

ABSTRAK

Latar Belakang : Kontrasepsi hormonal metode suntik 3 bulan DMPA memang tercatat paling banyak digemari penduduk Indonesia. Namun, tanpa disadari memiliki beberapa efek samping yang dapat menyebabkan timbulnya suatu penyakit jika tidak segera diatasi. Salah satunya ialah setelah penggunaan jangka panjang dapat menimbulkan efek samping berupa peningkatan berat badan yang mempengaruhi peningkatan IMT (Indeks Massa Tubuh).

Tujuan : Penelitian ini bertujuan untuk menganalisis hubungan penggunaan alat kontrasepsi hormonal jenis suntik dengan peningkatan berat badan.

Metode : Desain penelitian ini menggunakan metode *cross sectional*, yang dimulai dari bulan Maret hingga September tahun 2020 di wilayah kerja Puskesmas Hasan HAH PHC Payaroba Kota Binjai. Adapun populasi target dalam penelitian ini adalah wanita usia subur yang menggunakan KB suntik di Wilayah Kerja Puskesmas Hasan HAH PHC Payaroba Kota Binjai dan dianalisis dengan menggunakan uji uji *chi square*.

Hasil : Berdasarkan hasil analisis diketahui Ada hubungan penggunaan alat kontrasepsi hormonal jenis suntik dengan peningkatan berat badan pada akseptor di Puskesmas Hasan HAH PHC Payaroba Kota Binjai menurut faktor konsistensi pemakaian dengan nilai p sebesar 0,001 ($p < 0,05$). Disarankan kepada kepada akseptor KB agar meningkatkan pengetahuan tentang cara mengatasi berbagai dampak negatif yang ditimbulkan KB suntik 3 bulan dengan mencari informasi mengenai KB suntik 3 bulan.

Kata Kunci: Usia, Kontrasepsi hormonal, dan Peningkatan berat badan

ABSTRACT

Background: *The 3-month injection method of hormonal contraceptives DMPA is indeed recorded as the most popular among Indonesians. However, without realizing it, it has several side effects that can cause a disease if it is not treated immediately. One of them is that after long-term use it can cause side effects in the form of increased body weight which affects the increase in BMI (Body Mass Index).*

Purpose: *This study aims to analyze the relationship between the use of injectable hormonal contraceptives with weight gain.*

Methods: *The design of this study used a cross sectional method, starting from March to September 2020 in the Hasan HAH PHC Payaroba Community Health Center, Binjai City. The target population in this study were women of childbearing age who used injection contraceptives in the Hasan HAH PHC Payaroba Health Center Binjai City and were analyzed using the chi square test.*

Results: *Based on the results of the analysis, it was found that there was a relationship between the use of injectable hormonal contraceptives with the increase in body weight of acceptors at Hasan HAH PHC Payaroba Health Center Binjai City according to the consistency factor of use with a p value of 0.001 ($p < 0.05$). It is suggested for family planning acceptors to increase their knowledge on how to deal with the various negative impacts caused by 3 months injection of family planning by seeking information about 3 months injection family planning.*

Keywords: *Age, Hormonal contraception, and Weight gain*