

ABSTRAK

STUDI PERBANDINGAN TINGKAT KENYAMANAN ANTARA KB IMPLANT DAN KB SUNTIK PROGESTIN DI TPMB WARNIAH DESA BRINGIN KECAMATAN WAJAK KABUPATEN MALANG

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Efek samping dalam penggunaan kontrasepsi dapat mempengaruhi kenyamanan dalam aktivitas sehari-hari terutama pada pengguna KB suntik progestin dan KB implant.

Penelitian ini bertujuan untuk Mengetahui perbandingan tingkat kenyamanan antara KB suntik progestin dan KB implant Di TPMB Warniah Desa Bringin Kecamatan Wajak Kabupaten Malang.

Desain penelitian yang digunakan yaitu desain penelitian survey analitik dengan pendekatan *Cross Sectional*. Jumlah sampel dalam penelitian ini sebanyak Akseptor KB suntik progestin 15 orang dan KB implant 15 orang Di TPMB Warniah Desa Bringin Kecamatan Wajak Kabupaten Malang menggunakan *purposive sampling*. Analisis data yang digunakan adalah uji *mann whitney*.

Hasil penelitian didapatkan tingkat kenyamanan akseptor KB suntik progestin sejumlah 15 orang dengan kategori kuat sejumlah 9 orang dengan presentase 70 % dan kategori sedang sejumlah 6 orang dengan presentase 30 % dan kb implant sejumlah 15 orang dengan kategori kuat sejumlah 13 orang dengan presentase 86.7 % dan kategori sedang 2 orang dengan presentase 13.3 %.

Analisis data menggunakan uji *mann whitney* $0,000 < 0,05$ maka H_1 di terima, artinya terdapat perbedaan tingkat kenyamanan pada KB suntik progestin dan KB implant di TPMB Warniah Desa Bringin Kecamatan Wajak Kabupaten Malang.

Berdasarkan hasil penelitian dapat disimpulkan ada perbedaan yang signifikan tingkat kenyamanan antara KB suntik progestin dan KB implant. Sehingga petugas kesehatan dapat mengedukasi terkait cara mengatasi ketidaknyamanan tersebut.

Kata Kunci : Tingkat kenyamanan, KB suntik progestin, KB implant

ABSTRAC

COMPARATIVE STUDY OF COMFORT LEVEL BETWEEN IMPLANT CONTRACEPTION AND PROGESTIN INJECTION CONTRACEPTION IN TPMB WARNIAH, BRINGIN VILLAGE, WAJAK DISTRICT, MALANG REGENCY

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Side effects in the use of contraception can affect comfort in daily activities, especially for users of progestin injections and implants.

This study aims to determine the comparison of the level of comfort between progestin injection contraception and implant contraception at TPMB Warniah, Bringin Village, Wajak District, Malang Regency.

The research design used is an analytical survey research design with a Cross Sectional approach. The number of samples in this study were 15 progestin injection KB acceptors and 15 implant KB acceptors at TPMB Warniah, Bringin Village, Wajak District, Malang Regency using purposive sampling. The data analysis used was the Mann Whitney test.

The results of the study showed that the comfort level of progestin injection KB acceptors was 15 people, with 9 people in the strong category with a percentage of 70% and 6 people in the moderate category with a percentage of 30%, and 15 people in the implant KB, with 13 people in the strong category with a percentage of 86.7% and 2 people in the moderate category with a percentage of 13.3%.

Data analysis using the Mann Whitney test $0.000 < 0.05$ then H_1 is accepted, meaning that there is a difference in the level of comfort in progestin injection contraception and implant contraception at TPMB Warniah, Bringin Village, Wajak District, Malang Regency.

Based on the results of the study, it can be concluded that there is a significant difference in the level of comfort between progestin injection contraception and implant contraception. So that health workers can educate on how to overcome this discomfort.

Keywords: *Comfort level, progestin injection contraceptives, implant contraceptives*