

THE RELATIONSHIP OF THE LONG TIME OF CONTRACEPTIVE USE OF
3 MONTHS KB INJECTIONS WITH INCREASED WEIGHT IN TAMAN
AGUNG VILLAGE, UPTD REGION OF TRIMOHARJO PUSKESMAS

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ABSTRACT

Introduction: 3-month injectable contraception is an injection type of contraception that contains the hormone progesterone which can stimulate the appetite control center in the hypothalamus so that the acceptor eats more than usual and has an impact on weight gain. Continuous weight gain will cause overweight or obesity which can trigger the emergence of several chronic diseases including diabetes mellitus, hypertension, stroke and heart attack. **Objective:** To analyze whether there is a relationship between the length of use of birth control injection contraception for 3 months and weight gain. **Method:** This research uses an analytical research type, cross sectional research design. The location of this research was carried out in Taman Agung Village, UPTD Trimoharjo Community Health Center area. The research period will be from May to June 2024, collecting data using observation sheets and measuring current body weight. **Results:** Chi Square analysis with a degree of freedom of 1 and a significance level of 0.05 showed that the p-value was 1.000, which means a p-value of 0.05, so it was concluded that there was no relationship between the duration of using injectable birth control for 3 months and weight gain. **Conclusion:** There is no relationship between the duration of using injectable contraceptives for 3 months and weight gain.

Keywords: Length of use of injectable birth control contraception 3 months, Weight Gain.