suggested for midwife to socialize to acceptor about side effects due to long term usage of injection contraception.

Keyword: *Used Duration KB inject 3 months, Libido Depreciation*

Introduction

Contraceptive injection Depo Medroxyprogesterone Acetate (DMPA) is a hormonal contraceptive use increased over time. Contraceptive use DMPA injections in a long time would cause sexual dysfunction such as decreased libido (Saroaha, 2008). Decreased libido acceptor injectables three months on long-term use may arise due to hormonal changes, drying of the vagina that causes pain and discomfort during intercourse and ultimately reduce sexual desire.

The WHO estimates that nearly 380 million pairs run family planning, in developing countries 66-75 million people using hormonal contraception. The results obtained up to 2006, the use of contraceptive DMPA 12 million of the 100 million users worldwide. Until November 2010 already exceeded the target by the number of family planning acceptors Injectable contraceptives amounted to 130.256 acceptor (BKKBN 2010).

Injectable contraceptives is one way to prevent pregnancy through hormonal injections (Arfiah, 2009). Contraceptive injections containing 150 mg DMPA (Depo Medroksi Progesterone Acetate) which is given every three months by injection intramuscular (in the buttocks) (Ari S, 2013).). The side effects of giving injections of 3 months ie amenorrhea, spotting (spotting), weight changes, depression, acne, hair loss, on a long-term impairments can also cause vaginal dryness, lowered libido, emotional disturbance (rarely), headache , nervous, or acne. In this case the most discussed is the main side effects of injections of 3 months with decreased libido.

Decreased libido occur due to the effects of progesterone, especially containing 19-norsteroid cause a state of vaginal dryness, causing discomfort during intercourse.

Methods

In this study, using the correlation design with cross sectional approach. Cross Sectional research is research that emphasizes data collection time measurement or observation data is the independent variable is the acceptor injections 3 months and the dependent variable is decreased libido only one at a time (Nursalam, 2011).

The population in this study are acceptor injections 3 months as many as 35 people in BPS Yayuk jagir sidoresmo Ismail in the village, Surabaya. The sampling technique used in this study is the probability sampling that each subject in the population has a chance of being selected or not selected as sample by purposive sampling technique Sampling (Nursalam, 2011). In this technique, each respondent who meet the criteria for inclusion and exclusion criteria. Inclusion Criteria are acceptors injections 3 months aged 20 to 35 years and acceptors injections three months came to re KB, acceptors injections 3 months willing to become respondents. Exclusion Criteria is acceptors injections 3 months are advised to replace another KB.

Result and Discussion

General data research results is a picture of the characteristics of respondents that include maternal age, BB and TB, the number of children, education, occupation, religion, long married, the menstrual cycle, activity beyond the daily activities, age of husband, husband's occupation, reason for using injectables , duration of use KB.

1. Characteristics of Respondents by age of mother

The data shows that out of 32 respondents obtained an average age of 26-35 years were 22 respondents (68.8%), respondents aged 36-45 years by seven respondents (21.9%), respondents aged 18-25 years as many as three respondents (9.4%).

2. Characteristics of Respondents by BB and TB

32 respondents obtained an average maternal weight 56-70 kg were 18 respondents (56.2%), respondents with a body weight of 40-55 kg by 9 respondents (28.1%), respondents with 76-85 kg body weight by 5 respondents (15.6%). 32 respondents obtained an average height of 150-160 cm mothers were 24 respondents (75%), height 161-170 cm by 8 respondents (25%).

3. Characteristics of Respondents based on the number of children

Research data showed from 32 respondents obtained an average number of children a mother with two children as much as 16 respondents (50.0%), respondents with the number of children one child as much as 9 respondents (28.1%), respondents with the number of children 3 children by 7 respondents (21.9%).

4. Characteristics of Respondents by education

Research data showed out of 32 respondents obtained an average mother with a high school education were 17 respondents (53.1%), respondents with secondary education levels as much as 6 respondents (18.8%), respondents with education level Higher Education as 6 respondents (18.8%), respondents with elementary education level by 3 respondents (9.4%).

