

GAMBARAN KENAIKAN BERAT BADAN PADA AKSEPTOR KB SUNTIK 3 BULAN DI PUSKESMAS BANGUNTAPAN 1 BANTUL YOGYAKARTA

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INTISARI

Latar Belakang: KB suntik 3 bulan memiliki efektifitas tinggi yaitu 0,3 kehamilan per 100 perempuan pertahun, asal penyuntikannya dilakukan secara teratur sesuai jadwal yang telah ditentukan. Tingginya minat pemakaian alat kontrasepsi oleh karena murah, aman, sederhana, efektif, dan dapat dipakai pasca persalinan. Efek samping KB suntik salah satunya adalah kenaikan berat badan, di Puskesmas Banguntapan banyak yang mengalami kenaikan berat badan yaitu 75 responden dari 580 akseptor KB suntik 3 bulan.

Tujuan: Mengetahui gambaran kenaikan berat badan pada akseptor KB suntik 3 bulan selama 1 tahun pengguna KB suntik 3 bulan

Metode Penelitian: Jenis penelitian *deskriptif Kuantitatif*. Populasi dalam penelitian ini berjumlah 75 responden dengan menggunakan teknik *total sampling*. Pengumpulan data dengan menggunakan data sekunder data yang didapatkan dari rekam medis akseptor KB suntik 3 bulan. Analisis data yang digunakan adalah analisis univariat menggunakan distribusi dan persentase variabel

Hasil: Hasil penelitian ini menunjukkan bahwa kenaikan berat bada akseptor KB suntik 3 bulan dalam 1 kali suntikan rata-rata mengalami kenaikan berat badan 1 kg, 2 kali suntikan mengalami kenaikan berat badan 1 kg, 3 kali suntikan mengalami kenaikan berat badan 1 kg, 4 kali suntikan mengalami kenaikan berat badan 1 kg

Kesimpulan: Akseptor KB suntik 3 bulan di Puskesmas Banguntapan 1 Bantul Yogyakarta mayoritas mengalami kenaikan berat badan 1 kg dalam 1-4 kali suntikan.

Kata Kunci: Kenaikan Berat Badan, Akseptor KB Suntik 3 Bulan

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**THE DESCRIPTION OF BODY WEIGHT GAIN IN 3- MONTHLY
CONTRACEPTIVE INJECTION ACCEPTORS IN BANGUNTAPAN
1 COMMUNITY HEALTH CENTER OF
BANTUL YOGYAKARTA**

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ABSTRACT

Background: 3-monthly contraceptive injection has high effectiveness of 0,3 pregnancy per 100 women annually under a condition of regular injection as scheduled earlier. High interest in contraceptive usage is due to low cost, high protection, simplicity, effectiveness, and usability in postnatal period. One of the side effects of contraceptive injection is body weight gain. There were 75 respondents out of 580 3-monthly contraceptive injection acceptors who gained body weight in Banguntapan community health center.

Objective: To investigate the description of body weight Gain in 3-monthly contraceptive injection acceptors in Banguntapan 1 community health center of Bantul, Yogyakarta

Method: The type of this study was descriptive and quantitative. Population in this study was 75 respondents selected through *total sampling* technique. Data was compiled by using secondary data from medical records of 3-monthly contraceptive injection acceptors. Data analysis applied univariate analysis by using distribution and variable percentage.

Result: This study figured out average body weight gain of 3-monthly contraceptive injection acceptors after 1 injection as many as 1 kg, 2 injections resulted in body weight gain of 1 kg, 3 injections resulted in body weight gain of 1 kg, 4 injections resulted in body weight gain of 1 kg.

Conclusion: 3-monthly contraceptive injection acceptors in Banguntapan community health center of Bantul, Yogyakarta, were mostly experienced body weight gain of 1 kg after 1-4 injections.

Keywords: Body Weight gain, 3-monthly contraceptive injection acceptors.

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