

ABSTRAK

Spotting merupakan efek samping kontrasepsi suntik DMPA yang dapat menimbulkan ketidaknyamanan dan memengaruhi kondisi akseptor. Kurangnya pengetahuan tentang penanganan spotting memerlukan asuhan kebidanan yang tepat. Penelitian ini bertujuan menggambarkan manajemen asuhan kebidanan pada akseptor kontrasepsi suntik DMPA dengan efek samping spotting

Metode yang digunakan adalah case report, dilakukan pada akseptor baru metode kontrasepsi suntik DMPA yang mengalami efek samping spotting. Pengumpulan data dilakukan di desa Jaddih kabupaten Bangkalan dari bulan Januari-Mei 2025 melalui wawancara, observasi, dan pemeriksaan langsung. Asuhan kebidanan diberikan dalam tiga kali kunjungan dengan pendekatan pengkajian, intervensi, dan evaluasi.

Asuhan kebidanan dilakukan pada Ny. M, akseptor kontrasepsi suntik DMPA berusia 29 tahun yang mengeluh spotting sejak ±8 bulan terakhir, menyebabkan ketidaknyamanan dalam aktivitas, ibadah, dan hubungan seksual, serta berkeinginan beralih ke IUD. Kondisi umum baik, tanda vital normal, pemeriksaan fisik tidak menunjukkan kelainan, dan kadar Hb 12 mg/dl. Dalam tiga minggu diberikan asuhan kebidanan berupa KIE tentang spotting, personal hygiene, dan konseling penggunaan kontrasepsi, keluhan spotting tidak teratasi, namun kecemasan berkurang. Ibu dan suami sepakat merencanakan perpindahan ke kontrasepsi non-hormonal (IUD).

Setelah diberikan penatalaksanaan masalah spotting teratasi sehingga didapatkan analisis Akseptor Kontrasepsi suntik DMPA dengan Efek Samping Spotting. Asuhan kebidanan yang tepat dapat membantu mengatasi efek samping spotting serta meningkatkan pemahaman akseptor terhadap pemilihan metode kontrasepsi yang sesuai.

Kata Kunci : Kontrasepsi suntik DMPA, spotting.

ABSTRACT

Spotting is a side effect of DMPA injectable contraception that can cause discomfort and affect the acceptor's condition. Limited knowledge about spotting management requires appropriate midwifery care. This study aims to describe the management of midwifery care for acceptors of DMPA injectable contraception experiencing spotting.

The method used was a case report, conducted on a new acceptor of DMPA injectable contraception who experienced spotting as a side effect. Data were collected in Jaddih Village, Bangkalan Regency, from January to May 2025 through interviews, observation, and direct examination. Midwifery care was provided in three visits using assessment, intervention, and evaluation approaches.

Midwifery care was given to Mrs. M, a 29-year-old acceptor of DMPA injectable contraception who had experienced spotting for approximately eight months, causing discomfort in daily activities, worship, and sexual relations, with the intention to switch to an IUD. The patient's general condition was good, vital signs were within normal limits, physical examination showed no abnormalities, and hemoglobin level was 12 mg/dl. Over three weeks, midwifery care included health education on spotting, personal hygiene, and contraceptive counseling. The spotting complaint persisted, but anxiety was reduced. The patient and her husband agreed to plan a switch to a non-hormonal contraceptive method (IUD). After management, the spotting issue was addressed, leading to the diagnosis of DMPA injectable contraceptive acceptor with spotting as a side effect. Appropriate midwifery care can help manage spotting and improve acceptors' understanding in choosing suitable contraceptive methods.

Keywords: *DMPA injectable contraception, spotting.*