

INTISARI

GAMBARAN KENAIKAN BERAT BADAN PADA AKSEPTOR KB SUNTIK DMPA DI BPS YULIA KRISTIANI TEMPEL SLEMAN YOGYAKARTA

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Latar Belakang : Survey Demografi dan kesehatan Indonesia (SDKI) memperlihatkan proporsi peserta KB yang terbanyak adalah suntik (85,6%), (BKKBN, 2012). Banyak hal yang mempengaruhi akseptor dalam memilih alat kontrasepsi antara lain adalah pertimbangan medis, latar belakang sosial budaya, sosial ekonomi, pengetahuan, pendidikan, dan jumlah anak yang diinginkan. Disamping itu adanya efek samping yang merugikan dari suatu alat kontrasepsi juga mempengaruhi bertambah atau berkurangnya akseptor suatu alat kontrasepsi (Depkes RI, 2008). Efek samping utama bagi beberapa akseptor suntik DMPA adalah kenaikan berat badan.

Tujuan Penelitian : Untuk gambaran kenaikan berat badan pada akseptor KB suntik DMPA di BPS Yulia Kristiani Tempel Sleman tahun 2014.

Metode Penelitian : Jenis penelitian deskriptif. Sampel diambil dengan teknik *Purposive sampling*, sehingga diperoleh jumlah sampel sebanyak 39 akseptor KB suntik DMPA. Instrumen penelitian adalah kuesioner dan hasil penelitian dianalisis dengan distribusi frekuensi relatif atau prosentase.

Hasil Penelitian : Rata-rata berat badan akseptor KB suntik DMPA sebelum menggunakan kontrasepsi sebesar 49,37. Rata-rata selisih berat badan setelah penggunaan pada akseptor KB suntik DMPA di BPM Yulia Kristiani Tempel Sleman sebesar 3,24. Berat badan akseptor KB suntik DMPA sebagian besar naik sebanyak 32 orang (82,1%).

Kesimpulan : Berat badan akseptor KB suntik DMPA di BPM Yulia Kristiani Tempel Sleman mengalami kenaikan. Dalam memberikan konseling kepada akseptor KB bidan hendaknya lebih menekankan pada efek samping perubahan berat badan pada penggunaan kontrasepsi suntik DMPA.

Kata Kunci : Kenaikan berat badan, akseptor KB suntik DMPA

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**THE DESCRIPTION OF BODY WEIGHT GAIN IN DMPA INJECTION
CONTRACEPTIVE ACCEPTORS IN PRIVATE PROFESSION PRACTICE MIDWIFE
YULIA KRISTIANI, TEMPEL, SLEMAN, YOGYAKARTA**

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ABSTRACT

Background : Demographic and Indonesian Health Survey (SDKI) pointed out that the majority of family planning program participants were injection contraceptive acceptors (85,6%) (BKKBN, 2012). There is a number of factors that influence acceptors' decision in choosing a contraceptive such as medical concern, socio-cultural background, socio-economic background, knowledge, education, and the wanted number of children. On the other hand, there also come harmful side effects of contraceptives which influence the increasing or decreasing number of acceptors of a contraceptive.

Objective : To discover the description of body weight gain in DMPA injection contraceptive acceptors in Private Profession Practice Midwife Yulia Kristiani, Tempel, Sleman, 2014.

Method : This was a descriptive study. Samples were selected through purposive sampling method as many as 39 DMPA injection contraceptive acceptors. Study instrument were questionnaires and study result was analyzed with relative frequency distribution or percentage.

Result : The average body weight of DMPA injection contraceptive acceptors prior to contraceptive application were 49,37. The average body weight gap after contraceptive application in DMPA injection contraceptive acceptors in Private Profession Practice Midwife Yulia Kristiani, Tempel, Sleman, were 3,24. The body weight of DMPA injection contraceptive acceptors mostly reached gain as many as 32 respondents (82,1%).

Conclusion : The body weight of DMPA injection contraceptive acceptors in Private Profession Practice Midwife Yulia Kristiani, Tempel, Sleman, reached gain. In counseling sessions with contraceptive acceptors, midwives are supposed to stress the side effects of weight loss fluctuation during the application of DMPA injection contraceptive.

Keywords : Weight Loss Gain, DMPA injection contraceptive acceptors

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