

**GAMBARAN BERAT BADAN PADA AKSEPTOR KONTRASEPSI
SUNTIK DEPO MEDROXY PROGESTERON ASETAT (DMPA)
DI PUSKESMAS WONOSARI I GUNUNGGKIDUL
TAHUN 2014**

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INTISARI

Latar Belakang: Kontrasepsi suntik merupakan kontrasepsi yang banyak dipilih oleh akseptor di Indonesia termasuk di Yogyakarta. Jumlahnya mencapai 201.994 akseptor (45,73%) dari tujuh macam alat kontrasepsi, dengan akseptor terbanyak terdapat di Gunungkidul yaitu sebanyak 57,271 akseptor (47,77%) dan Puskesmas Wonosari I merupakan puskesmas terbanyak akseptor kontrasepsi suntik DMPA dengan jumlah 2123 akseptor. Hasil studi pendahuluan yang dilakukan pada bulan November 2015 di Puskesmas Wonosari I, efek samping kenaikan berat badan menjadi masalah yang sering dikeluhkan oleh akseptor.

Tujuan: Mengetahui gambaran berat badan pada akseptor kontrasepsi suntik DMPA di Puskesmas Wonosari I Gunungkidul tahun 2014.

Metode: Penelitian ini merupakan jenis penelitian observasional rancangan deskriptif dengan menggunakan pendekatan *cross sectional*. Dilaksanakan di Puskesmas Wonosari I pada tanggal 22-23 Desember 2015. Pengambilan sampel menggunakan *purposive sampling* dengan jumlah 51 sampel yang sesuai dengan kriteria inklusi dan eksklusi. Analisis data dengan menggunakan analisis univariat.

Hasil: Mayoritas berat badan pada akseptor kontrasepsi suntik DMPA yaitu mengalami berat badan naik sebanyak 26 akseptor (51,0%) dan Mayoritas kenaikan berat badan yang dialami akseptor kontrasepsi suntik DMPA yaitu 2 kg sebanyak 9 akseptor (17,6%) dengan rata-rata kenaikan berat badan dari 26 akseptor yang mengalami kenaikan berat badan yaitu 2,25 kg.

Kesimpulan: Mayoritas berat badan pada akseptor kontrasepsi suntik DMPA selama satu tahun yaitu mengalami berat badan naik sebanyak 26 akseptor (51,0%).

Kata kunci: Berat badan, suntik Depo Medroxy Progesteron Asetat (DMPA).

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**THE DESCRIPTION OF WEIGHT ON DEPO INJECTION
CONTRACEPTION ACCEPTORS MEDROXY PROGESTERONE
ACETATE (DMPA)
IN HEALTH WONOSARI I GUNUNGKIDUL
YEAR 2014**

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ABSTRACT

Background: Injectable contraception is contraception that has been chosen by the acceptor in Indonesia, including Yogyakarta. Acceptor number reached 201 994 (45.73%) of the seven kinds of contraceptives, the highest acceptor contained in Gunung as many as 57.271 acceptor (47.77%) and health centers health centers Wonosari I is an injectable contraceptive DMPA acceptors highest with 2123 the number of acceptors. Results of a preliminary study conducted in November 2015 in Health Wonosari I, side effects of weight gain becomes a problem that is often complained by the acceptor.

Objective: Know the description of weight on injectable contraceptive DMPA acceptor in Health Wonosari I Gunung 2014.

Methods: This study is an observational study descriptive design with cross sectional approach. Implemented in Health Wonosari I on 22-23 December 2015. Sampling using purposive sampling with 51 samples in accordance with the inclusion and exclusion criteria. Analysis of data using univariate analysis.

Result: The majority of the weight on the injectable contraceptive DMPA acceptors are experiencing weight gain were 26 acceptors (51.0%) and the majority of the weight gain experienced kontraspsi injectable DMPA acceptor is 2 kg as much as 9 acceptor (17.6%) with an average rise weight of 26 acceptors gain weight is 2.25 kg.

Conclusions: The majority of the weight on acceptor injectable contraceptive DMPA during a year that experienced a weight gain were 26 acceptors (51.0%).

Keywords: Weight, Depo Medroxy Progesterone Acetate (DMPA).

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