6. Characteristics of Respondents by occupation

Research shows the data from 32 respondents obtained an average occupation of respondents is as IRT many as 13 people (40.6%), as private as many as 12 people (37.5%), as the Self of 4 people (12.5%) , as civil servants as much as 3 people (9.4%).

7. Characteristics of Respondents by religion

Research shows the data from 32 respondents on average were converted to Islam by 30 respondents (93.8%), and the Christian religion as much as 2 respondents (6.2%).

8. Characteristics of Respondents by old married

Research shows the data from 32 respondents obtained an average old married mother with 1-10 years as many as 19 people (59.4%), mothers who are married 11-20 years as many as 13 people (40.6%).

9. Characteristics of Respondents by the menstrual cycle

Research shows the data from 32 respondents obtained an average mother with irregular menstrual cycles as much as 22 respondents (68.8%), women with regular menstrual cycles as much as 10 respondents (31.2%).

10. Characteristics of Respondents based activity beyond the daily activities

Research shows the data from 32 respondents obtained an average mothers who have activities outside of daily activities such as gathering as many as 15 respondents (46.9%), school children dropping as much as 12 respondents (37.5%), recitation of 4 respondents (12.5%), sports as much as one respondent (3.1%).

11. Characteristics of Respondents by husband's age

Research shows the data from 32 respondents obtained an average mother who has a husband by the age of 31-40 years as many as 23 respondents (71.9%), 20-30 years of age husband as much as 6 respondents (18.8%), 41-50 years as many as 3 people (9.4%).

12. Characteristics of Respondents by husband's work

32 respondents obtained an average mother who has a husband with the husband's work as private as many as 21 respondents (65.5%), as a civil servant by 7 respondents (21.9%), as a self-employed as many as four respondents (12, 5%).

13. Characteristics of respondents by reason for using injectables

32 respondents obtained an average wear reasons mothers in KB Inject 3 months is more practical as much as 28 respondents (87.5%), ease of use as many as three people (9.4%), few side effects as much as 1 respondents (3.1%).

Custom Data Research

1. Characteristic respondents by duration of used KB inject 3 months

Data showed from 32 respondents obtained an average mother with the use of KB of 13-24 months old were 19 respondents (59.4%), duration of use KB 1-12 months as many as 11 respondents (34.4%), duration of use KB > 24 months 2 respondents (6.2%).

2. Depreciation of Libido

Research showed that data of 32 respondents who experienced decreased libido as much as 14 respondents (43.8%). Respondents who did not experience decreased libido as much as 18 respondents (56.2%).

3. Relationship duration of use injections of 3 months with depreciation of libido acceptor KB injections 3 months

Research result showed that 9 mothers who use injections of 1-12 months did not experience decreased libido (81.8%), and women who experience decreased libido 2 mothers (18.2%). Of the 19 mothers who use injections of 13-24 months as many as 10 women who experience decreased libido (52.6%) and those who did not experience decreased libido as much as nine mothers (47.4%). Of the two mothers who use injections > 24 months all decreased libido (100%).

This study was designed to provide long relationship research results using injections of 3 months with decreased libido acceptor injections 3 months in BPS Yayuk Ismail Surabaya. Duration of use injectables 3 months in BPS Yayuk Ismail Surabaya. The results using a questionnaire on 10 April-14 July 2015, from 32 respondents obtained an average duration of use birth mother with 13-24 months amounted to 19 respondents (59.4%), and women with long usage KB 1-12 months a total of 11 respondents (34.4%), while women with long usage KB > 24 months amounted to 2 respondents (6.2%).

Acceptors injections of 3 months with the use of 13-24 months old received the highest percentage in the study, totaling 19 respondents (59.4%). Acceptors injections of 3 months with the use of 13-24 months old when seen from the number of children, the highest percentage is to have two children who totaled nine respondents (56.2%) of

the total 16 respondents (100%). According to the researchers assumptions affect the number of children use family planning because the respondents planned to the number of children in the family, the mother is also likely in the productive age so she planned to give the distance between the two birth of his child. Supported by the opinion (Saifuddin, 2006) which states that the family planning is the distance between two births should be 2-4 years. And also one indication of injectables is the mother requires the use of long-term contraception and has a high effectiveness or have many children, but do not require tubal ligation.

