

ABSTRAK

FAKTOR-FAKTOR YANG MEMPENGARUHI KENAIKAN BERAT BADAN AKSEPTOR KB SUNTIK 3 BULAN DI POLINDES DESA JELADRI WINONGAN

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Kontrasepsi suntik 3 bulan merupakan salah satu metode kontrasepsi hormonal yang banyak digunakan karena praktis dan efektif, namun penggunaannya dapat disertai kenaikan berat badan.

Penelitian ini bertujuan mengetahui faktor-faktor yang berhubungan dengan kenaikan berat badan pada akseptor kontrasepsi suntik 3 bulan di Polindes Desa Jeladri Winongan Kabupaten Pasuruan tahun 2026.

Penelitian menggunakan desain analitik observasional dengan pendekatan cross-sectional. Populasi penelitian berjumlah 137 akseptor dan sampel sebanyak 58 responden yang ditentukan menggunakan rumus Slovin. Data dikumpulkan melalui observasi, kuesioner, kartu akseptor, buku register KB, dan pengukuran berat badan menggunakan timbangan digital. Analisis data menggunakan *editing, coding, tabulating dan entry data* dan *cleaning*.

Hasil penelitian menunjukkan bahwa pada 58 akseptor KB suntik 3 bulan di Polindes Desa Jeladri Winongan, sebanyak 46 responden (79,3%) mengalami kenaikan berat badan dan 12 responden (20,7%) memiliki berat badan tetap. Pada faktor pola makan, kenaikan berat badan dialami oleh 3 responden (42,9%) dengan pola makan baik, 38 responden (82,6%) dengan pola makan cukup, dan 5 responden (100%) dengan pola makan kurang baik. Berdasarkan aktivitas fisik, kenaikan berat badan terjadi pada 26 responden (89,7%) dengan aktivitas ringan, 15 responden (71,4%) dengan aktivitas sedang, dan 5 responden (62,5%) dengan aktivitas berat. Secara deskriptif, kenaikan berat badan pada akseptor KB suntik 3 bulan lebih banyak ditemukan pada responden dengan aktivitas fisik ringan dan pola makan yang kurang baik.

Kata kunci: Faktor – Faktor, kontrasepsi suntik 3 bulan, kenaikan berat badan

ABSTRACT

FACTORS AFFECTING WEIGHT GAIN AMONG THREE-MONTH INJECTABLE CONTRACEPTIVE USERS AT THE JELADRI VILLAGE HEALTH POST, WINONGAN

By: HIMMATUL AFIDAH

Three-month injectable contraception is a hormonal contraceptive method that is widely used because it is practical and effective. However, its use may be associated with weight gain.

This study aimed to identify factors associated with weight gain among users of three-month injectable contraception at the Jeladri Village Health Post in Winongan, Pasuruan Regency, in 2026.

This study used an observational analytic design with a cross-sectional approach. The population consisted of 137 contraceptive users, and the sample included 58 respondents selected using the Slovin formula. Data were collected through observation, questionnaires, contraceptive cards, family planning registers, and body weight measurements using a digital scale. Data were analyzed through editing, coding, tabulating, data entry, and cleaning.

The results showed that among 58 users of three-month injectable contraception, 46 respondents (79.3%) experienced weight gain, while 12 respondents (20.7%) had no change in body weight. Based on dietary patterns, weight gain was experienced by 3 respondents (42.9%) with good dietary patterns, 38 respondents (82.6%) with moderate dietary patterns, and 5 respondents (100%) with poor dietary patterns. Based on physical activity, weight gain occurred in 26 respondents (89.7%) with light physical activity, 15 respondents (71.4%) with moderate physical activity, and 5 respondents (62.5%) with heavy physical activity. Descriptively, weight gain among users of three-month injectable contraception was more commonly found among respondents with light physical activity and poor dietary patterns.

Keywords: *factors, three-month injectable contraception, weight gain.*