

DESCRIPTION OF DECREASED OF LIBIDO IN DEPO PROVEA ACCEPTOR

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A B S T R A C T

The family planning program aims to regulate birth, maturation of marriage age and family welfare. One of the modern family planning is the depo provera injection. One of the effects of using depo provera injections is to experience a decrease in libido. This study aims to determine the factors that influence decreased libido in depo provera family planning acceptors in the Work Area of the Hiang Public Health Center. The design of this study was descriptive using a cross-sectional approach to 43 respondents who received the depo provera injection. Sampling in this study using accidental sampling technique. The data collection method in this study used the FSFI scale and interviews. The result showed that, it was obtained that 55.8% of the respondents were long-term depo provera family planning acceptors. The average score on the FSFI scale was 60.74, which means that the respondent did not experience a decrease in libido. Based on the average score for each domain, only the low sexual desire domain was 5.93, pain 9.72, sexual satisfaction 9.88, orgasm 10.07, sexual arousal 11.98, and lubrication 13.16. It can be concluded that all acceptors did not experience a decrease in libido, but from all domains only the sexual desire factor had a low average score. Decreased libido in depo provera injectable KB acceptors does not only occur in problems of sexual desire, sexual arousal, orgasm, lubrication, sexual satisfaction and pain, but many other factors can cause acceptors to experience decreased libido or other sexual problems. It is hoped that future researchers will be able to examine other factors that influence the sexual function of depo provera injectable birth control acceptors.

I. INTRODUCTION

The depo provera progestin injection contraceptive device is a very effective, safe, contraceptive option that can be used by all women of reproductive age, suitable for lactation because it does not suppress milk production. The use of depo provera injections has high effectiveness in preventing pregnancy, namely 0.3 pregnancies per 100 women as long as the injections are carried out regularly according to a predetermined schedule (Biran, 2013). The hormone progesterone contained in the depo provera injection functions to prevent ovulation and thicken cervical mucus and make the uterine mucous membrane thin. This is what will eventually lead to decreased libido and sexual desire in women (Ari, 2011).

It is estimated that around 40 million women around the world use long-term contraception including depo provera injections with 25 million new women actively using it and most of them are in developing countries (Kathy, 2015). Based on data obtained from the Jambi Provincial BKKBN in 2019, the total number of active acceptors using KB was 440,155 (69.47%), this data includes 279,622 depoprovera injecting users.

In data from the Central Bureau of Statistics for Kerinci Regency in 2017, there were 21,263 active family planning participants, including IUDs. 3,498 acceptors, 5,249 acceptors of IMP, 28 acceptors of MOP, 316 acceptors of MOW, 15,068 acceptors of injections, 8,164 acceptors of pills and 591 acceptors of condoms. While data from the Hiang Health Center in 2018 the number of active family planning participants was 2,254 acceptors, including 15 acceptors of condom users, 427 acceptors of pills, 595 acceptors of one month's injection, 1,090 acceptors of three months injection, 4 acceptors of IUD, 110 acceptors of implant, 13 acceptors of MOW and 0 MOP acceptor.

According to Biran, et al (2013) said that long-term use of depo provera injection contraception can cause headaches, acne, decreased desire or libido, dryness of the vagina so that it can make pain during sexual intercourse and result in discomfort in sexual intercourse. From the interview data above it was found that 8 acceptors experienced a decrease in libido, which made the desire to have sexual intercourse decrease.

This is in line with research by Boozalis, et al (2016), which said that women who use depo provera injections and implants experience a decrease in their libido and desire for sexuality compared to IUDs, IUDs and pills. The results of research conducted by Aisyah (2015) users of depo provera injections experience a decrease in libido in acceptors who use depo provera injection contraception for ≥ 2 years, this is because the longer acceptors use depo provera injections it can result in a buildup of progesterone in the body, which is the hormone

Excessive progesterone results in a decrease in estrogen levels so that the female hormone testosterone will not be formed which will result in decreased female sexual arousal.

