



Analysis of Hormonal Birth Control Use Effect (Injectable DMPA and Pills) Among Women Reproductive Couple Age in Sibulue Health Centre, Bone 2016

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Abstract

This research aimed to analyze in depth the effects of hormonal contraceptive use (DMPA injections and pills) in women of reproductive age couples. This type of research used in this study using a qualitative method with descriptive analysis of primary data collection techniques through in-depth interviews. The results of this study showed that injections of DMPA users impaired libido. Similarly, on the birth control pills. But among the acceptors is having an effect on a decrease in libido is a function of injectable DMPA acceptors due to a more serious problem that require different handling by the Pills acceptors that are experiencing the problem in the medium category and can be addressed with a stop using birth control pills.

Keywords: DMPA; pills; EFA; disorders of libido.

1. Introduction

Sexual health is a part of basic human rights, sexuality affects thoughts, feelings, behaviors and interactions that ultimately affect the mental and physical health manusia. Penurunan libido acceptor injections 3 months on long-term use may occur due to hormonal changes, drying in the vagina can cause pain during intercourse.

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Decreased libido in 3-month injectable acceptors can also be affected by psychological disorders and physical disorders hormonal changes even in the long term cause sexual problems in the use of > 2 years. In version Diagnostic and Statistic Manual IV (DSM IV) of American Psychiatric Association and International Classification of Diseases-10 (ICD-10) from the World Health Organization, female sexual dysfunction is divided into four categories: disorders of interest / sexual desire (desire disorders), disorders of desire (arousal disorder), impaired orgasm (orgasmic disorder), and sexual pain disorders (sexual pain disorder) the use of contraceptives is one of the causes of sexual identity changes both physical and psychosocial [1,2].

CICs in Indonesia is one of the most popular contraceptive. CICs used is Log-acting progestin, namely Norietindrom enantate (NETEN) and Progesterone Depomedroksin Acetat (DMPA) [2]. Research conducted by [3]), in Indonesia at 243 users injectables 3 months in 3 Puskesmas in getting 11% had bleeding patterns change, 23% experienced a change in weight, 4.2% had black spots on the face 12, 3% change in libido [3]. 3-month injection method makes sex into a dilemma in its use. This is because the use of injectable contraceptives 3 months old are more than one year, resulting in accumulation of the hormone progesterone in the body so that the hormone estrogen depressed. The decline in estrogen will affect the release of the hormone testosterone. Though these hormones as a trigger sexual desire or libido [4,5]. Decreased libido may result in disruption of sexual activity during pregnancy. Even decreased libido can result in lack of sexual intercourse on each pair. For that, need to be treated in treating libido eg, consulting and diagnosis of diseases, drug administration, a healthy lifestyle, avoid stress and exercise regularly (Tone, 2014) [6,7]. According to data from the information I find on interviews KB user community health centers in UPTD Sibulue Bone district, about 8 out of 24 acceptors have complaints.

There are three (12%) of family planning acceptors oral (pill) who complained about having periods that are too long so that the frequency in sexual intercourse decreases, and 5 (21%) of family planning acceptors injectable (DMPA) complained of pain during sexual intercourse or dyspareunia, with pain perceived causing a sense of lazy to have sex. With the events that happened, they say that before using contraceptives were no complaints in sexual intercourse. Because prior to use contraceptives frequency of their sexual relations within normal limits, but after using the contraceptive decreased frequency of sexual relations. Seeing the conditions experienced by the people it needs a solution to overcome the problem, in order to keep government programs implemented to have a sufficient number of children and remain intertwined harmony in the home. So researchers interested in conducting research with the title Analysis of Impact Use of Hormonal birth control (DMPA injections and pills) in women of fertile age pair Sibulue In Bone County Health Center. The problem of this research is how the impact of the use of family planning hormonal (DMPA injections and pills) in women of childbearing age couples with impaired libido Research conducted by Siti Aisyah (2015) with the title use of injectables 3 months with libido in jatiwates village district subdistrict Tembelang jombang with the findings that the use of injectables 3 months largely ≥ 2 years old use of 53 (68.8%) people and a small proportion of respondents decreased libido as much as 46 (49.7%) of respondents. From the results of this study concluded that penggunaan injections three months within a period of > 2 years can lead to decreased libido. A study analyzes the relationship hormonal contraceptive use in women with sexual dysfunction, with the result that the incidence of sexual dysfunction in women by 43%, with complaints 46% sexual desire disorder, sexual arousal disorder 4-7%, orgasm disorders 4-42%, 3-18% and vaginismus pain 30%. They concluded from his research that the use of

