



ABSTRACT

It is necessary to evaluate Norplant, as the best choice of contraceptive. One method to establish the safety and risk profile of norplant containing *levonorgestrel* (LNG) is to employ a study of their metabolic effects. Lipid metabolism is especially important because of its link with cardiovascular disease. Studies on lipid profile to date have reported conflicting results.

A case control study was carried out in Cangkringan Sleman Yogyakarta in Mei 1995. The blood lipid level was measured by CHOD-PAP Test from Merckotest, then the data were assessed using student *t*-test and moment product correlation test. There were 10 subjects who have been using Norplant or IUD contraceptive for at least 12 months and have never used other contraception. They were equally divided into two groups - Norplant users as the study group and IUD users as the control.

The result showed that the Total cholesterol of Norplant users (126 mg%) were lower than IUD users (143 mg%). The LDL cholesterol of Norplant users (71.8 mg%) were also lower than IUD users (76.6 mg%). However, the difference was not significant ($p > 0.05$). In both Norplant users and IUD users, there were significant correlations between LDL cholesterol and Total cholesterol ($r > 0.5$).

We do hope that this research will encourage further research regarding the influence of norplant on lipid metabolism by employing more samples and methods of standardisation.

Key words: Cholesterol, Levonorgestrel, Norplant.



INTISARI

Kontrasepsi norplant berisi levonorgestrel(LNG) yang merupakan turunan dari progesteron. Alat kontrasepsi berisi hormon progesteron telah diakui banyak menimbulkan efek samping, sehingga pemakaian **norplant** sebagai kontrasepsi perlu dimonitor kemungkinan adanya efek samping. Salah satu cara untuk mengetahui tingkat keamanannya adalah dengan meneliti pengaruh norplant terhadap fraksi lipid darah karena hubungannya dengan resiko penyakit koroner.

Penelitian ini dilakukan pada bulan Mei 1995 di daerah Cangkringan Sleman Yogyakarta dengan metode *case control*, kemudian hasilnya dianalisis dengan *uji t-test* dan *uji korelasi moment product*. Subyek berjumlah 10 orang dibagi sama besar dalam kelompok studi(akseptor norplant) dan kelompok **kontrol**(akseptor IUD). Semua subyek harus memenuhi kriteria telah menggunakan kontrasepsi tersebut lebih dari 12 bulan dan tidak pernah memakai kontrasepsi lain sebelumnya.

Hasil penelitian menunjukkan bahwa kadar rata-rata Kolesterol total pada akseptor norplant sebesar 126 mg% dan pada akseptor IUD sebesar 143 mg%($P > 0,05$). Kadar rata-rata LDL pada akseptor norplant sebesar 71,8 mg% dan pada akseptor IUD sebesar 76,6 mg%($p > 0,05$). Pada masing-masing kelompok terdapat hubungan yang erat antara Kolesterol total dengan LDL($r > 0,5$).

Diharapkan hasil penelitian ini dapat mendorong dilakukannya penelitian lebih lanjut dengan memperbesar jumlah sampel.

Kata Kunci: Kolesterol, Levonorgestrel, Norplant.