Decreased sexual desire in women can result in disharmonious sexual relations in partners which will later affect the couple's relationship, therefore both partners must be able to enjoy it together. The decrease in libido that occurs in acceptors of the Depo Provera injection during long-term use arises due to hormonal changes which result in drying of the vagina which causes pain during sexual intercourse and ultimately reduces sexual desire. In addition, age and duration of use of contraception also affect the decrease in libido in women, the older the age, the greater the risk of experiencing a decrease in libido (Batlajery et al, 2015).

II. METHODS

This research uses a quantitative approach. This type of research is a descriptive analytic. This research was conducted at Hiang Public Health Care. The population in this study were all acceptors who used depo provera contraception in the working area of the Hiang Health Center, totaling 1,090 acceptors. The samples of this study were taken using slovin formula, so that a sample of 43 acceptors was obtained. The sampling technique used in this study was the accidental technique. The data were collected in this study using a questionnaire on decreased libido with the FSFI scale adapted by Lee, et al (2014) and translated by Eka Handayani (2013). Data analysis included univariate analysis using SPSS.

III. RESULT

Table 1 Distribution of the Average (Mean) Score of FSFI Based on Each Domain

| | Min | Max | Mean | Std. Deviation (SD) |
|---------------------|-----|-----|-------|---------------------|
| Sexual Desire | 5 | 7 | 5,93 | 0,70 |
| Sexual stimulation | 9 | 15 | 11,98 | 1,24 |
| Lubrication | 8 | 18 | 13,16 | 1,88 |
| Orgasm | 8 | 13 | 10,07 | 0,98 |
| Sexual Satisfaction | 9 | 12 | 9,88 | 1,17 |
| Pain | 6 | 15 | 9,72 | 1,56 |

Based on table 1, distribution of the average (mean) FSFI score for each domain was 5.93 for the domain of sexual desire, 11.98 for the domain of sexual arousal, 13.16 for the domain of lubrication, 10.07 for the domain of orgasm, 9.88 for the domain of sexual satisfaction, and 9.72 pain domain.

IV. DISCUSSION

Anxiety can arise from a person's reaction to pain. This increases sympathetic nerve activity and catecholamine secretion. Excessive release of catecholamine hormone levels in the blood circulation can cause smooth muscle tension and vasoconstriction of blood vessels so that uterine contractions weaken, oxygen supply to the fetus is reduced (Indrayani et al., 2016). Fear and anxiety can cause the mother to be unable to interpret what the midwife or doctor says or events during childbirth in a negative or pessimistic way. Avoiding or reducing maternal psychological stress can encourage the psychological process of childbirth (Simkin 2007).

The results of the study, it was found that more than half of the respondents used depo provera injections between 3-10 years, namely 24 people (55.8%), 1-2 years, 12 people (27.9 %), while 11-20 years as many as 7 people (16.3%). This shows that the depo provera injection is still a favorite among acceptors out there, because the depo provera injection is effective for delaying pregnancy for a long time and the injection is only done once every three months. Apart from being effective, the use of the depo provera injection can also experience negative effects from the depo provera injection, one of which is a decrease in libido.

This was stated by Boozalis, et al (2016), that women who use depo provera injections and implants experience a decrease in their libido and desire for sexuality compared to IUDs, IUDs and pills. The lack of interest in sex in depoprovera injection users occurs because of the hormonal composition of the contraception, because the depo provera injection is a contraceptive that releases progestin systematically. While research conducted by Agustina (2014) said that there was no relationship between duration of use and sexual satisfaction in hormonal birth control acceptors, this relationship was seen from the results of the level of sexual satisfaction in which acceptors experienced high and moderate sexual satisfaction, with acceptors using hormonal contraception over a long period of time.

The results obtained from the number of respondents totaling 43 people, more than half had a total score of six, namely 22 people (51.2%), a score of five as many as 12 people (27.9%), and a score of seven as many as 9 people (20, 9%) of the questions asked from the aspect of desire (sexual desire).