methods of hormonal contraception is one of the risk factors that may affect the incidence of sexual dysfunction in users because of the hormones contained therein may affect the physiological function of hormonal of a woman so that this can lead to various sexual disorders, such as among other interests disorder, orgasm disorder or disturbance of lust.

Theoretical framework

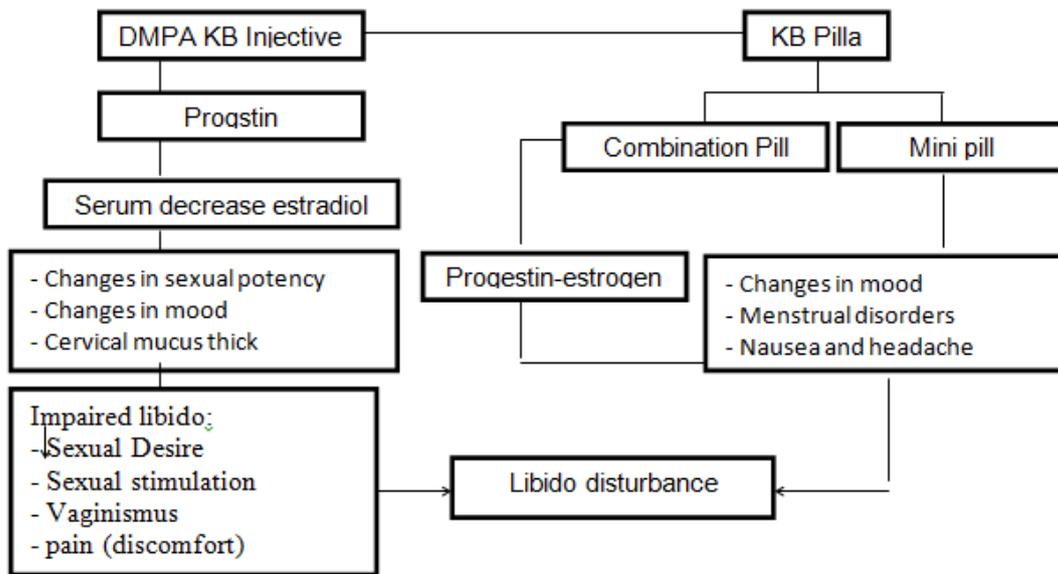


Figure 1: (In developed from theory Renardy (2008), Renda (2009), Meilani and his colleagues (2012), and Widodo (2012))

Conceptual framework

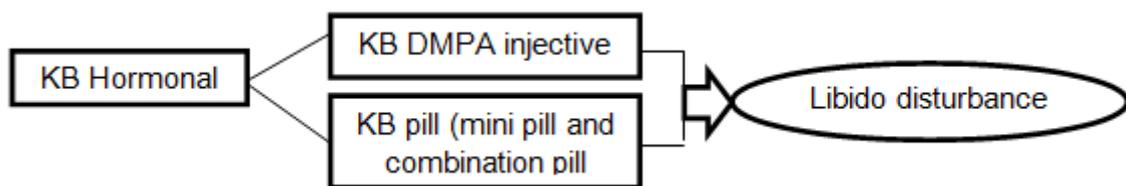


Figure 2: The conceptual framework, the use of injections of DMPA and impaired libido pill

2. Materials and Methods

This type of research used in this study used a qualitative method with descriptive analysis techniques of collecting primary data through in-depth interviews, the informants outstanding (acceptor injections of DMPA and acceptors pill), key informants (midwife implementing family planning services) and informant support (husband of acceptor injections of DMPA and acceptors pill). The validity of the data is done by triangulation data.

