

**MOTHERS WEIGHT DIFFERENCE ACCEPTORS DMPA FAMILY
PLANNING INJECTIONS BEFORE AND AFTER USING FAMILY
PLANNING INJECTION PROGRAM IN CENTRAL BUREAU OF
STATISTICS MURYATI SLEMAN YOGYAKARTA**

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ABSTRACT

Background : Family Planning Program is one of the basic and primary preventive health services for women. Injectable contraceptives is a contraceptive method that is widely used by mothers. Injectable contraceptive *Depo Medroxy Progesterone Acetate* (DMPA) cause side effects, such as weight gain. Based on preliminary studies, in Central Bureau of Statistics Muryati Sleman against 10 acceptors obtained 7 acceptors who experience weight gain including 3 acceptor gain weight around 1-3 kg, 1 acceptor are overweight and 3 acceptor acceptor complain less confident with her appearance, after the use of family planning injections for 1 year.

Objective : To determine differences in maternal weight injectable DMPA (*Depo Medroxy-Progesterone Asetat*) acceptors before and after the use of family planning injections in Central Bureau of Statistics Muryati Sleman Yogyakarta.

Method : The method in this research is descriptive analytical approach to comparison. Sampling Technic with *non-probability sampling* of the types of *porposive sampling* with 60 samples. The results are processed by using a *paired t test*.

Results : Respondent weight average (*mean*) before using family planning injection is 54 kg and after using the family planning injection was 56.5 kg, the average difference before and after is 2.3 kg. There is a significant weight difference between the average weight before and after the acquired p-value of 0.000, which means ($p < 0.05$).

Conclusion : There is a significant weight difference between before and after using DMPA family planning injections in Central Bureau of Statistics Muryati Sleman Yogyakarta.

Keywords : weight difference, injectable DMPA

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PERBEDAAN BERAT BADAN IBU AKSEPTOR KB SUNTIK DMPA SEBELUM DAN SESUDAH MENGGUNAKAN KB SUNTIK DI BPS MURYATI SLEMAN YOGYAKARTA

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INTISARI

Latar Belakang : Program Keluarga Berencana merupakan salah satu pelayanan kesehatan preventif yang dasar dan utama bagi wanita. Alat kontrasepsi Suntik merupakan metode kontrasepsi yang banyak digunakan para ibu. Kontrasepsi Suntik *Depo Medroxy Progesteron Acetat* (DMPA) menimbulkan efek samping, diantaranya adalah kenaikan berat badan. Berdasarkan Studi pendahuluan, di BPS Muryati Sleman terhadap 10 akseptor didapatkan sebanyak 7 akseptor yang mengalami kenaikan berat badan diantaranya 3 akseptor mengalami kenaikan berat badan sekitar 1-3 kg, 1 akseptor mengalami kegemukan dan 3 akseptor mengeluh kurang percaya diri dengan penampilannya, setelah pemakaian KB Suntik selama 1 tahun.

Tujuan : Untuk mengetahui perbedaan berat badan ibu akseptor KB suntik DMPA sebelum dan sesudah menggunakan KB suntik di BPS Muryati Sleman Yogyakarta.

Metode : Metode pada penelitian ini adalah deskriptif analitik dengan pendekatan komparasi. Teknik sampel dengan *non probability sampling* dengan jenis *purposive sampling* sebanyak 60 sampel. Hasilnya diolah dengan menggunakan *paired t Test*.

Hasil : Berat badan responden rata – rata (*mean*) sebelum menggunakan KB suntik adalah 54 kg dan sesudah menggunakan KB suntik adalah 56,5 kg, rata – rata perbedaan sebelum dan sesudah adalah 2,3 kg. Ada perbedaan berat badan yang signifikan antara rata- rata berat badan sebelum dan sesudah diperoleh *p-value* sebesar 0,000 yang berarti (nilai $p < 0,05$).

Kesimpulan : Ada perbedaan berat badan yang signifikan antara sebelum dan sesudah menggunakan KB suntik DMPA di BPS Muryati Sleman Yogyakarta.

Kata Kunci : Perbedaan berat badan, suntik DMPA.

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