

Universitas Ngudi Waluyo Ungaran  
Program Studi Keperawatan  
Skripsi, Agustus 2021  
Nanda Kristabella  
010117A061

**Hubungan Lama Penggunaan Kontrasepsi Suntik 3 Bulan Dengan Perubahan Berat Badan Pada Ibu Di Puskesmas Pandu Senjaya Kecamatan Pangkalan Lada Kabupaten Kotawaringin Barat**

**ABSTRAK**

**Latar Belakang :** Metode kontrasepsi yang paling banyak digunakan oleh peserta KB aktif di Indonesia adalah suntikan 3 bulan. Pemakaian kontrasepsi suntik baik kontrasepsi suntik bulanan maupun tribulanan mempunyai efek samping utama yaitu perubahan berat badan

**Tujuan :** Mengetahui hubungan lama penggunaan kontrasepsi KB suntik 3 bulan dengan perubahan berat badan.

**Metode :** Desain penelitian ini *deskriptif korelasional* dengan pendekatan *cross sectional*. Populasi penelitian ini adalah ibu penggunaan kontrasepsi KB suntik 3 bulan di Puskesmas Pandu Senjaya Kecamatan Pangkalan Lada Kabupaten Kotawaringin Barat sejumlah 463 orang dengan jumlah sampel 82 orang diambil dengan menggunakan metode *purposive sampling*. Alat pengambilan data menggunakan kuesioner dan timbangan berat badan merek “accurate”. Analisis data menggunakan uji *chi square* yang dihitung menggunakan program olah data SPSS.

**Hasil :** Akseptor KB mempunyai lama penggunaan kontrasepsi KB suntik 3 bulan sebagian besar kategori kurang (63,4%) dan mempunyai perubahan berat badan sebagian besar kategori naik (79,3%). Ada hubungan yang bermakna lama penggunaan kontrasepsi KB suntik 3 bulan dengan perubahan berat badan di Puskesmas Pandu Senjaya Kecamatan Pangkalan Lada Kabupaten Kotawaringin Barat, dengan *p value* sebesar 0,003 ( $\alpha = 0,05$ ).

**Saran :** Diharapkan akseptor KB dapat memilih alat kontrasepsi tepat dengan berkonsultasi menanyakan kepada bidan atau tenaga kesehatan tentang macam-macam alat kontrasepsi sebelum memilih alat kontrasepsi tertentu. Selalu memantau perubahan efek samping sehingga apabila ada kelainan dapat segera di atasi.

**Kata Kunci** : Lama Penggunaan Kontrasepsi, KB Suntik 3 Bulan, Perubahan Berat Badan  
**Kepustakaan** : 35 (2006-2015)

**Ngudi Waluyo University**  
**S1 Nursing Study Program**  
**Final Project, Agustus 2021**  
**Nanda Kristabella**  
**010117A061**

**The Relationship of the Length of Use of Injectable Contraceptives for 3 Months with Changes in Body Weight in Mothers at Pandu Senjaya Health Center, Pangkalan Lada District, West Kotawaringin Regency**

**ABSTRACT**

**Background :** The most widely used contraceptive method by active family planning participants in Indonesia is a 3-month injection. The use of injectable contraceptives, both monthly and quarterly injections, has a major side effect, namely changes in body weight

**Objective:** To determine the relationship between duration of use of 3 months injectable contraception with changes in body weight.

**Methods:** The design of this research is correlational descriptive with a cross sectional approach. The population of this study were mothers using 3-month injectable contraception in the Pandu Senjaya Health Center, Pangkalan Lada District, West Kotawaringin Regency, with a total of 463 people with a sample of 82 people taken using purposive sampling method. The data collection tool used a questionnaire and an "accurate" brand of weight scales. Data analysis used chi square test which was calculated using SPSS data processing program.

**Result :** Family planning acceptors have a duration of use of injectable contraception for 3 months, mostly in the less category (63,4%) and most of the weight changes in the increasing category (79,3%). There is a significant relationship between the duration of the use of 3 months injectable contraception with changes in body weight in the Pandu Senjaya Health Center Work Area, Pangkalan Lada District, West Kotawaringin Regency, with a p value of 0.003 ( $\alpha = 0.05$ ).

**Suggestion:** It is hoped that family planning acceptors can choose the right contraceptive by consulting with the midwife or health workers about various types of contraception before choosing a particular contraceptive. Always monitor changes in side effects so that if there are abnormalities, they can be treated immediately.

**Keywords :** Duration of Contraceptive Use, 3 Months Injectable KB, Changes in Body Weight

**Literature :** 35 (2006-2015)