LAMPIRAN

DESCRIPTION OF TOTAL CHOLESTEROL LEVELS
FOR INJECTING KB USERS IN TUWED VILLAGE
MELAYA DISTRICT JEMBRANA REGENCY
ABSTRACT

Background: *KB Injectable is a method of hormonal contraception for women which is through injection of fluids containing hormones. One of the effects of injectable contraceptives is the increase in total cholesterol levels in the blood.* **The purpose** *of this study was to determine and describe total cholesterol levels in injecting family planning users.* **The research method** *used a descriptive method with a population of 254 injection family planning users in Tuwed Village. The study was conducted in May 2022 in Tuwed Village with a total sample is 40 respondents using purposive sampling technique. Examination of total cholesterol levels was carried out using the POCT method using capillary blood.* **The results** *that KB injecting with normal total cholesterol levels were 10 respondents (25%), the borderline was 17 respondents (42,5%), and high was 13 respondents (32,5%). High total cholesterol levels were found in KB injectable users aged 45-49 years as many as 4 respondents (10%), based on the duration of using injectable contraceptives for >5 years as many as 6 respondents (15%), in the 3 month injectable contraceptives category as many as 8 respondents (20%), the type of injectable contraceptives for 1 month were 5 respondents (12,5%) and physical activity in the light category was 6 respondents (15%).* **The conclusion** *of this study is that the majority of injectable contraceptives users range and the duration of using injectable family planning is >5 years with the type of injectable KB injection for 1 month and 3 months and physical activity in the light category.* **Keywords**: *injectable family planning users, total cholesterol, POCT method*

Gambaran Kadar Kolesterol pada Akseptor Kontrasepsi Suntik

Overview of Cholesterol Levels in Injection Contraception Acceptors

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Abstrak

Berdasarkan data hasil sensus penduduk yang tercatat 2016 lebih dari 258 juta jiwa dan diproyeksikan bahwa jumlah ini akan terus bertambah. Program keluarga berencana untuk perencanaan jumlah keluarga dan pembatasan dengan peggunaan alat kontrasepsi. Jumlah Pasangan Usia Subur (PUS) Provinsi Jawa Tengah tahun 2016 sebanyak 6.727.894 dari seluruh PUS sebesar 78.6% peserta KB aktif. Kontrasepsi yang paling banyak digunakan kontrasepsi suntik 3 bulan (DMPA). Di Kota Semarang, Kecamatan Pedurungan jumlah PUS paling banyak. Kelurahan yang paling banyak akseptor kontrasepsi suntik adalah Kelurahan Telogosari Kulon. Kontrasepsi suntik menyebabkan perubahan metabolisme lemak melalui perubahan kadar kolesterol adanya pengaruh hormon progesteron. Rancangan penelitian yang digunakan adalah penelitian jenis deskriptif dengan pendekatan *cross-sectional*. Sampel penelitian sebanyak 25 akseptor kontrasepsi suntik 3 bulan. Hasil penelitian menunjukkan rata-rata kadar kolesterol 209.5 mg/dl, sebanyak 12 akseptor kotrasepsi suntik memiliki kadar kolesterol normal (48%) dan 13 akseptor memiliki kadar kolesterol diatas normal (52%). Kontrasepsi suntik 3 bulan dapat meningkatkan kadar kolesterol.

Kata Kunci: Kadar kolesterol ; Akseptor DMPA

Abstract

Based on the population census data from 2016, there are more than 258 million people and it's projected will continue grow. Family planning programs for family planning total and restriction on the use of contraceptive. The number of fertile age couple in the province of central java in 2016 was 6.727.894 of all fertile age couples of 78.6% active family planning participants. The type of contraception that is often used is injection at 54.2%. The most many used contraceptive injection is contraceptive injection 3 month (DMPA). In Semarang City, Pedurungan district the most number of fertile age couples. The village with the most injectable contraceptive acceptors is Tlogosari Kulon Village. Injectable contraception causes changes in fat metabolism through changes in cholesterol levels. Descriptive type research with cross sectional. The study sample was 25 injectable contraceptive acceptors 3 months. The result examination of cholesterol levels in injectable cholesterol levels in injectable contraceptive acceptors 3 months on average cholesterol levels is 209.5 mg/dl, as many 12 acceptor contraceptive injective 3 months had normal cholesterol levels (48%), and as many 13 acceptor contraceptive injective 3 months had above normal cholesterol levels (52%). 3 month injection contraception can increase cholesterol levels.