Acceptors injections 3 months with duration of use of 13-24 months with the number of children one child who totaled six respondents (66.7%) of 9 respondents. Assumption of researcher the number of children 1, respondents gave spacing between the first and second child, or the respondent was prioritizing development of the child first, so that the respondents use the injections because it can be used long term and can prevent pregnancy. (Sulistyawati, 2013) states that the long-term contraception are also included hormonal contraceptive mechanism of action is to prevent ovulation by blocking the LH surge in the middle of a cycle. And according to (Saifuddin, 2006) in family planning is the distance between two births should be 2-4 years.

Acceptors injections of 3 months with the use of 13-24 months old when viewed from a percentage of the number of children, the lowest percentage is 3 children who are 4 respondents (57.1%) of 7 respondents. With duration of use injections of 13-24 months the number of children 3 children, the possibility of the respondents felt quite have three children in the family but respondents do not want to tubal ligation so that the respondents decided to use a 3-month injections, because according to the respondent 3-month injections are very effective and well can be used as a long-term contraception. (Saifuddin, 2006) that one indication is the capital injections require the use of long-term contraception and has a high effectiveness or have had many children, but do not require tubal ligation. (Prawirohardjo, 2007) said that the effectiveness of the use of injectable contraceptives are highly effective 0.1-0.4 pregnancies per 100 women. The failure rate with NET-EN is slightly higher, but generally remain below 1 per 100 years- women.

Acceptors injections 3 months with duration of use of 1-12 months showed 11 respondents (34.4%) of the 32 respondents. When viewed from the reasons to choose

injectables, totaling 9 percentage of respondents (81.8%) of the 11 respondents with a more practical reason. According to the assumptions of researchers acceptors who choose injectables 3 months with more practical reasons deemed more efficient than other types of birth control because acceptor should not be afraid to forget their use, and also do not need to store injectable drugs but just keep in mind the time back to get the next injection to medical personnel. And can also newly married respondents had had only one child so that the respondents choose to use contraceptive injections 3 months of pregnancy the long term, because the respondents would like to leave a distance between two births that are planned in the form of small family happy. (Saifuddin, 2006) that one indication is the capital injections require the use of long-term contraception.

Acceptors injections of 3 months with the use of 1-12 months old by reason of the use of easy to use and few side effects of each acquired one respondent (9.1%) of the 11 respondents. According to the assumptions of researchers acceptors have never bothered about side effects will be the respondents experienced, other than that in terms of its usage acceptor should not be afraid to forget their use, and also do not need to store injectable drugs but just keep in mind the time back to get a shot next to power medical.

Acceptors injections 3 months with duration of use > 24 months, totaling 2 respondents (6.2%) of the 32 respondents. If seen from the percentage of age, obtained the age category of 26-35 years amounted to 2 respondents (9.1%) of the 22 respondents. At the age category of the mother was having a productive age in adding child / baby so that the use of injections into contraceptive choice. And also for those respondents who had 35 years of age usually terminate a pregnancy, in other words have not wanted more children. (Saiffudin, 2006) states that the best pregnancy and birth, meaning that the lowest risk for the mother and child is between 20-35 years. And according to (Hartanto, 2004) which states that the age of 35 years is a phase of terminating a pregnancy.

Depreciation of Libido

The results of the study through a questionnaire on 10 April-14 July 2015, from 32 respondents, acceptors decreased libido total of 14 respondents (43.8%), and which does not experience decreased libido were 18 respondents (56.2%).

The results of family planning acceptors syringes decreased libido when seen from the highest percentage age is 26-35 years of age were 10 respondents (45.5%) of the 22 respondents. According to the assumptions of researchers aged 26-35 years are productive age in terms of adding a baby, to the possibility of respondents chose hormonal contraceptives are injections that can prevent pregnancy long term, so that the respondents have been using the hormonal contraception. The side effects of hormonal contraception one of which can decrease libido. Decreased libido was due to a decrease in the hormone estrogen can cause vaginal dryness that respondents feel pain during intercourse. In support of the theory (Andrews, 2010) which states that the hormones in contraceptive use can lead to decreased libido / desire, vaginal dryness, decreased stimulation. The results of family planning acceptors syringes decreased libido when seen from the percentage of the age of 36-45 years a number 2 respondents (28.6%) of 7 respondents. The age of entering the premenopausal age at which the age of respondents who experienced a decline due to decreased libido hormone can occur with menopause. (Andrews, 2010) most women experience a decrease in sexual desire after menopause. cause quite a lot, ranging from a decrease in estrogen hormone so that the condition of the vagina becomes dry and causes penetration becomes painful.

