

ABSTRAK

Laporan Kasus Akseptor KB DMPA dengan Amenore disertai Depresi di Puskesmas Kedungsari Kabupaten Mojokerto

Sitta Devy Mutiah

Prodi D III Kebidanan Sutomo Jurusan Kebidanan
Politeknik Kesehatan Kementrian Kesehatan surabaya

Pendahuluan: Amenore merupakan efek samping penggunaan kontrasepsi suntik *Depo Medroxyprogesterone Acetate* (DMPA) yang dapat menimbulkan kekhawatiran psikologis hingga memicu depresi. Tujuan penelitian ini melaksanakan asuhan kebidanan komprehensif pada akseptor KB suntik DMPA dengan amenore disertai depresi. Metode: Desain *case report* pada Ny. N usia 31 tahun, P2A0, akseptor KB suntik DMPA selama 1 tahun dengan amenore 8 bulan disertai depresi. Asuhan dilaksanakan di Puskesmas Kedungsari Kabupaten Mojokerto pada April–Mei 2026 menggunakan pendekatan manajemen kebidanan dan pendokumentasian SOAP. Hasil dan Pembahasan: Ibu mengalami amenore selama 8 bulan, peningkatan berat badan, sering merasa sedih, sulit tidur, nafsu makan menurun, kurang bersemangat, dan khawatir terhadap kondisinya. Pemeriksaan objektif menunjukkan keadaan umum baik, kesadaran *compos mentis*, tekanan darah 110/70 mmHg, berat badan meningkat menjadi 68 kg sejak menggunakan DMPA, tes kehamilan negatif, serta skor SRQ-20 sebesar 12 yang mengindikasikan gangguan mental emosional. Temuan tersebut sesuai dengan efek samping DMPA. Asuhan diberikan melalui edukasi dan konseling mengenai efek samping DMPA, kesehatan mental, pola makan dan tidur sehat, latihan relaksasi, aktivitas fisik ringan, serta dukungan keluarga. Setelah dua kali kunjungan, kondisi psikologis ibu membaik, kualitas tidur dan nafsu makan meningkat, serta ibu lebih tenang dan memahami kondisinya. Simpulan: Asuhan kebidanan komprehensif dengan dukungan keluarga membantu meningkatkan pemahaman ibu dan mengurangi gejala depresi. Saran: Bidan perlu memberikan konseling dan skrining kesehatan mental secara berkala pada akseptor KB hormonal.

Kata kunci: *Depo Medroxyprogesterone Acetate*; amenore; depresi.

ABSTRACT

CASE REPORT OF A DMPA CONTRACEPTIVE ACCEPTOR WITH AMENORRHEA AND DEPRESSION AT KEDUNGSARI COMMUNITY HEALTH CENTER, MOJOKERTO

Sitta Devy Mutiah

*Diploma III Midwifery Study Program, Sutomo Department of Midwifery
Health Polytechnic, Ministry of Health, Surabaya*

Background: Amenorrhea is a common side effect of Depo Medroxyprogesterone Acetate (DMPA) injectable contraception and may lead to psychological distress, potentially triggering depression. This study aimed to provide comprehensive midwifery care for a DMPA injectable contraceptive acceptor with amenorrhea accompanied by depression. Methods: This study employed a case report design involving Mrs. N, a 31-year-old woman, gravida 2 para 2 abortus 0 (P2A0), who had used DMPA injectable contraception for one year and experienced amenorrhea for eight months accompanied by depression. Midwifery care was provided at Kedungsari Community Health Center, Mojokerto Regency, from April to May 2026 using the midwifery management approach and SOAP documentation. Results and Discussion: The patient experienced amenorrhea for eight months, weight gain, frequent sadness, sleep disturbances, decreased appetite, lack of motivation, and excessive concern about her condition. Objective examination revealed good general condition, compos mentis consciousness, blood pressure of 110/70 mmHg, body weight increased to 68 kg since using DMPA, a negative pregnancy test, and an SRQ-20 score of 12, indicating emotional mental distress. These findings were consistent with the known side effects of DMPA. Midwifery care included education and counseling regarding DMPA side effects, mental health, healthy diet and sleep patterns, relaxation techniques, light physical activity, and family support. After two follow-up visits, the patient's psychological condition improved, sleep quality and appetite increased, and she became calmer and better understood her condition. Conclusion: Comprehensive midwifery care supported by family involvement improved the patient's understanding of DMPA side effects and reduced depressive symptoms. Recommendation: Midwives should provide regular counseling and mental health screening for hormonal contraceptive acceptors.

Keywords: *Depo Medroxyprogesterone Acetate; amenorrhea; depression.*