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Skripsi, Februari 2023  
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**HUBUNGAN LAMA PENGGUNAAN KONTRASEPSI SUNTIK 3 BULAN  
DENGAN PENINGKATAN BERAT BADAN PADA AKSEPTOR KB  
SUNTIK 3 BULAN DI PMB SOFIA HARJAYANTI, S.S.T.KEB  
KABUPATEN SEMARANG TAHUN 2022**

**ABSTRAK**

**Latar Belakang:** Kontrasepsi Suntikan adalah cara untuk mencegah terjadinya kehamilan dengan melalui suntikan hormonal. Salah satunya efek sampingnya peningkatan berat badan. Data bulan Januari sampai November 2022 Di PMB Sofia Harjayanti, S. S.T. Keb Kabupaten Semarang peserta KB aktif sebanyak 514 orang, yang memakai kontrasepsi suntik sebanyak 451 orang, KB suntik 3 bulan sebanyak 329 orang, suntik KB 1 bulan 122 orang, imlant 12 orang, IUD 5, suntik Pil 46 orang. Tujuan penelitian ini menganalisis hubungan Lama Penggunaan dengan Peningkatan Berat Badan pada Akseptor KB Suntik 3 Bulan Di PMB Sofia Harjayanti, S. S.T. Keb Kabupaten Semarang.

**Metode:** jenis penelitian kolerasi, Pendekatan yang digunakan adalah *cross sectional* menggunakan data sekunder, populasi sebanyak 329 responden Metode pengambilan sampel dengan *purposive sampling*. Sampel sebanyak 152 responden di uji menggunakan *Chi Squar*.

**Hasil:** Dari 152 responden dengan pengguna kontrasepsi suntik 3 bulan kurang dari 1 tahun berjumlah 26 responden yaitu mengalami berat badan  $\leq 1$  kg sebanyak 11 responden (7,2%), peningkatan berat badan 1 kg- 5 kg sebanyak 12 responden (7,9%) berat badan  $> 5$ kg sebanyak 3 responden (2,0%). pengguna Kontrasepsi suntik 3 bulan  $> 1$  tahun berjumlah 126 orang mengalami berat badan  $\leq 1$  kg sebanyak 9 responden (5,9%), berat badan 1 kg- 5 kg sebanyak 33 responden (21,7%) peningkatan berat badan lebih dari 5 kg sebanyak 84 responden (55,3%). Dari hasil uji *Chi square* diperoleh P-Value  $0.0000 < 0.05$ . hal ini menunjukkan bahwa ada hubungan antara Lama penggunaan kontrasepsi suntik 3 bulan dengan peningkatan berat badan pada akseptor KB suntik 3 bulan.

**Simpulan:** ada hubungan antara Lama Penggunaan Dengan Peningkatan Berat Badan Pada Akseptor KB Suntik 3 Bulan Di PMB Sofia Harjayanti, S. S.T. Keb Kabupaten Semarang

**Kata Kunci:** Lama Pemakaian, Peningkatan Berat Badan

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**RELATIONSHIP BETWEEN 3-MONTH INJECTION CONTRACEPTION  
USE AND WEIGHT INCREASE IN 3-MONTH INJECTION KB  
ACCEPTERS AT PMB SOFIA HARJAYANTI, S.S.T.KEB SEMARANG  
DISTRICT YEAR 2022**

**ABSTRACT**

**Background :** Injection contraception is a way to prevent pregnancy by means of hormonal injections. One of the side effects is an increase in body weight. Data from January to November 2022 at PMB Sofia Harjayanti, S. S.T. Keb Kabupaten Semarang 514 active family planning participants, 451 people using injectable contraception, 329 3-month injecting KB, 122 1-month KB injections, 12 implants, 5 IUDs, 46 pill injections. The purpose of this study was to analyze the relationship Duration of use with increased body weight in 3-month injection family planning acceptors at PMB Sofia Harjayanti, S. S.T. Semarang regency government.

**Methods :** type of correlation research, the approach used was cross sectional using secondary data, a population of 329 respondents. The sampling method was purposive sampling. A sample of 152 respondents was tested using Chi Square

**Results :** Of the 152 respondents with injection contraception users for 3 months less than 1 year, there were 26 respondents who experienced body weight  $\leq 1$  kg by 11 respondents (7.2%), an increase in body weight of 1 kg-5 kg by 12 respondents (7.9%) body weight  $> 5$  kg as many as 3 respondents (2.0%). Injecting contraception users 3 months  $> 1$  year totaling 126 people experiencing body weight  $\leq 1$  kg as many as 9 respondents (5.9%), body weight 1 kg-5 kg as many as 33 respondents (21.7%) increasing body weight more than 5 kg as many as 84 respondents (55.3%). From the Chi square test results obtained P-Value 0.0000  $< 0.05$ . This shows that there is a relationship between the length of use of 3-month injection contraception and an increase in body weight in acceptors of 3-month injection contraception.

**Conclusion :** there is a relationship between duration of use and weight gain in 3-month injection family planning acceptors at PMB Sofia Harjayanti, S. S.T. Semarang regency government

**Keywords :** Duration of Use, Weight Gain