3. Results and Discussion

Based on the results of the analysis of the impact of hormonal contraceptive use (DMPA injections and pills) in women of childbearing age couple in Health centre (Puskesmas) of Sibulue Bone regency in 2016 obtained the following results:

1. Information informants experience injectable DMPA acceptors on libido disorders
In terms of their problems mostly occur libido disorders, as expressed by the following informant:

“pammulakka maKB langsung KB suntik 1 bulan upake naiyya makkokkoro pakeka KB suntik tellu uleng ndi’, engkana sitaung tellu uleng upakena naiyya pammulangna upake detogaga masalah iyyami makkokkoe ako puraka massunti makate tuttu foppakku gangka bonynyo nataro akkakkangeng, nappa de’to gaga alergiku di anre-anrengnge, nakko polei kate’na teppa degaga sedding gairah maelo berhubungan apa ako berhubungannga mapessemi bawang urasa apa sigessa-gessai poppae teppa marica toni jaji pede’ tattambami bonynyona. anynye urasa wettunna massuntika wekka limanna, ako ditanaika masalah hubungan suami istri degaga nyamengna apa tuli masessamiki bawang gara-gara kate’, nappa eloi diurai detogaga sedding perubahanna apa purani urai pake salep na mappakkomoi de’to na paja.”

This means:

"First I use birth control I use the injections one month and now I use injectables three months of the deck, I used the KB is already quite a long time about 1 year and 3 months, at the beginning of the use of no abnormality I feel, lately I feel after using injectables I feel the itch in the thigh area until the infection due to scratching, but I do not have a history of food allergies, sometimes if the itch appears no desire for sexual relations as only pedis that I feel as a result of friction thigh coupled fluid which cause injury adds to infection and difficult to dry out, this is how I feel after the control of the fifth, when asked again about the marital relationship no comfort because of the disruption due to itch, continue if untreated useless I think, had I treated with ointments and sometimes dry but it did not last long because of the itch still appears or does not heal ". (H, 31) The information obtained from informants explained that before she uses injectables DMPA she uses injectables Cyclofem and felt a mismatch because it was complicated must control every month, so she decided to use DMPA injections that control schedule once in 3 months. He felt after using injectable DMPA experience itching on the thighs so that the sexual intercourse was disturbed due to the tremendous itching and pain to irritation. The existence of the pain he feels, the frequency in sexual intercourse be reduced. Unlike the case with the statement following informant: "I use injections only nine months, In the first month there was no problem and after next month my menstrual continue sometimes a full moon and the menstrual blood loss sometimes many times a little kid, so automatic in sexual intercourse is interrupted, and anyway not can also do the relationship because of menstruation continues so sometimes the full moon never marital relationship ". (D, 40 Years) Ari statement informant fifth result that with their menstrual cycles are irregular in this case menstruation continuously can decrease sexual desire, because one can not have sexual intercourse during menses, especially if menstruation lasts for a month, so the frequency of sexual intercourse decreased and their

libido disorders.

Key informant statement which is as follows:

"If the problems experienced by some users injections of DMPA in the working area UPTD PHC sibulue indeed diverse, and many are having problems either the side effects of contraceptives and the effects that impact on disorders of libido, complaints from them like complaining about menstruation continues so that no to the marital relationship, adami also complained of pain during sexual intercourse, to the extent that there is a request solutions that sexual relationship with her husband, heranki na sense because lately there desire if in ajakki at her husband, this happens because most of them only heard the advice of friends or family who advocated using injections without thinking about the true side effects ". (BS, 28 years).

The statement is also corroborated by a statement supporting informant as follows:

Namely supporting informant

"I am disturbed by the problems experienced by my wife, because sometimes I was invited to have sexual intercourse but my wife who does not respond or can not serve me because of pain plus more if he is not excited so could not be implemented, kadangma also my guess would Mintaka kah angry if new nDA in direct kasi ill also tegangmiki head because it was new also no response from the couple" (Sb, 32 years).

