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Program Studi Kebidanan Fakultas Kesehatan

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HUBUNGAN LAMA PENGGUNAAN KONTRASEPSI KB SUNTIK 3 BULAN DENGAN PENINGKATAN BERAT BADAN AKSEPTOR KB DI WILAYAH KERJA PMB WATI MARGI LESTARI DESA SAMBIREJO KECAMATAN BRINGIN KABUPATEN SEMARANG

ABSTRAK

KB suntik 3 bulan merupakan salah satu metode kontrasepsi hormonal yang paling banyak dipilih oleh wanita usia subur karena praktis dan efektif. Namun, penggunaan jangka panjang metode ini sering dikaitkan dengan peningkatan berat badan. Penelitian ini bertujuan untuk mengetahui hubungan antara lama penggunaan kontrasepsi suntik 3 bulan dengan peningkatan berat badan pada akseptor KB di Wilayah Kerja PMB Wati Margi Lestari Desa Sambirejo Kecamatan Bringin Kabupaten Semarang. Metode penelitian ini menggunakan desain analitik dengan pendekatan *cross sectional* dan melibatkan 57 responden akseptor KB suntik 3 bulan yang melakukan kunjungan ulang pada periode Januari–Juni 2025. Data diperoleh melalui pencatatan berat badan dan lama penggunaan dari buku register kunjungan KB, kemudian dianalisis secara univariat dan bivariat dengan uji Chi-Square. Hasil penelitian menunjukkan bahwa sebagian besar responden mengalami peningkatan berat badan >5 kg, terutama pada kelompok dengan lama penggunaan >1 tahun. Uji *Chi-Square* menunjukkan nilai $p = 0,000$ ($p < 0,05$), yang berarti terdapat hubungan yang signifikan antara lama penggunaan KB suntik 3 bulan dengan peningkatan berat badan. Temuan ini menekankan pentingnya pemantauan efek samping jangka panjang dalam pelayanan KB suntik.

Kata Kunci: KB suntik 3 bulan, lama penggunaan, berat badan, akseptor KB

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THE RELATIONSHIP BETWEEN THE DURATION OF 3-MONTH INJECTABLE CONTRACEPTIVE USE AND WEIGHT GAIN AMONG CONTRACEPTIVE ACCEPTORS IN THE WORKING AREA OF PMB WATI MARGI LESTARI, SAMBIREJO VILLAGE, BRINGIN SUB-DISTRICT, SEMARANG REGENCY

ABSTRACT

The 3-month injectable contraceptive is one of the most widely chosen hormonal contraceptive methods among women of reproductive age due to its practicality and effectiveness. However, long-term use of this method is often associated with weight gain. This study aimed to determine the relationship between the duration of 3-month injectable contraceptive use and weight gain among contraceptive acceptors in the working area of PMB Wati Margi Lestari, Sambirejo Village, Bringin Sub-district, Semarang Regency. This research employed an analytical design with a cross-sectional approach and involved 57 respondents who were 3-month injectable contraceptive acceptors visiting for follow-up during the period of January to June 2025. Data were obtained from the contraceptive visit register book, which recorded body weight and duration of use, and were analyzed using univariate and bivariate methods with the Chi-Square test. The results showed that most respondents experienced weight gain of more than 5 kg, especially among those who had used the injectable contraceptive for more than one year. The Chi-Square test showed a p-value of 0.000 ($p < 0.05$), indicating a statistically significant relationship between the duration of 3-month injectable contraceptive use and weight gain. These findings highlight the importance of monitoring long-term side effects in contraceptive services.

Keywords: *3-month injectable contraceptive, duration of use, weight gain, contraceptive acceptors*