

ABSTRACT

Background: One of the government's programs related to National Family Planning is the use of injectable contraceptives. The impact of the menstrual cycle disrupts daily activities and decreases the body's resistance due to increased body weight. This study aims to determine whether there is a relationship between the use of injectable birth control and menstrual cycle irregularities and an increase in maternal weight in the Simpang IV Sipin Health Center Work Area.

Research Methods: The research is a descriptive analytic study with a cross-sectional approach. The population is mothers who use hormonal injection contraception in the Simpang IV Sipin Health Center work area with a total sample of 106 respondents. The sampling technique uses purposive sampling. Data collection was carried out by filling out questionnaires and data were analyzed using a frequency distribution.

Results: Based on statistical tests, a p-value of $0.015 < 0.05$ means that there is a relationship between the use of injectable birth control and the mother's menstrual cycle, and there is a relationship between the use of injectable birth control and an increase in maternal weight with a p-value of $0.001 < 0.005$.

Conclusion: There is a relationship between the use of injectable birth control and the menstrual cycle and an increase in maternal weight and these side effects are most commonly felt by mothers who use the 3-month injection type of family planning rather than mothers who use the 1-month type of family planning in the Simpang IV Sipin Health Center work area.

Keywords: Family Planning, Injectable Contraceptives, Menstrual Cycle, Weight Gain.

ABSTRAK

Latar belakang : Salah satu program pemerintah terkait Keluarga Berencana (KB) Nasional ialah penggunaan alat kontrasepsi suntik (*Injectables*). Dampak ditimbulkan siklus menstruasi mengganggu aktivitas sehari-hari dan menurunnya daya tahan tubuh akibat peningkatan berat badan. Penelitian ini bertujuan untuk mengetahui apakah adanya hubungan penggunaan KB suntik terhadap ketidakaturan siklus menstruasi dan peningkatan berat badan ibu di Wilayah Kerja Puskesmas Simpang IV Sipin.

Metode Penelitian : Penelitian berupa penelitian deskriptif analitik dengan pendekatan *cross-sectional*. Populasinya ialah ibu pengguna alat kontrasepsi suntik hormonal di wilayah kerja Puskesmas Simpang IV Sipin dengan jumlah sampel sebanyak 106 responden. Teknik sampling menggunakan *purposive sampling*. Pengambilan data dilaksanakan dengan pengisian kuesioner dan data dianalisis menggunakan distribusi frekuensi.

Hasil : Berdasarkan uji statistik didapatkan *p-value* $0,015 < 0,05$ artinya ada hubungan penggunaan KB suntik dengan siklus menstruasi ibu, dan adanya hubungan penggunaan KB suntik dengan peningkatan berat badan ibu dengan hasil *p-value* $0,001 < 0,005$.

Kesimpulan : Adanya hubungan penggunaan KB suntik terhadap siklus menstruasi dan peningkatan berat badan ibu serta efek samping tersebut paling banyak dirasakan oleh ibu pengguna jenis KB suntik 3 bulan daripada ibu pengguna jenis KB 1 bulan di wilayah Kerja Puskesmas Simpang IV Sipin.

Kata Kunci : Keluarga Berencana, Alat Kontrasepsi Suntik, Siklus Menstruasi, Peningkatan Berat Badan.