

GAMBARAN KENAIKAN BERAT BADAN PADA AKSEPTOR KONTRASEPSI SUNTIK PROGESTIN DI PUSKESMAS GEDANGSARI II GUNUNGGIDUL TAHUN 2014

Aibah¹, Tyasning Yuni Astuti Anggraini²

INTISARI

Latar Belakang: Kontrasepsi suntik merupakan kontrasepsi yang banyak dipilih oleh akseptor di Indonesia termasuk di Yogyakarta. Jumlahnya mencapai 201.481 akseptor (36,54%) dengan akseptor terbanyak terdapat di Gunungkidul yaitu 53.760 akseptor (49,29%) dan Puskesmas Gedangsari II merupakan puskesmas terbanyak akseptor kontrasepsi suntik dengan jumlah 1721 akseptor (77,0%). Hasil studi pendahuluan yang dilakukan pada bulan Januari 2015 di Puskesmas Gedangsari II, efek samping kenaikan berat badan menjadi masalah yang sering dialami oleh akseptor.

Tujuan: Mengetahui gambaran kenaikan berat badan pada akseptor kontrasepsi suntik Progestin di Puskesmas Gedangsari II Gunungkidul tahun 2014.

Metode: Penelitian ini merupakan jenis penelitian observasional rancangan deskriptif. Dilaksanakan di Puskesmas Gedangsari II pada tanggal 13-15 Mei 2015. Pengambilan sampel menggunakan *purposive sampling* dengan jumlah 53 sampel yang sesuai dengan kriteria inklusi dan eksklusi. Analisis data dengan menggunakan analisis univariat.

Hasil: Mayoritas berat badan sebelum menggunakan kontrasepsi suntik Progestin yaitu 50-60 kg sebanyak 30 akseptor (56,6%) dengan rata-rata 55,7 kg. Mayoritas berat badan setelah menggunakan kontrasepsi suntik Progestin yaitu 50-60 kg sebanyak 28 akseptor (52,8%) dengan rata-rata 57,8 kg dan mayoritas kenaikan berat badan setelah menggunakan kontrasepsi suntik Progestin selama satu tahun yaitu <2,3 kg sebanyak 33 akseptor (62,3%) dengan rata-rata 2,07 kg.

Kesimpulan: Rata-rata kenaikan berat badan setelah menggunakan kontrasepsi suntik Progestin selama satu tahun yaitu 2,07 kg atau kurang dari prediksi peneliti sebelumnya

Kata kunci: *Kenaikan Berat badan, suntik Progestin.*

¹Mahasiswa Kebidanan (D-3) Stikes Jenderal Achmad Yani Yogyakarta

²Dosen Kebidanan (D-3) Stikes Jenderal Achmad Yani Yogyakarta

**THE DESCRIPTION OF BODY WEIGHT GAIN ON PROGESTIN
INJECTION CONTRACEPTIVE ACCEPTORS IN GEDANGSARI II
COMMUNITY HEALTH CENTER GUNUNGKIDUL 2014**

Aibah¹, Tyasning Yuni Astuti Anggraini²

ABSTRACT

Background : Injection contraceptive is mostly used by acceptors in Indonesia including Yogyakarta. The number has reached 201.481 acceptors (36,54 %) among which the biggest number of users is located in Gunungkidul as many as 53.760 acceptors (49,29 %) and Gedangsari II Health Community Center served the most injection contraceptive acceptors as many as 1.721 acceptors (77,0 %). Preliminary study that was conducted in January 2015 in Gedangsari II Community Health Center suggested that the side effect of body weight gain was the typical problem commonly faced by acceptors.

Objective : To find out the description of body weight gain on Progestin injection contraceptive acceptors in Gedangsari II Community Health Center Gunungkidul 2014.

Method : This study was a descriptive design observational and conducted in Gedangsari II Community Health Center during 13–15 May 2015. Samples were classified through purposive sampling technique as many as 53 samples who met the inclusion and exclusion criteria. Data were analyzed by applying multi variable analysis.

Result : The majority of body weight prior to any use of Progestin injection contraceptive ranged between 50-60 kg on 30 acceptors (56,6 %) with 55,7 kg at average. The majority of body weight in the post use of Progestin injection contraceptive ranged between 50-60 kg on 28 acceptors (52,8 %) with 57,8 kg at average and the majority of body weight gain during the use of Progestin injection contraceptive for a year was <2,3 kg on 33 acceptors (62,3 %) with 2,07 kg at average.

Conclusion : The average body weight gain in the post use of progestin injection contraceptive for one year was 2,07 kg or less heavy than the previous study's estimation.

Keywords : Body weight gain, Progestin injection.

¹Student of (D-3) Midwifery Study Program of Stikes Jenderal Achmad Yani Yogyakarta

²Lecture of (D-3) Midwifery Study Program of Stikes Jenderal Achmad Yani Yogyakarta