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**HUBUNGAN PENGGUNAAN KONTRASEPSI SUNTIK DENGAN
KENAIKAN BERAT BADAN DI PMB LAILIATUL
MUFARIKHAH,AMD.KEB KECAMATAN UNGARAN BARAT
KABUPATEN SEMARANG TAHUN 2020**

(xii + 62 halaman + 3 tabel + 2 bagan + 7 lampiran)

ABSTRAK

Latar Belakang : Hampir 70% Pasangan Usia Subur (PUS) atau peserta KB aktif di Indonesia memilih menggunakan metode kontrasepsi jenis suntik. Kontrasepsi suntik adalah kontrasepsi hormonal jenis suntikan yang dibedakan menjadi dua macam yaitu DMPA (*Depo Medroksi Progesteron Asetat*) dan kombinasi. Secara teori kedua metode kontrasepsi suntik tersebut memiliki efek samping yang sama yaitu terjadinya kenaikan berat badan.. Tujuan dari penelitian ini untuk mengetahui Hubungan Penggunaan Kontrasepsi Suntik dengan Kenaikan Berat Badan.

Metode : Penelitian ini menggunakan desain deskriptif korelasional dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah seluruh ibu akseptor KB sebanyak 137 orang, cara pengambilan sampel dengan menggunakan *purposive sampling* sebanyak 90 responden. Data dianalisis dengan melakukan uji analisis *chi-square*.

Hasil : Didapatkan sebagian responden menggunakan kontrasepsi suntik 3 bulan sebanyak 66 (73,3%), dan sebagian besar mengalami kenaikan berat badan sebanyak 68 (75,6%). Dilakukan uji *chi square* pada responden suntik 1 bulan dan 3 bulan dengan hasil nilai P value sebesar $0,022 < \alpha (0,05)$ maka H_a diterima, artinya ada hubungan yang signifikan antara penggunaan kontrasepsi suntik dengan kenaikan berat badan.

Simpulan : Dapat disimpulkan ada hubungan penggunaan kontrasepsi suntik dengan kenaikan berat badan responden di PMB Lailiatul Mufarikhah,Amd.Keb Kecamatan Ungaran Barat Kabupaten Semarang Tahun 2020.

Kata Kunci : Kontrasepsi, Suntik, Berat Badan

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**RELATIONSHIP OF USING INJECTED CONTRACEPTION WITH
BODY INCREASE AT PMB LAILIATUL MUFARIKHAH, AMD.KEB
WEST UNGARAN SUB-DISTRICT SEMARANG REGENCY 2020
(xii + 62 pages + 3 tables+ 2 chart + 7 attachments)**

ABSTRACT

Background : Nearly 70% of fertile age couples (PUS) or active family planning participants in Indonesia choose to use the injection type contraceptive method. Injectable contraceptives are injectable hormonal contraceptives which are divided into two types, namely DMPA (Depo Medroxyprogesterone Acetate) and combination. In theory, the two methods of injection contraception have the same side effect, namely weight gain. The purpose of this study is to determine the relationship between injection contraceptive use and weight gain at PMB Lailiatul Mufarikhah, Amd.Keb West Ungaran Sub-District Semarang Regency, 2020

Method : This study used a descriptive correlational design with a cross sectional approach. The population in this study were all KB acceptors as many as 137 people. The sampling method used purposive sampling was 90 respondents. The data were analyzed by doing the chi-square analysis test.

Result : It was found that some respondents used 3-month injection contraceptives as many as 66 (73.3%), and most of them experienced weight gain as much as 68 (75.6%). Chi square test was performed on respondents who injected 1 month and 3 months with the result of a P value of $0.022 < \alpha (0.05)$ then H_a is accepted, meaning that there is a significant relationship between injection contraceptive use and weight gain.

Conclusion : It can be concluded that there is a relationship between injection contraceptive use and weight gain of respondents at PMB Lailiatul Mufarikhah, Amd.Keb West Ungaran Sub-District Semarang Regency, 2020

Keywords : Contraception, Injections, Body Weight