From the statement in-depth interviews (depth interview) from key informants and informant support vary from these results explain that women of childbearing age couples who become family planning acceptors injectable DMPA in the working area of Puskesmas UPTD Sibulue partially impaired libido. From the results of in-depth interviews were obtained from informants that use of DMPA injections cause itching on the thigh area, less passionate due to dyspareunia, feel pedis and pain during sexual intercourse, cramps throughout the body and prolonged menses. This is consistent with statements from key informants and informant support

The discussion of the results of in-depth interviews (depth interview) that have been made are:

As expressed by the informant in this case the acceptor using DMPA injections or injections into the acceptor for 1 year and 3 months. These mothers feel the itch to avoid irritation to the thigh area whenever control or injection, he said that if the itching is due to the influence of the syringe because he did not have a history of food allergies, and itching appears when finished injectables. Worse if it appears itchy mother also reduced sexual desire sometimes not excited at all, such passion for their reduced itch he felt. Mother in sexual intercourse uncomfortable because there are scars on the thigh scratching will worsen and diawatirkan infection because of friction and a sense pedis because of exposure to liquids such as liquid sweat. If this is left then the itch experienced mother will not heal that there is even more severe. With the side effects that he felt greatly affects sexual desire so acceptors sometimes abstain during the week and even during 2 weeks is not the marital relationship.