They said their sexual desire decreased or decreased after using the depo provera contraceptive injection. Sometimes they are lazy to have sex with husband and wife because the desire or desire to have sex with husband and wife is lacking or even there is no desire. Sometimes they fight with their spouses because of this problem and some respondents also said that because of their wife's obligations and fear of sin, they finally agreed to do it. This is in line with research by Boozalis, et al (2016), which said that women who use depo provera injections

and implants experience a decrease in their libido and desire for sexuality compared to IUDs, IUDs and pills. In addition, age and duration of use of contraception also affect the decrease in libido in women, the older the age, the greater the risk of experiencing a decrease in libido (Batlajery et al, 2015).

Based on the distribution of pain scores, more than half had a total score of 9, namely 25 people (58.1%), a score of 10 as many as seven people (16.3%), score 12 as many as five people (11.6%), score 11 as many as two people (4.7%), the last score is 6, 7, 13 and 15 as many as one person (2.3%). From the statements of 43 respondents, they said that they sometimes experience discomfort or experience pain during sexual intercourse, some say they rarely feel pain and some almost never or never. Likewise, for how often or the average level of feeling discomfort or pain when having sex with husband and wife or engaging in sexual activity, they generally say that it rarely or only happens occasionally.

According to (Batlajery et al, 2015) the use of depo provera injections in long-term use arises due to hormonal changes which cause drying of the vagina which causes pain during sexual intercourse and ultimately reduces sexual desire.

According to Ozgoli, et al (2015) said that sex hormones such as progesterone can have different effects on female sexual behavior and function through vaginal tissue and the central nervous system. In addition, dopamine and progesterone which act on receptors in the hypothalamus play an important role in increasing sexual behavior, the hormones contained in contraceptives affect the neurotransmitters that cause changes in a person's sexual desire to be high or low (libido). In addition, women who use depo provera injection KB can also experience amenorrhea (not having menstruation) which will affect sexual desire or sexual pleasure (Schaaffir et al, 2010).

Kariman, et al (2017) stated that pleasant experiences and pleasant feelings for partners can affect sexual satisfaction in women which can ultimately prevent sexual dysfunction in women. In addition, sexuality, sexual desire or sexual arousal is greatly influenced by the mental health and feelings of partners during sexual intercourse.

Loss of desire or interest in sexual intercourse (arousal or desire) and inability to achieve and maintain sexual pleasure which is characterized by reduced vaginal mucus (lubrication), indirectly women who experience problems with lack of vaginal fluids or lubrication will experience problems with arousal or interest sexual orientation (DSM-V, 2013). According to Lubis et al (2018) the pain experienced by acceptors of depo provera injection contraception indicates that reduced levels of estrogen cause blood supply to the vagina to decrease thereby affecting lubrication and causing pain during sexual intercourse. Estradiol, nitric oxide and

polypeptides have important effects on vaginal epithelialization and lubrication, which are necessary to maintain vaginal lubrication and prevent dyspareunia.

According to Lubis et al (2018) said that the domain of orgasm and sexual satisfaction does not show a close relationship with depo provera injection users, this is because even though women experience symptoms of sexual disorders, women can still enjoy sexual intercourse and women who are not afraid of unwanted pregnancies can enjoy sexual intercourse so as to get a higher sexual function score. In addition, stress can also interfere with the capacity for sexual satisfaction and orgasm. Several psychosocial factors are associated with women's sexual satisfaction and desire, including past and present mental health, positive emotional feelings and self-image, past sexual experiences, positive feelings towards partners, and positive expectations of the relationship.

So, it can be concluded that decreased libido does not only occur with problems of sexual desire, sexual arousal, orgasm, lubrication, sexual satisfaction and pain, but many other factors can cause a person to experience decreased libido or other sexual problems. These factors can be like health, psychological, psychological and other factors. In addition, the questions posed in the questionnaire were felt by the respondent during the last four weeks which could be during this period the respondent was not having problems with his sexual relationship.

V. CONCLUSION

It can be concluded that all acceptors did not experience a decrease in libido, but from all domains only the sexual desire factor had a low average score. Decreased libido in depo provera injectable KB acceptors does not only occur in problems of sexual desire, sexual arousal, orgasm, lubrication, sexual satisfaction and pain, but many other factors can cause acceptors to experience decreased libido or other sexual problems. It is hoped that future researchers will be able to examine other factors that influence the sexual function of depo provera injectable birth control acceptors.

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