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HUBUNGAN LAMA PENGGUNAAN KONTRASEPSI SUNTIK 3 BULAN DENGAN PENAMBAHAN BERAT BADAN WANITA USIA SUBUR DI PUSKESMAS BOJONG II

ABSTRAK

Latar Belakang : Alat kontrasepsi merupakan salah satu cara mencegah kehamilan. Salah satu jenis alat kontrasepsi yang cukup efektif serta menjadi pilihan adalah alat kontrasepsi suntik (*injectables*), namun memiliki beberapa efek samping diantaranya bertambahnya berat badan dimana akseptor yang menggunakan KB suntik rata-rata mengalami peningkatan berat badan akibat peningkatan nafsu makan, penurunan aktivitas fisik, dan retensi cairan. Namun, meskipun rata-rata mengalami kenaikan, tidak semua akseptor KB suntik mengalami peningkatan berat badan. Tujuan penelitian ini untuk mengetahui hubungan lama pemakaian kontrasepsi suntik KB 3 bulan dengan penambahan berat badan wanita usia subur di Puskesmas Bojong 2.

Metode : Penelitian ini menggunakan desain analitik korelasi dengan pendekatan *cross sectional* / potong lintang. Populasi adalah akseptor KB suntik 3 bulan di Puskesmas Bojong 2 sebanyak 109 akseptor. Sampel 52 responden menggunakan teknik *purposive sampling*. Instrumen pengumpulan data menggunakan kartu kunjungan KB, kuesioner demografi serta lembar observasi lama pemakaian KB dan data berat badan akseptor KB suntik. Analisis data menggunakan uji *Chi Square*.

Hasil : Lama pemakaian KB Suntik 3 bulan pada responden mayoritas adalah >1 tahun, sebanyak 51,9%. Perubahan berat badan pada akseptor KB suntik 3 bulan mayoritas adalah kategori naik, sebanyak 75%. Hasil uji *Chi Square* diperoleh nilai $p=0,000<0,05$

Simpulan : Penelitian ini menunjukkan bahwa ada hubungan antara lama pemakaian kontrasepsi suntik KB 3 bulan dengan kenaikan berat badan pada wanita usia subur di Puskesmas Bojong 2 Kabupaten Pekalongan. Diharapkan Bidan mampu memberikan bimbingan kepada Akseptor KB suntik 3 bulan mengenai penambahan berat badan. Dengan demikian, Akseptor dapat mengelola berat badannya melalui penerapan pola makan rendah kalori dan menjalani olahraga secara rutin.

Kata Kunci : Kontrasepsi Suntik, Berat Badan, Wanita Usia Subur

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THE RELATIONSHIP BETWEEN THE DURATION OF 3-MONTH INJECTABLE CONTRACEPTION USE AND WEIGHT GAIN IN WOMEN OF REPRODUCTIVE AGE AT BOJONG II PUBLIC HEALTH CENTER

ABSTRACT

Background: Contraception is one way to prevent pregnancy. Injectable contraceptives are a relatively effective and popular method of contraception. However, they have several side effects, including weight gain. On average, users of injectable contraceptives experience weight gain due to increased appetite, decreased physical activity, and fluid retention. Although weight gain is observed on average, not all users experience weight gain. The purpose of this study was to determine the relationship between the duration of use of the 3-month injectable contraceptive and weight gain in women of childbearing age at the Bojong II Community Health Center.

Methods: This study used a correlational analytic design with a cross-sectional approach. The population was 109 users of the 3-month injectable contraceptive at the Bojong II Community Health Center. A purposive sampling technique was used for the sample of 52 respondents. Data collection instruments used family planning visit cards, demographic questionnaires, and observation sheets on the duration of use and weight data of the injectable contraceptive users. Data analysis used the Chi-square test.

Results: The majority of respondents (51.9%) used the 3-month injectable contraceptive for more than one year. The majority of weight changes in those taking the 3-monthly injectable contraceptive were in the gain category, at 75%. The Chi-square test yielded a p-value of $0.000 < 0.05$.

Conclusion: This study indicates a relationship between the duration of 3-monthly injectable contraceptive use and weight gain in women of childbearing age at the Bojong II Community Health Center in Pekalongan Regency. Midwives are expected to provide guidance to those taking the 3-monthly injectable contraceptive regarding weight gain. This way, they can manage their weight through adopting a low-calorie diet and regular exercise.

Keywords: Injectable Contraceptives, Weight, Women of Childbearing Age