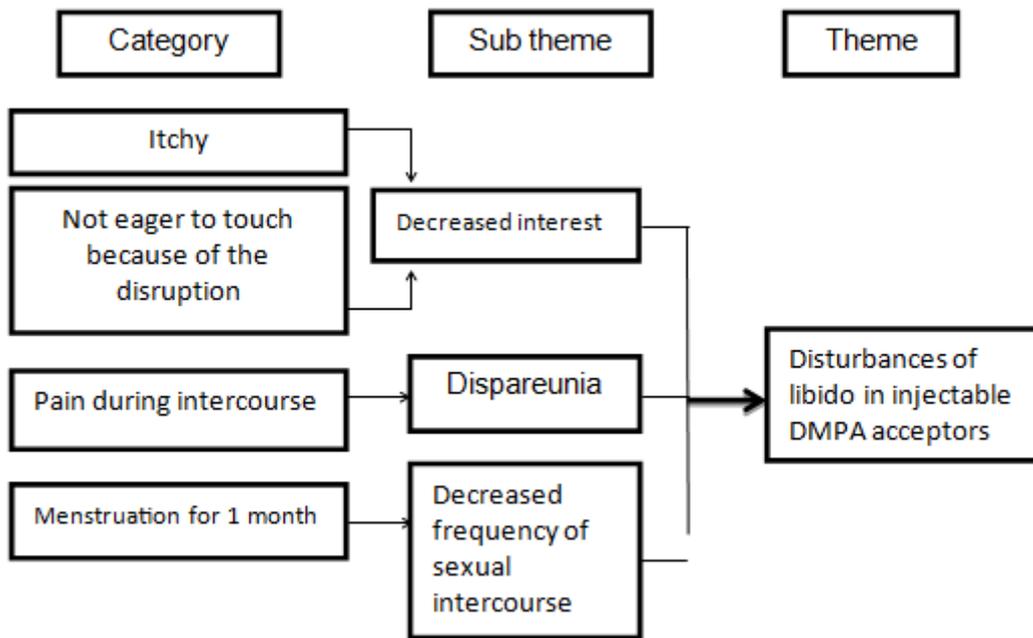


Figure 3: Schematic libido disorders acceptor DMPA injections

Whereas before sometimes he had sexual intercourse twice a week. It is described that the decline in estrogen production can cause side effects heartburn, irritation in the vaginal area, the depletion or loss of skin elasticity, wish or desire to change. Standard pattern corresponding body rhythms, dr. Boyke recommends that marital sexual intercourse regularly 1-4 times a week. The consideration, the appropriate frequency rhythm of the body or physiological condition of men and women. The production of sperm by the testicles arguably already meet the quota shelters within three days and this production should be issued regularly according to the time or the natural quota limit. This proves that there has been a decrease in libido informer with the initials H where he was unable to enjoy sexual relations with either because of their itching and irritation in the thighs and surrounding areas. As for the other complaints were felt after the use of contraceptives that having periods which are in this case sometimes experience menstruation for 1 full month, so it can not have sexual intercourse within one month. Menstruation is too long is also influenced by the hormone progesterone in injectable contraceptive DMPA. The presence of irregular menstrual cycles in this case a continuous menstruation can decrease sexual desire, because one can not have sexual intercourse during menses, especially if menstruation lasts for a month, so the frequency of sexual intercourse decreased and there was interference with the libido. One side effect of the use of injectable contraceptive DMPA is, menstrual disorders (cycle shortened or elongated, bleeding spotting, no period at all), which can lead to a decrease in libido. effort have been done to address the problem of sexual function disorders due to use of injectable contraceptive DMPA is by recommending a non-hormonal contraceptive method to restore the natural cycles of the hormones estrogen and progesterone play a role in female sexual function. If the decline in libido occurred as a result of the use of the injectable contraceptive DMPA necessary efforts to mitigate them, because this method of contraception most widely used by the public. If due to hormonal disorders, it can be treated with hormone therapy. However, if as a secondary factor, can be done with behavioral therapy (behavioral therapy), is to provide the knowledge or

enhancement of cognitive aspects of the sexual functions.

1. Information about the informant experience libido disorders of the acceptors Pill Women of childbearing age couples KB users with impaired libido pills have different experiences or varied ie including the following:

“Engkana seppulo seddi uleng pakeka pil naiyya urasakangnge sifungekku pake pammulangna ako pura uwinung de'to gaga sedding makalallaing maderi'mi mapeddi ulukku ne' majarang-jarangmo usedding, iyami makkokoe ako pura uwinung teppa malippunoka siloka sedding talluwa na de'to gaga anre-anre lain deucocoki, mattentu ako pura uwinung pasti loka talluwa, nappa de'to nawedding de' diinungngi apa mengatta jaji bawangsi, nagangu tona' sedding apa de'na dullei berhubungan apa iyaro pil KB ku iyapa uwinungngi ako wenni nappa iyapa usiruntu pasangangku ako wenni toi jaji degaga wettu lopigauu apa' ako purani uwinung de'na manyameng pappaneddingku matinro lagi de'namanyameng apa lagi ako maelo berhubungan suami istri mengatta talluwa mamika sedding”. (AK, 33 tahun).

This means:

"I use birth control pills for eleven months but I was feeling at the beginning of the use of no serious complaints cuman sometimes I feel a headache, but it's rare that I feel, but lately when I finished taking the pill straight away I felt dizzy and nauseous when I no history of food allergies, if I had been drinking a pill would immediately I felt nauseous, but the consumption of these pills should not also be stopped because of fear will be pregnant again, this is very annoying as well because I can not have sex with my husband, because my pills drink at night and I met my husband also at night, so there was no time for sexual intercourse, because after I take a pill feeling becomes less palatable, sleep less comfortable what more if you want to have sexual intercourse could I throw up. (AK , 33 years) The informant statement explained that as long as there is a change taking the pills she was feeling, she felt dizzy and nauseous after taking the pill, and this is very annoying if you want to have sex. Sexual relations can only happen if the feelings of both parties in a healthy condition. *"Naiyya urasakangnge sifungekku minung directly pills menre 'laleku nappa ako uwinung teppa malippunoka temple, when fathoms gaga sitaung upakena seppuloseddiuleng Nappi. Maderi 'sedding streska pikkiri'i laleku what' liwa'ni sedding commo'ku nappa malolomupa umurukku, maderi'ni sedding deubergairah ako mangerai pasangangku Maelo berhubungan what upikkiri iyamiro 'de'uwinungngi ako ako pilku jajiwi dilaleng nappa uwinungngi confident' ta tambahmi loppona laleku, tona sedding awry ako de 'ulayaniwi lakkaikku mancaji toni load sedding what' de'uturusi elona. "(H, 27)*

