

GAMBARAN KENAIKAN BERAT BADAN AKSEPTOR KB SUNTIK 3 BULAN DI PUSKESMAS IMOGIRI 1 BANTUL YOGYAKARTA

INTISARI

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Latar Belakang : Keluarga Berencana (KB) merupakan salah satu cara yang paling efektif untuk meningkatkan ketahanan keluarga, kesehatan, dan keselamatan ibu, anak, serta perempuan. Pencapaian peserta keluarga berencana semua metode kontrasepsi pada bulan Juni tahun 2016 di Daerah Istimewa Yogyakarta sebanyak 427.533 *akseptor* KB, jumlah *akseptor* KB suntik berjumlah 23,183 (18,3%), peminat KB suntik terbanyak di Kabupaten Bantul 57,271 (45,3%) Penggunaan kontrasepsi suntik satu bulan maupun tiga bulan mempunyai efek samping yaitu perubahan berat badan. Peningkatan berat badan yang terjadi pada *akseptor* KB merupakan akibat dari adanya penumpukan lemak yang berlebih yang merupakan hasil sintesa dari karbohidrat.

Tujuan : Untuk mengetahui gambaran kenaikan berat badan *akseptor* KB suntik 3 bulan di Puskesmas Imogiri 1 Bantul Yogyakarta

Metode Penelitian : Penelitian metode *deskriptif kuantitatif*. Populasi dari penelitian ini adalah seluruh *akseptor* aktif KB suntik 3 bulan. Jumlah populasi *akseptor* KB suntik 3 bulan di Puskesmas Imogiri 1 Bantul yang di ambil sebanyak 103 *akseptor*. Metode sampel adalah *purposive sampling*. Analisis deskriptif *prosentase*.

Hasil : Hasil uji analisis, sebagian besar responden merupakan ibu dengan peningkatan berat badan ibu *akseptor* KB suntik 3 bulan kategori kenaikan berat badan Ya, yaitu sebanyak 100%.

Kesimpulan : sebagian besar responden merupakan ibu dengan peningkatan berat badan ibu *akseptor* KB suntik 3 bulan kategori kenaikan berat badan Ya, yaitu sebanyak 100%. Dan semakin lama pemakaian semakin besar kenaikan berat badan yang terjadi.

Kata kunci : Kenaikan Berat Badan, KB Suntik 3 Bulan

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**DESCRIPTION OF WEIGHT IMPROVEMENT OF ACCEPTOR KB 3 MONTHS
IN PUBLIC HEALTH IMOGIRI 1 BANTUL
YOGYAKARTA**

ABTRACT

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Background: Family Planning (KB) is one of the most effective ways to improve family resilience, health and safety of mothers, children and women. The achievement of the family planning participants of all contraceptive methods in June 2016 in the Special Region of Yogyakarta as much as 427,533 family planning acceptors, the number of injection contraceptive injectors amounted to 23.183 (18.3%), the most injecting of KB in Bantul Regency 57,271 (45,3%) Contraception use Injection one month and three months have side effects that is weight change. The increase in body weight that occurs in KB acceptor is the result of the excessive accumulation of fat which is the result of the synthesis of carbohydrates.

Objective: To know the description of weight gain acceptor KB injection 3 months at Imogiri Puskesmas 1 Bantul Yogyakarta

Research Methods: Research method of quantitative descriptive. The population of this study were all active injectors of KB injection 3 months. Total population of KB acceptor inject 3 months at Imogiri 1 Bantul Public Health Center which was taken as 103 acceptor. The sample method is purposive sampling. Percentage descriptive analysis.

Results: The results of the analysis test, most of the respondents are mothers with increased weight of mother acceptor KB injection 3 months category weight gain Yes, that is as much as 100%.

Conclusion: most of the respondents were mothers with weight increase of mother of KB acceptor injection 3 months category weight gain Yes, that is 100%. And more longer to usage of KB injecting, the greater the weight gain that occurs.

Keywords: Weight Increase, Family Planning (KB) Injection 3 Months

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