Keyword: Cholesterol levels ; DMPA acceptors

Perbedaan Kadar Kolesterol pada Akseptor KB Pil dan KB Suntik Menggunakan Metode Stick

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Masyarakat Indonesia umumnya menggunakan alat kontrasepsi untuk menunda kehamilan. Kontrasepsi pil dan suntik adalah kontrasepsi hormonal yang populer dan sangat efektif. Selain bermanfaat, kontrasepsi hormonal juga memiliki efek samping bagi akseptornya. Penelitian ini bertujuan untuk mengetahui ada tidaknya perbedaan kadar kolesterol pada akseptor KB pil dan suntik di Desa Beton Menganti Kabupaten Gresik. Penelitian dengan metode stick, memiliki keunggulan lebih praktis dan hanya dirancang untuk pemeriksaan darah kapiler. Hasil pemeriksaan menunjukkan rata-rata kadar kolesterol akseptor KB pil adalah 207 mg/dl dan akseptor KB suntik 177 mg/dl. Persentase kadar kolesterol normal pada akseptor KB pil adalah 34%, batas tertinggi 46% dan tertinggi 20%. Sedangkan persentase kadar kolesterol normal pada akseptor KB suntik 73%, batas tertinggi 7% dan tertinggi 20%. Hasil analisis data menggunakan Paired T-test diperoleh t hitung 1,030 dengan sig 0,320 (sig>0,05), sehingga disimpulkan tidak ada perbedaan kadar kolesterol antar akseptor KB pil dan KB suntik.

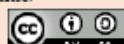| Key word:	ABSTRACT
Cholesterol; Pill KB; Injectable KB; Stick Method.	

Indonesian people generally use contraception to delay pregnancy. Pill and injectable contraceptives are popular and highly effective hormonal contraceptives. Besides being useful, hormonal contraception also has side effects for the acceptor. This study aims to determine whether there are differences in cholesterol levels in pill and injection family planning acceptors in Beton Menganti Village, Gresik Regency. Research using the stick method, has the advantage of being more practical and only designed for capillary blood examination. The results of the examination showed that the average cholesterol level of the contraceptive pill KB acceptor was 207 mg/dl and the injection KB acceptor was 177 mg/dl. The percentage of normal cholesterol levels for the acceptors of pills KB is 33%, the highest limit is 47% and the highest is 20%. Meanwhile, the percentage of normal cholesterol levels for injectable acceptors KB is 73%, the high limit is 7% and the highest is 20%. The results of data analysis using Paired T-test obtained t count 1.030 with sig 0.320 (sig>0.05), so that it was concluded that there was no difference in cholesterol levels between pill and injection KB acceptors.

Pendahuluan

Salah satu permasalahan kependudukan di Indonesia saat ini adalah pertumbuhan penduduk yang masih cukup tinggi. Oleh karena itu diperlukan kebijakan kependudukan melalui penurunan tingkat pertumbuhan penduduk serendah-rendahnya. Cara efektif untuk menurunkan angka pertumbuhan penduduk dengan jalan mengikuti program Keluarga Berencana (KB) yang harus dilaksanakan secara berkesinambungan, sehingga dapat menekan laju pertumbuhan penduduk (BKKBN, 2009). Program Keluarga berencana cukup efektif dalam menekan laju pertumbuhan penduduk dengan penggunaan kontrasepsi yang tepat (Nurjannah, 2019).

Keluarga berencana adalah usaha untuk mengukur jumlah dan jarak anak yang diinginkan.