This means:

"What I felt during taking the pill an increase in weight and after taking the pills I felt dizzy, when I use the KB is not enough of the new year about ten months, sometimes I feel stressed think the condition of my body very fat especially the age I was still quite young, sometimes I felt less excited when my partner invites want to have sex because I think if I do not take the pill the pregnancy but vice versa if I drink then my body to gain weight or more stretchy, sometimes I feel awkward even when I do not serve my husband, this is a burden as well for me

because it did not meet his wishes (H, 27), The statement from the informant says that she gained weight after using birth control pills and felt less excited because stress thinking fat body condition. Weight gain and excessive stress can affect libido disorders and result in a decrease in the frequency of sexual intercourse. The informant statement corroborated by the statement of key informants is as follows: "The problem is Often consulted by the use of birth control pills that are used by the acceptors such as dizziness, nausea, irregular menstruation and some are complaining have concerns about the effectiveness of contraception they use, kah sometimes tommy narasa come-arrival of his willingness to have sexual intercourse, sometimes once would sometimes Also do not want at all, before they got the information about the side effects of birth control pills, but most of them are still opt for pills cheap, and not hard to find and They also said that the use of birth control pills is easy " (BS, 28 years).

Informant statements supporting the "If the issue of sexual relations, from me no problems deck all fine, of course istrikuji Because sometimes I invited but he could not Because that night after taking pills she felt a headache and she went straight to bed, moreover, I had been in the house when night sometimes I do not do kodong Because I could not force my wife Because I also feel sorry if he breaks and I also force wanted to have sex ". (J, 40) Depth interviews were conducted on the informant Obtained information that the side effects experienced by women of fertile couples are varied and very disturbing Reviews their sexual activity. Of the side effects of contraceptives will contribute to an uncomfortable feeling to interfere with a person's temperament. This condition includes symptoms of a mood disorder. and that Became the dominant cause disruption to the use of birth control pills libido ie, headache, nausea, anxiety to depression. Where this depression can cause a person uncomfortable during sexual intercourse and libido automatically be disturbed. From the results of all informants Reviews These interviews Decreased libido.

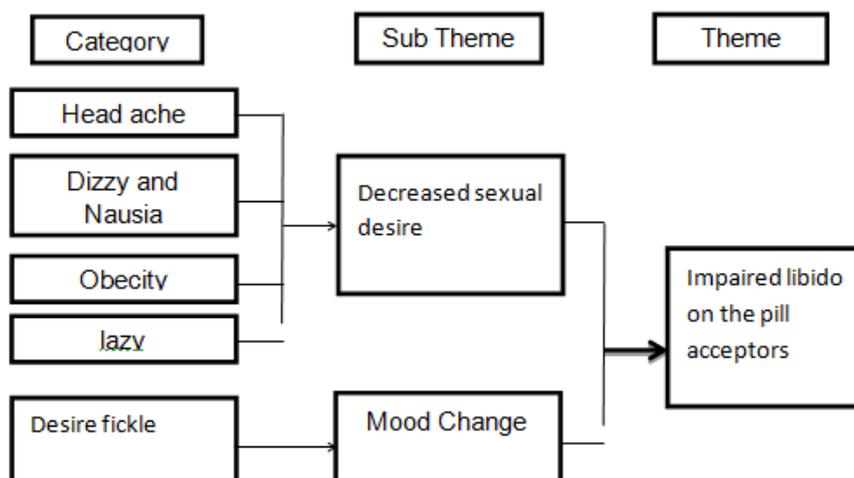


Figure 4: Scheme of family planning acceptors libido disorders pills

The discussion of the results of the in-depth interviews conducted as follows:

