

**POLITEKNIK KESEHATAN TANJUNGPURUN JURUSAN
KEBIDANAN PROGRAM STUDI SARJANA TERAPAN KEBIDANAN
KAMPUS METRO SKRIPSI, MEI 2025**

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**HUBUNGAN LAMA PEMAKAIAN KONTRASEPSI SUNTIK DENGAN
PENINGKATAN BERAT BADAN DI BIDAN EKA SANTI PRABEKTI**

xviii + 46 halaman, 6 tabel, 2 gambar, 10 lampiran

RINGKASAN

Lama pemakaian kontrasepsi suntik 3 bulan dapat menimbulkan dampak baik secara langsung muncul atau dalam waktu lama. Semakin lama penggunaan kontrasepsi suntik, semakin besar kemungkinan munculnya efek samping, salah satunya adalah peningkatan berat badan. Prevalensi pengguna kontrasepsi pada tahun 2024 berdasarkan WHO secara global 49,0% di seluruh dunia, di Indonesia 35,3%, di Provinsi Lampung 55,8%, di Lampung Tengah 22,4%, di Pratik Bidan Mandiri Eka Santi Prabekti yang merupakan prevalensi dengan persentase tertinggi ada 40,15%. Peningkatan berat badan, merupakan faktor serius yang berdampak luas terhadap berbagai penyakit kronis seperti kanker, diabetes tipe 2, dan penyakit kardiovaskular. Penelitian ini bertujuan mengidentifikasi hubungan lama pemakaian kontrasepsi suntik 3 bulan dengan peningkatan berat badan wanita usia subur di Bidan Eka Santi Praebkti, S.Tr.Keb.

Jenis penelitian ini adalah kuantitatif dengan desain cross-sectional. Populasi penelitian mencakup seluruh wanita usia subur pengguna kontrasepsi suntik 3 bulan ada 210 wanita. Teknik pengambilan sampel menggunakan accidental sampling dengan jumlah sebanyak 66 responden. Pengumpulan data melalui wawancara dan observasi menggunakan checklist dan timbangan. Data dianalisis secara univariat dan bivariate dengan *chi-square*.

Hasil analisis dari 66 responden menunjukkan proporsi lama pemakaian kontrasepsi suntik selama lebih dari 12 bulan ada 83,3% dan 3-12 bulan ada 16,7%. Proporsi peningkatan berat badan >3 kg ada 33,3%, sedangkan 16,7% mengalami kenaikan ≤ 3 kg, dan 7,6% tidak mengalami peningkatan berat badan. Hasil analisis menunjukkan terdapat hubungan signifikan antara lama penggunaan kontrasepsi suntik dengan kenaikan berat badan dengan nilai (*p value* 0,036).

Kesimpulan penelitian ada hubungan lama pemakaian kontrasepsi suntik dengan peningkatan berat badan wanita usia subur, disarankan kepada petugas kesehatan agar tetap melakukan pemantauan dan memberikan pendampingan lanjutan meskipun mengetahui efek sampingnya, guna mencegah terjadinya komplikasi dan membantu menjaga kesehatan akseptor secara menyeluruh.

Kata Kunci : Kontrasepsi suntik 3 bulan, lama pemakaian, peningkatan berat badan.

Daftar Bacaan : 42 (2017-2025)

**TANJUNGKARANG HEALTH POLYTECHNIC MIDWIFERY DEPARTMENT
APPLIED BACHELOR OF MIDWIFERY STUDY PROGRAM METRO
CAMPUS THESIS, MAY 2025**

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**THE RELATIONSHIP BETWEEN THE DURATION OF INJECTABLE
CONTRACEPTIVE USE AND WEIGHT GAIN AT MIDWIFE EKA SANTI
PRABEKTI**

xviii + 46 pages, 6 tables, 2 figures, 10 appendices

SUMMARY

The duration of using the 3-month injectable contraceptive can cause effects that may appear immediately or over time. The longer the use of injectable contraceptives, the greater the likelihood of side effects, one of which is weight gain. The prevalence of contraceptive users in 2024 based on WHO data is 49.0% globally, 35.3% in Indonesia, 55.8% in Lampung Province, 22.4% in Central Lampung, and 40.15% at the Independent Midwife Practice Eka Santi Prabekti, which has the highest prevalence percentage. Weight gain is a serious factor that has a broad impact on various chronic diseases such as cancer, type 2 diabetes, and cardiovascular diseases. This study aims to identify the relationship between the duration of using the 3-month injectable contraceptive and weight gain among women of reproductive age at Midwife Eka Santi Prabekti, S.Tr.Keb.

This type of research is quantitative with a cross-sectional design. The study population includes all women of reproductive age using the 3-month injectable contraceptive, totaling 210 women. The sampling technique used accidental sampling with a total of 66 respondents. Data collection was conducted through interviews and observations using a checklist and weighing scale. Data were analyzed univariately and bivariate using the chi-square test.

The analysis results from 66 respondents showed that 83.3% had used injectable contraceptives for more than 12 months, while 16.7% had used them for 3–12 months. The proportion of respondents with weight gain >3 kg was 33.3%, while 16.7% experienced a gain of ≤ 3 kg, and 7.6% experienced no weight gain. The analysis results indicated a significant relationship between the duration of injectable contraceptive use and weight gain ($p\text{-value} = 0.036$).

The study concludes that there is a relationship between the duration of using injectable contraceptives and weight gain among women of reproductive age. It is recommended that health workers continue monitoring and providing ongoing support, even when aware of the side effects, to prevent complications and help maintain the overall health of the acceptors.

Kata Kunci : 3-month injectable contraceptive, duration of use, weight gain.

References : 42 (2017–2025)