

**HUBUNGAN TINGKAT KECEMASAN AKSEPTOR KB SUNTIK
PROGESTIN DENGAN EFEK SAMPINGNYA DI MASA
PANDEMI COVID-19 DI PMB EMI NARIMAWATI
KECAMATAN PLERET KABUPATEN
BANTUL**

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ABSTRAK

Latar Belakang : Dalam menghadapi wabah bencana non alam COVID-19 ini dilakukan kebijakan Pembatasan Sosial Berskala Besar (PSBB) untuk pencegahan penularan COVID-19. Kondisi ini menyebabkan dampak kecemasan masyarakat terhadap kelangsungan pelayanan kesehatan masyarakat, termasuk pelayanan KB. Adanya penurunan peserta KB yang terjadi pada masa pandemi akan berimbas kepada risiko terjadinya kehamilan yang tinggi.

Tujuan : Penelitian ini bertujuan untuk mengetahui hubungan tingkat kecemasan akseptor KB suntik dengan efek sampingnya di masa pandemi COVID-19 di PMB Emi Narimawati Pleret Kabupaten Bantul.

Metode : Penelitian menggunakan metode *deskriptif analitik* dengan pendekatan *cross sectional*. Populasi adalah akseptor KB suntik progestin sebanyak 100 orang dan sampel sebanyak 50 orang yang diperoleh melalui tehnik *Simple Random Sampling*. Teknik pengambilan pengumpulan data dilakukan dengan wawancara menggunakan kuesioner serta checklist dan dianalisis menggunakan uji *Pearson Chi-square*.

Hasil : Berdasarkan penelitian ini menunjukkan bahwa paling banyak Akseptor KB suntik progestin dengan tingkat kecemasan sedang sebanyak 32 orang (64%) Akseptor KB suntik progestin dan pada efek samping akseptor KB suntik progestin sebanyak 40 orang (80%) yang mengalami efek samping. Terdapat hubungan yang signifikan antara tingkat kecemasan akseptor KB suntik progestin dengan efek samping KB suntik progestin di PMB Emi Narimawati Pleret Kabupaten Bantul ($p=0,001$).

Kesimpulan : Terdapat hubungan antara tingkat kecemasan dengan efek samping KB suntik progestin, ada hubungan kecemasan tingkat sedang lebih banyak mengalami efek samping KB suntik progestin di masa pandemi COVID-19 di PMB Emi Narimawati Pleret Bantul.

Kata kunci : Akseptor; efek samping; KB suntik, progestin, tingkat kecemasan.

**THE RELATIONSHIP OF ANXIETY LEVEL ON ACCESSORS OF
PROGESTIN INJECTIONS WITH SIDE EFFECTS IN TIME
COVID-19 PANDEMIC AT PMB EMI NARIMAWATI
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ABSTRACT

Background: In the face of the COVID-19 non-natural disaster outbreak, a Large-Scale Social Restriction (PSBB) policy was implemented to prevent the spread of COVID-19. This condition causes the impact of public anxiety on the continuity of public health services, including family planning services. The decline in family planning participants during the pandemic will have an impact on the high risk of pregnancy.

Objective: This study aims to determine the relationship between the anxiety levels of injection family planning acceptors and their side effects during the COVID-19 pandemic at PMB Emi Narimawati Pleret, Bantul Regency.

Methods: This study used a descriptive analytic method with a cross sectional approach. The population is progestin injection family planning acceptors as many as 100 people and a sample of 50 people obtained through the Simple Random Sampling technique. Data collection techniques were conducted by interview using a questionnaire and checklist and analyzed using the Pearson Chi-square test.

Result : Based on this research, it is known that the progestin injection family planning acceptors with the highest level of moderate anxiety are 32 people (64%). There was a significant relationship between the anxiety level of progestin-injecting family planning acceptors and the side effects of progestin-injecting contraceptives at PMB Emi Narimawati Pleret, Bantul Regency ($p=0.001$).

Conclusion: There is a relationship between the level of anxiety and the side effects of progestin injection, there is a relationship between the level of moderate anxiety and experiencing the side effects of injecting progestin during the COVID-19 pandemic at PMB Emi Narimawati Pleret Bantul.

Keywords: anxiety level; Contraceptive progestin injection; side effects

