

ABSTRAK

PERBEDAAN KENAIKAN BERAT BADAN PADA AKSEPTOR KB SUNTIK 1 BULAN DAN 2 BULAN DALAM PERIODE 6 BULAN

OLEH : YESI EKA RETNO ANJARSARI

Kontrasepsi suntik merupakan salah satu metode kontrasepsi hormonal yang banyak digunakan karena efektif dan praktis. Namun, kenaikan berat badan merupakan salah satu efek samping yang sering dikeluhkan akseptor dan dapat memengaruhi kenyamanan serta keberlanjutan penggunaan kontrasepsi. Penelitian ini bertujuan menganalisis perbedaan kenaikan berat badan pada akseptor KB suntik 1 bulan dan 2 bulan selama periode enam bulan. Penelitian ini menggunakan desain kuantitatif komparatif dengan pendekatan retrospektif. Populasi sekaligus sampel penelitian berjumlah 40 akseptor KB, terdiri dari 20 akseptor KB suntik 1 bulan dan 20 akseptor KB suntik 2 bulan. Sampel dipilih menggunakan teknik purposive sampling. Data diperoleh melalui rekam medis berupa berat badan sebelum dan sesudah penggunaan kontrasepsi selama enam bulan. Analisis dilakukan menggunakan statistik deskriptif, uji normalitas Shapiro-Wilk, dan Independent Samples t-Test dengan tingkat kemaknaan 0,05. Kenaikan berat badan pada akseptor KB suntik 1 bulan sebesar 2,25 kg, sedangkan pada akseptor KB suntik 2 bulan sebesar 3,80 kg. Hasil Independent Samples t-Test menunjukkan $p = 0,000$ ($p < 0,05$), sehingga terdapat perbedaan kenaikan berat badan yang signifikan antara kedua kelompok. Akseptor KB suntik 2 bulan mengalami kenaikan berat badan lebih tinggi dibandingkan akseptor KB suntik 1 bulan, dengan selisih 1,44 kg. Bidan diharapkan memberikan konseling mengenai efek samping kontrasepsi hormonal serta menganjurkan pola hidup sehat dan pemantauan berat badan secara berkala..

Kata kunci: KB suntik, berat badan, kontrasepsi hormonal, akseptor KB, uji beda.

ABSTRACT

DIFFERENCES IN AVERAGE WEIGHT GAIN BETWEEN ONE-MONTH AND TWO-MONTH INJECTABLE CONTRACEPTIVE ACCEPTORS DURING A SIX-MONTH PERIOD

OLEH : YESI EKA RETNO ANJARSARI

Injectable contraception is one of the most commonly used hormonal contraceptive methods because of its effectiveness and convenience. However, weight gain is one of the frequently reported side effects among contraceptive acceptors and may affect comfort and continuation of contraceptive use. This study aimed to analyze the difference in average weight gain between one-month and two-month injectable contraceptive acceptors during a six-month period. This study employed a comparative quantitative design with a retrospective approach. The sample consisted of 40 contraceptive acceptors, including 20 one-month injectable contraceptive users and 20 two-month injectable contraceptive users. Participants were selected using purposive sampling. Data were obtained from medical records documenting body weight before and after six months of contraceptive use. Data analysis included descriptive statistics, the Shapiro-Wilk normality test, and the Independent Samples t-Test with a significance level of 0.05. The average weight gain among one-month injectable contraceptive acceptors was 2,25 kg, while the average weight gain among two-month injectable contraceptive acceptors was 3,80 kg. The Independent Samples t-Test showed a p-value of 0.000 ($p < 0.05$), indicating a statistically significant difference in average weight gain between the two groups. Two-month injectable contraceptive acceptors experienced greater weight gain than one-month injectable contraceptive acceptors, with an average difference of 1.44 kg. Midwives are expected to provide counseling regarding the potential side effects of hormonal contraception and encourage healthy lifestyle practices and regular weight monitoring.

Keywords: injectable contraception, weight gain, hormonal contraception, contraceptive acceptors, comparative study.