While the views of the percentage of 18-25 year number 2 respondents (66.7%) of 3 respondents. The age where childbearing age for each respondent may also respondents in that age a couple of new families who had had only one child and the new using injections of 3 months, for the respondent to delay pregnancy long term. As in the 26-35 year age criterion that the possibility of respondents chose injectable hormonal contraceptive that can prevent pregnancy long term, so that the respondents have been using the hormonal contraception. The side effects of hormonal contraception one of which can decrease libido.

The yield on the acceptors decreased libido due to vaginal dryness and pain during intercourse so as acceptors are reluctant to have sexual intercourse with a partner. Supported by the opinion (Windhu, 2009) about the factors influencing the feelings that

decreased libido is reluctance in giving sexual response is a reflection of the woman to sexual contact with a man who does not interest him. Lack of sexual desire can also be caused by a lack of attention from men as sexual partners. Women find it as an object to obtain sexual gratification of men. Lack of tenderness or expression of love from a spouse can make a woman to stop responding.

The results of family planning acceptors injection or decreased libido number of 18 respondents (56.2%), when seen from the percentage of long-married obtained 9 percent of respondents with 1-10 year old married and 9 respondents with 11-20 years old married. The results of family planning acceptors injection or decreased libido in married 1-10 years old category number 9 respondents (81.8%) of the 19 respondents. According to the assumptions of researchers from 1-10 years old married where the age of first marriage usually partner's sexual needs are still met each other mutually. It happened until the second year of marriage, in which the second year is usually the couple has begun to adjust to become prospective parents. After having one child, most likely married couples are already planning for second pregnancy, so in this case the intensity in sexual intercourse more frequently. Therefore in this case the acceptor does not experience decreased libido. Supported (Tribune, 2015) Some of the major bones of contention in the first year of marriage is also possible due to the husband and wife were trying to adjust to his new role. "Outside be a husband or wife, the couple also act as a daughter and a new section of the neighborhood partner."

The results of family planning acceptors injection or decreased libido in married 11-20 year old category number 9 respondents (69.2%) of the 13 respondents. Possibilities in the age category of the wedding couples still want to add a baby because the couple are still in their productive age. Thus, in the intensity of sexual needs are still met each other mutually. Therefore acceptors do not experience decreased libido. Supported (Tribune, 2015) The problem that arises in the tenth year is usually a problem that can not be resolved or even has not been discussed during previous crises. In the seventh year of marriage, some couples find it is enough to spend time together to decide that the marriage relationship is not as hopeless. "Or, there are habits that they can tolerate in the beginning of the wedding, but now it can not be tolerated any longer. Relation of used duration injections of 3 months with decreased libido acceptor injections 3 months at BPS Yayuk Ismail Surabaya.

The result of the calculation using statistical tests Spearman's Rank Correlation values obtained $\rho = 0.015$ and $r = 0.425$, this proves that there is a significant relationship between duration of use injectables with decreased libido result showed that nearly all respondents decreased libido seen in Table 5:16 namely from 32 respondents total respondents decreased libido as much as 14 respondents (43.8%), and the total is not decreased libido as much as 18 respondents (56.2%), the details of the results, the 10 respondents who experienced a decrease in libido with duration of use KB 13-24 months, 2 respondents with duration of use > 24 months, and 1-12 months for long usage as much as 2 respondents.

Respondents who did not experience a decrease in libido is 9 respondents with 1-12 months duration of use, and 9 respondents with duration of use of 13-24 months for use of > 24 months no respondents. Hormonal contraceptive injections 3 months is a highly effective contraceptive, that is used by many acceptors when compared with other types of birth control. Possible respondents chose injectables due to the effectiveness of its use. Boosted opinion (Prawirohardjo, 2007) that the effectiveness of the use of highly effective 0.1-0.4 pregnancies per 100 women. The failure rate with NET-EN is slightly higher, but generally remain below 1 per 100 women.

