

# PENGARUH PENGGUNAAN KONTRASEPSI SUNTIK PROGESTIN TERHADAP PENINGKATAN BERAT BADAN AKSEPTOR KB DI PRAKTIK MANDIRI BIDAN AMALIA

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## INTISARI

**Latar belakang :** Layanan kontrasepsi yang dimiliki oleh pemerintah mempunyai persentase dengan besaran 16,66% sedangkan layanan kontrasepsi puskesmas mempunyai persenan yang sangat besar yaitu 52,43%. Penerapan kontrasepsi dengan metode suntik memiliki efek samping yang paling umum adalah berubahnya bobot tubuh.

**Tujuan Penelitian :** Untuk mengetahui pengaruh penggunaan kontrasepsi suntik progestin terhadap peningkatan berat badan di Akseptor KB di Praktik Mandiri Bidan Amalia.

**Metode Penelitian :** Jenis penelitian adalah penelitian kuasi eksperimental, Desain penelitian adalah *pre-eksperimental design* jenis *One-Group Pre test – Post test Design*. Teknik pengambilan sampel dalam penelitian ini menggunakan teknik *purposive sampling* dengan jumlah sampel sebanyak 45 orang. *sampling* didapatkan 32 lansia. Alat ukur menggunakan kuesioner dan rekam medis. Analisis data menggunakan *uji paired sample t test* dan Anova.

**Hasil penelitian :** Terdapat pengaruh penggunaan kontrasepsi suntik progestin terhadap perubahan berat badan Akseptor KB di Praktik Mandiri Bidan Amalia. Kenaikan berat badan tidak hanya dipengaruhi oleh pemakaian kontrasepsi suntik progestin namun juga dipengaruhi oleh umur dan pola makan.

**Kesimpulan :** Terdapat pengaruh penggunaan kontrasepsi suntik progestin terhadap perubahan berat badan Akseptor KB di Praktik Mandiri Bidan Amalia

**Kata Kunci :** Penggunaan kontrasepsi, suntik progestin, peningkatan berat badan

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**THE EFFECT OF USE OF PROGESTIN INJECTABLE  
CONTRACEPTIVES ON WEIGHT GAIN FOR FAMILY PLANNING  
ACCEPTORS IN MIDWIFE AMALIA'S INDEPENDENT PRACTICE.**

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**ABSTRACT**

**Background:** *The percentage of contraceptive services owned by the government is 16.66%, while the contraceptive service at the health center has a very large percentage, namely 52.43%. The use of contraception with the injection method has the most common side effect, which is changing body weight.*

**Purpose:** *To determine the effect of the use of progestin injectable contraception on weight gain in family planning acceptors at Midwife Amalia's Independent Practice.*

**Methods:** *This type of research is a quasi-experimental research. The research design is a pre-experimental design with the type of One-Group Pre test – Post test Design. The sampling technique in this study used a purposive sampling technique with a total sample of 45 people. sampling obtained 32 elderly. Measuring tool using a questionnaire and medical records. Data analysis used paired sample t test and ANOVA.*

**Result:** *There is an effect of the use of progestin injectable contraceptives on changes in the weight of birth control acceptors at the Independent Practice of Midwife Amalia. Weight gain is not only influenced by the use of progestin injection contraception but is also influenced by age and eating patterns.*

**Conclusion:** *There is an effect of the use of progestin injectable contraceptives on changes in the weight of birth control acceptors in the independent practice of Midwife Amalia.*

**Keywords:** *Contraceptive use, progestin injections, weight gain*

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