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PERBEDAAN BERAT BADAN AKSEPTOR KB SUNTIK 3 BULAN DENGAN PIL KOMBINASI DI UPTD PUSKESMAS SEPAKU III KABUPATEN PENAJAM PASER UTARA

ABSTRAK

Latar Belakang: Kontrasepsi hormonal merupakan kontrasepsi dengan peminat tertinggi di Indonesia. Kontrasepsi yang paling umum digunakan adalah POK, DMPA di Wilayah Kerja Puskesmas Sepaku III. Salah satu efek samping yang sering terjadi adalah penambahan berat badan. Penelitian ini bertujuan untuk mengetahui Perbedaan Peningkatan Berat Badan Pada Akseptor Kontrasepsi KB suntik 3 bulan dengan pil kombinasi di UPTD Puskesmas Sepaku III.

Metode: Jenis penelitian menggunakan penelitian kuantitatif dengan desain penelitian deskriptif komparatif. Populasi penelitian adalah semua akseptor aktif Keluarga Berencana (KB) suntik dan akseptor KB pil kombinasi di Puskesmas Sepaku III. Teknik pengambilan sampel menggunakan *purposive sampling* sebanyak 80 orang terbagi menjadi 40 orang pengguna KB suntik 3 bulan dan 40 orang pengguna kb pil oral kombinasi. Pengumpulan data menggunakan kuesioner berdasarkan buku KB dan pengukuran berat badan responden. Analisis data menggunakan uji *Man Whitney*.

Hasil: Gambaran peningkatan berat badan pada akseptor KB pil kombinasi di UPTD Puskesmas Sepaku III didapatkan nilai *Median* sebesar 2,05, Gambaran peningkatan berat badan pada akseptor suntik KB 3 bulan didapatkan nilai *Median* sebesar 5,5. Hasil uji statistik *Man Whitney* diperoleh $p\text{ value } (0,000) < \alpha (0,05)$ menunjukkan bahwa H_a diterima. Terdapat perbedaan peningkatan berat badan akseptor KB pil kombinasi dan suntik KB 3 bulan di UPTD Puskesmas Sepaku III.

Simpulan: Peningkatan berat badan pada akseptor Kb suntik 3 bulan lebih tinggi dibandingkan dengan pil kombinasi. Diharapkan petugas kesehatan dapat memberikan penjelasan yang lebih mendalam mengenai efek samping metabolik, khususnya potensi kenaikan berat badan pada akseptor KB suntik 3 bulan dibandingkan pil kombinasi.

Kata Kunci: KB Suntik 3 Bulan, Pil Kombinasi, Kenaikan Berat Badan.

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**DIFFERENCE IN BODY WEIGHT OF 3-MONTH INJECTABLE CONTRACEPTORS
AND COMBINATION PILLS AT THE SEPAKU III COMMUNITY HEALTH CENTER,
PENAJAM PASER UTARA REGENCY**

ABSTRACT

Background: Hormonal contraception is the most popular contraceptive method in Indonesia. The most commonly used contraceptives are POK and DMPA in the Sepaku III Community Health Center (Puskesmas Sepaku III) working area. One common side effect is weight gain. This study aims to determine the difference in weight gain among users of the 3-monthly injectable contraceptive method and the combined oral pill at the Sepaku III Community Health Center (Puskesmas Sepaku III) UPTD.

Methods: This study used a quantitative approach with a comparative descriptive design. The study population consisted of all active users of injectable family planning (KB) and combined oral pill users at the Sepaku III Community Health Center. The sampling technique used purposive sampling, with 80 participants divided into 40 users of the 3-monthly injectable contraceptive method and 40 users of the combined oral pill. Data collection used a questionnaire based on family planning books and respondents' weight measurements. Data analysis using the Man Whitney.

Results: The mean weight gain in combined pill and 3-month injection users at the Sepaku III Community Health Center (UPTD) showed a mean of 2.22. The mean weight gain in 3-month injection users at the Sepaku III Community Health Center (UPTD) showed a mean of 5.68. The Man Whitney test showed a p value $(0.000) < \alpha (0.05)$, indicating that H_a was accepted. There is a difference in weight gain in combined pill and 3-month injection users at the Sepaku III Community Health Center (UPTD)

Conclusion: The increase in body weight among 3-month injectable contraceptive acceptors was higher than that of combined pill users. It is expected that healthcare providers can offer more in-depth explanations regarding metabolic side effects, specifically the potential for weight gain in 3-month injectable contraceptive acceptors compared to those using combined pills.

Keywords: 3-Month Injectable Birth Control, Combination Pills, Weight Gain.

