

ABSTRAK

Latar Belakang : Kontrasepsi hormonal berfungsi untuk mencegah terjadinya kehamilan yang mengandung preparat estrogen dan progesteron. Estrogen diketahui dapat menginduksi perubahan signifikan dalam sistem koagulasi yang dapat menyebabkan terjadinya tromboembolik seperti stroke. Sementara pada beberapa penelitian, kontrasepsi *progesterone-only*, dampaknya pada penyakit kardiovaskular belum dapat dijelaskan secara pasti. Penelitian bertujuan untuk mengetahui gambaran pengguna kontrasepsi hormonal pada pasien stroke iskemik di RSUD Dr. Soetomo Surabaya. **Metode :** Penelitian deskriptif observasional. Teknik *sampling* secara *consecutive sampling*. Variabel penelitian meliputi usia, pekerjaan, riwayat penyakit, jenis dan lama penggunaan kontrasepsi hormonal, serta jarak berhenti penggunaan kontrasepsi hormonal sampai terjadinya stroke. Untuk mengetahui gambaran dan distribusi frekuensi variabel dilakukan analisis univariat atau deskriptif. **Hasil :** Didapatkan kelompok usia tertinggi yakni 40% adalah masa lansia awal (46 – 55 tahun), sebanyak 42% responden berprofesi sebagai ibu rumah tangga. Didapati 40% responden pernah menderita hipertensi dan juga mayoritas 50% memiliki riwayat penyakit keturunan hipertensi. Sebesar 54% responden menggunakan alat kontrasepsi hormonal ≥ 5 tahun dengan jenis kontrasepsi hormonal terbanyak adalah suntik 3 bulan (*progesterone-only*) yaitu 42%. Sebanyak 68% responden menyatakan jangka waktu berhentinya menggunakan kontrasepsi hormonal sampai terjadinya stroke iskemik rata - rata < 12 tahun. **Kesimpulan :** Usia responden pada penelitian ini mayoritas pada kelompok umur lansia awal (46 - 55 tahun) dengan jenis pekerjaan terbanyak ibu rumah tangga. Hipertensi merupakan riwayat penyakit terdahulu dan penyakit keturunan yang banyak diderita oleh responden. Sebagian kecil responden menggunakan kontrasepsi hormonal lamanya ≤ 5 tahun dengan jenis penggunaan terbanyak adalah suntik 3 bulan (*progesterone-only*). Rata-rata responden berhenti menggunakan kontrasepsi hormonal < 12 tahun sebelum terjadinya stroke iskemik.

Kata Kunci : Kontrasepsi hormonal, stroke iskemik, tromboemboli

ABSTRACT

Background : *Hormonal contraception serves to prevent pregnancy from it contains estrogen and progesterone preparations. Esterogens are known to induce significant changes in the coagulation system that can cause thromboembolic events such as stroke. While in some studies, progesterone-only contraception, the impact on cardiovascular disease has not been clearly explained. This study aims to determine the description of hormonal contraceptive users in ischemic stroke patients at Dr. Soetomo Surabaya.* **Method :** *Observational descriptive study. In addition, researcher applied consecutive sampling in this study. Research variables included age, occupation, disease history, type and duration of hormonal contraceptive use, as well as the distance to stop using hormonal contraception until the occurrence of stroke. Univariate or descriptive analysis is applied to perceive the representation and frequency distribution of variables.* **Result :** *The highest age group of 40% was obtained from the early elderly (46 - 55 years), as many as 42% of respondents worked as housewives. In the amount of 40% respondents had suffered from hypertension and also 50% had a history of hypertensive hereditary disease. 54% of respondents used hormonal contraception in ≥ 5 years with the most types of hormonal contraception were injections of progesterone-only, which is 42%. As many as 68% of respondents stated that the duration of cessation of using hormonal contraception until the occurrence of ischemic stroke was on average < 12 years.* **Conclusion :** *The majority of the respondent were in the age group of the early elderly (46 - 55 years) with the most respondents worked as housewives. Hypertension is a history of previous illnesses and hereditary diseases that were mostly suffered by respondents. A small proportion of respondents used hormonal contraception for ≤ 5 years with the most type of use being injected progesterone-only. On average respondents stopped using hormonal contraception in < 12 years before the occurrence of ischemic stroke.*

Keyword : Hormonal contraceptives, ischemic stroke, thromboembolism