

HUBUNGAN LAMA PEMAKAIAN KONTRASEPSI SUNTIK DMPA (DEPO MEDROXY PROGESTERON ACETAT) DENGAN KENAIKAN BERAT BADAN DI BPS ENDANG PURWATI YOGYAKARTA TAHUN 2010

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INTISARI

Latar belakang: Peningkatan berat badan (BB) pada penggunaan Suntik KB DMPA selama 1 tahun pertama bisa terjadi mencapai 5 kilogram. Kenaikan berat badan pada pemakaian KB suntik kemungkinan disebabkan karena hormon progesteron mempermudah perubahan karbohidrat dan gula menjadi lemak, sehingga lemak di bawah kulit bertambah, selain itu hormon progesteron juga membuat nafsu makan bertambah dan menurunkan aktifitas fisik.

Tujuan: Mengetahui hubungan lama pemakaian kontrasepsi suntik DMPA dengan kenaikan berat badan di Bidan Praktik Swasta Endang Purwati Yogyakarta tahun 2010.

Metodologi penelitian: Desain penelitian *survey*, pendekatan *retrospektif*. Sampel yang diambil menggunakan *purposive sampling* dan responden yang diambil 42 akseptor KB suntik DMPA di BPS Endang Purwati. Metode pengumpulan data dengan kartu akseptor, dan analisis data menggunakan *Chi Square*.

Hasil penelitian: Responden yang paling banyak tergolong lama dalam memakai KB Suntik DMPA yaitu 26 orang (61,9%) sedangkan yang paling sedikit responden yang tergolong lama dalam menggunakan KB Suntik DMPA yaitu 28 orang (66,7%). Hasil uji chi square memberikan nilai χ^2 sebesar 6,325 dengan taraf signifikansi (p) 0,046

Kesimpulan: ada hubungan positif yang signifikan antara lama pemakaian kontrasepsi suntik DMPA dengan peningkatan BB pada akseptor suntik DMPA di BPS Endang Purwati Yogyakarta.

Kata kunci: Suntik DMPA, berat badan.

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**THERELATION BETWEEN THE LENGTH OF THE USE OF
DMPA INJECTION CONTRACEPTIVE (DEPO MEDROXY
PROGESTERONE ACETAT) AND THE INCREASE OF
BODY WEIGHT IN BPS ENDANG PURWATI,
YOGYAKARTA, 2010.**

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ABSTRACT

Background: The Increased of body weight (BW) on the use of family planning Injection in the first year of DMPA can reach up to 5 kilograms. Weight gain in the use of family planning due to the possible injecting of progesterone hormone stimulates the changes of carbohydrates and sugars into fat which increases the fat deposit under skin. More over progesterone also increases the appetite and reduces physical activities.

Purpose: to find out the relationship between the length of the use of DMPA injection contraceptive and the increase of body weight in BPS Endang Purwati Yogyakarta.

Research methodologies: survey research design, retrospective approach. Samples are collected with purposive sampling and responder as the sample are 42 acceptors of DMPA injection contraceptive in BPS Endang Purwati. Data collecting method is by using acceptor card, and data analysis uses chi square.

Result of research: the most respondents are regarded as too long in applying DMPA injection contraceptive as many as 26 persons (61,9%), the least respondents are regarded as long enough in applying DMPA injection contraceptive as many as 28 persons (66,7%). The result of chi-square test gives the value of χ^2 ; 6,169 with significance level (p) 0,046.

Conclusion: there is a significant positive relationship between the length of the use of DMPA injection contraceptive and increase of body weight of the acceptors of DMPA injection contraceptive in BPS Endang Purwati Yogyakarta.

Keyword: DMPA Injection, body weight.