The use of injections 3 months with long-term will affect serum estradiol levels which can affect the libido decrease, which can cause vaginal dryness sehingga will feel pain during sexual intercourse. (Agustina, 2012) that use of DMPA 2 years are at great risk to the effects of low levels of serum estradiol can be loss of bone mass, prolonged amenorrhea and sexual dysfunction such as low sexual desire that affect one's sex life. As it is supported also by the opinion Sulistyawati (2013) that one of the disadvantages of the use of injectables is on long-term disorders can also cause vaginal dryness, lowered libido, emotional disturbance (rarely), headache, nervousness or acne. Meanwhile, according to (Suratun, 2008) decreased libido occurred because of the effects of progesterone, especially containing 19-norsteroid cause vaginal dryness circumstances.

Long-term use of injectables also greatly affect the pattern of menstruation, the endometrial growth is getting smaller and occur hypermenorrhea or atrophic endometrium. Boosted by opinion (Andrews, 2010) that the factors influencing the depreciation in libido one of them is the menstrual cycle disorders are symptoms of not

having periods (amenorrhea), bleeding in the form of droplets / spots (spotting), bleeding cycled menstruation (metrorrhagia / breakthrough bleeding), and menstrual bleeding that is longer or more than usual (menorrhagia). The reason for their hormonal imbalance thus histology endometrial changes. The state of amenorrhea due to endometrial atrophy.

Acceptors experiencing menstrual cycle disorders are usually more sensitive due to hormone changes, in the sense usually respondents often angry, easy emotion, mood not like the symptoms of PMS (Pre Menstrual Syndrome). In this case the change of mood also affects the libido decline. As the opinion (Windhu, 2009) about the biological factors that influence the decrease in libido is the basic instinct rooted in rhinecephalic and limbic system that is affected is modulated by hormones and mental, particularly mood and direction of neurochemical substances. Hormone interplay is complex to control the intensity of libido and sexual behavior. Contributions estrogen appears in the secondary sex characters in the central and peripheral to women against sexual desire. Estrogen affects sexual desire and arousal central. Androgen hormones also affect a woman's sexual desire. Estrogen and androgens regulate sensory organs that are the targets and define sexual libido.

One side effect of the use of injectables is an increase in body weight, weight gain is likely to occur because the hormone progesterone easy change of carbohydrates and sugars into fat, so that the fat under the skin increases, in addition to the hormone progesterone also cause increased appetite and lower physical activity, resulting in the use of injections can cause weight gain. In this case the weight gain affect libido decrease, as it will make the respondents are less confident. As a psychological factors according to (Andrews, 2010) in influencing a decrease in libido is lack of self-confidence that makes a woman a loss of libido. Example: because it is not satisfied with the condition of the body (overweight or underweight), so it is not convenient to present themselves what their front pair and consequently did not feel excited when a couple invites for sex and do not enjoy the activity.

Acceptors syringe gained weight since been using injections of 3 months usually have a desire to go on a diet, so the body ideal back as before. But if the diet was unhealthy diet can affect a decrease in libido. Supported by (Irianto, 2014) which describes one of the physiological factors that influence decreased libido that diet is

often done by women to lose weight, but the diet is done without supervision and not in accordance with the condition of the body can actually make the body weak and sick , When the body is weak and undernourished automatically decreased sex drive. If a diet balanced with exercise, a person will be more excited. Sports should not be heavy enough regular jogging or cycling, blood flow will be smooth, as well as the body's hormone production. Exercise makes a healthy body and sexual health

Conclusion

The results of the research that has been done in BPS Yayuk Ismail Surabaya on 10 April- July 14, 2015, it can be deduced as follows most acceptor injections 3 months using injections with usage of 13-24 months old, A large part of acceptors decreased libido, and there is a relationship duration of use injections of 3 months with decreased libido acceptor injections 3 months in BPS Yayuk Ismail Surabaya on 10 April-14 July 2015

Suggestion

For the Respondents, to prospective acceptors of family planning to come and look for information that clearly before using one of the methods of contraception. To acceptors to always identify the physical changes of psychological connection contraceptive use. For Agencies, providing information about the side effects of birth control that will be used by the acceptor.

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