

**Hubungan Penggunaan KB Suntik Progestin dengan Peningkatan
Berat Badan Akseptor KB di Praktik Mandiri Bidan Kartiyem,
Pengasih, Kulon Progo Tahun 2020**

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ABSTRAK

Latar Belakang: Alat kontrasepsi suntik merupakan alat kontrasepsi yang banyak digunakan di Indonesia. Proporsi penggunaan kontrasepsi suntik adalah 42,4%. Akseptor KB suntik progestin sebagian besar mengalami peningkatan berat badan. Hal ini karena progesteron merangsang pusat kendali nafsu makan di hipotalamus sehingga mempengaruhi perilaku makan. Sebuah penelitian menunjukkan bahwa banyak pengguna kontrasepsi suntik berhenti karena efek samping seperti gangguan menstruasi, penambahan berat badan, sakit kepala, dan ketidaknyamanan perut.

Tujuan: Mengetahui hubungan antara penggunaan KB suntik progestin dengan peningkatan berat badan.

Metode: Desain penelitian yang dipakai kohort retrospektif dengan metode *purposive sampling*. Peneliti mengamati perubahan berat badan 57 akseptor KB suntik progestin dan 57 akseptor IUD yang telah menggunakan selama 1 tahun. Penelitian dilakukan di PMB Kartiyem, Pengasih, Kulon Progo bulan Januari-Juni 2021. Pola aktivitas dan pola gizi sebagai variable perancu dikontrol. Data diperoleh melalui pengukuran berat badan, wawancara *food recall* 24 jam, dan aktivitas dengan formulir *Physical Activity Level*, serta mengambil data berat badan awal di rekam medis. Data dianalisis dengan SPSS menilai *Pearson Chi Square* dan regresi logistik multinomial.

Hasil: Berat badan pengguna KB suntik progestin setelah pemakaian 1 tahun cenderung meningkat. Sedangkan berat badan pengguna IUD setelah pemakaian 1 tahun cenderung turun. Pola aktivitas fisik responden mayoritas kategori ringan dan sebagian besar responden memiliki pola nutrisi kategori sangat kurang jika dibandingkan dengan AKG. Akseptor KB suntik progestin setelah 1 tahun pemakaian berpeluang 8 kali lebih tinggi mengalami peningkatan berat dibandingkan KB IUD.

Kesimpulan: Akseptor suntik progestin memiliki peluang 8 kali mengalami peningkatan berat badan dibandingkan akseptor IUD.

Kata kunci: suntik, progestin, berat, badan, *food, recall*, PAL

The Correlation between Progestin-only Injection and Acceptor Weight-gain at Kartiyem's Midwife Independent Clinic, Pengasih, Kulon Progo in 2020

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ABSTRACT

Background: Injectable contraceptives are widely used as contraceptive in Indonesia. The proportion of injectable contraceptive use was 42.4 %. Among progestin-only injection users experienced weight gain. Progesterone stimulates the appetite control center in the hypothalamus so it affects the eating behavior. A study showed that many injectable contraceptive users dropped out because of its side effects such as menstrual disorders, weight gain, headaches, and abdominal discomfort.

Objective: To assess correlation between progestin-only injectable contraceptive use and weight gain among the users.

Methods: The research design was retrospective cohort with purposive sampling. We observed 57 progestin-only injection acceptors who had used it for 1 year to know the body weight changing. The control group was IUD users. This research did at Kartiyem's Midwife Independent Clinic in Pengasih, Kulon Progo, Yogyakarta on January–June 2021. We controlled confounding (activity level and nutritional patterns). We measured weight; interviewed nutritional intake using 24-hours food recall form; interviewed activity level using PAL form, and record initial weight from medical records. The data was analyzed by Pearson Chi Square and multinomial logistic regression.

Results: After 1 year use, the progestin-only injection users tended to gain weight, while IUD users tended to loss weight. Most of them have light physical activity and had a very poor nutritional intake. We can conclude that the progestin-only injection users were 8 times more likely to gain weight than IUD users did.

Conclusion: The progestin-only injection users were 8 times more likely to gain weight than IUD users did.

Keywords: Progestin-only, injection, weight, food, recall, PAL