The information obtained from informants since the pill was originally mothers have no complaints at all, but

lately feel dizzy and nauseous after drinking pil. Rasa felt dizzy and nauseous informant affect sexual desire, because when you take a pill at night and schedules do sexual intercourse is also usually done at night. So after taking the pill and the rest a direct informants routinely done every night unless forgetting to take the pill. Dilakakukan with routine activities that influence the activity of a sexual relationship with his couple, because sometimes in a week did not have sexual relations due to the influence of the side effects of birth control pills. Dizziness and nausea felt informant affected by excessive estrogen levels in the blood compared to the situation before taking the pill (estrogen affects the production of stomach acid), so there is a feeling of nausea. Factors that could potentially reduce their libido is stress and sexual disorders. The circumstances related to a psychological condition in the brain. These informants stress experienced as a result of weight gain makes him no passion in sexual intercourse. The informant thought that after taking the pill may increase their weight so often feel lazy to continue taking the pill, but if pills are not taken will appear also fears of pregnancy. Stress can occur as a result of a decrease in self-confidence as a result of weight gain quickly. The hormone estrogen causes water retention and edema, whereas progesterone easy change of carbohydrates and sugars into fat and stimulate the appetite and decreased physical activity. On the use of contraceptive pills can result in a buildup of glycogen so you gain weight, it causes the informant is not convenient to present themselves in front of what their mother's partner and consequently do not feel excited when a couple invited to make love and not enjoy the activity. Weight gain can be triggered by hormones which can affect the mother's appetite so that if the mother does not implement a good diet and regular exercise does not apply, it can cause burning calories less than perfect resulting in the accumulation of fat. Weight gain can cause a decrease in sexual desire. Mood swings can cause a decrease in libido and fall libido. rose allegedly closely associated with the condition of a person's body. State of exhaustion after a hard day's work can decrease sexual desire. In addition, abuse of sleep 6-8 hours a day had a risk of the body becoming no longer fit and ultimately affect libido.the decrease of sex drive can also be caused from improper eating habits in accordance with the activities carried out every day. As a result, the intake into the body do not match those needed so that the body becomes weak and less powerful, [8-10]. The information was obtained that the husband does not have abnormalities or problems just feel sorry if the condition of his wife, because the wife is still forced myself to have sexual relations since there are responsibilities that must be done one of them to serve her husband in sexual intercourse. Disorders of sexual desire in women experiencing barriers to sexual desire may not want or do not enjoy sex. But he allowed his partner to have intercourse with her, as an obligation. Other women may be very anxious to have intercourse reason that refuses or makes excuses to avoid it Given the importance of sexual life in the happiness of the family, sexual dysfunction should receive proper treatment [11,13]. Any sexual dysfunction can result in a harmonious sexual relationship, which in turn can harm the reproductive health. Problems experienced by the user informants KB pills also affect libido decrease because they also experience side effects from the use of contraceptives such as menstrual irregularities, weight gain and others, which affects the mood of the informant, so feel lazy to perform sexual intercourse. Mood informant is influenced by hormones contained in contraceptive use [14-17].

4. Conclusions and Recommendations

The results of this study showed that injections of DMPA users impaired libido. And similarly on the birth

control pills. But among the acceptors is having an effect on function decline in libido is acceptors injectable DMPA, but who experienced serious side effects are injectable DMPA where the informant having problems on his physical health that caused the mood to be reduced and affect disorders of libido and so can not have sexual intercourse and this can not be solved immediately because of the content of the hormone in the body will react for 3 months so the acceptor must remain patient experience side effects that appear while waiting for the reaction of injections of DMPA is depleted, while birth control pills also have side effects, but it can be overcome to stop using birth control pills because of the reaction of the pill only lasted for one day (24 hours). It is suggested to potential acceptors to come and look for information that clearly before using one of the methods of contraception. To acceptors to always identify physical changes in respect of the use of contraception psychological and immediately seek help. To the health center in order to give more serious attention to the reproductive health program to provide reproductive health care units at health centers

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