

**CORRELATION BETWEEN DURATION OF 3 MONTH
INJECTABLE CONTRACEPTIVE USE AND WEIGHT GAIN IN
BEJI, WONOGIRI**

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ABSTRACT

Background: The 3 month injectable contraceptive is a hormonal contraceptive method widely used by women of reproductive age due to its practicality and effectiveness. One of the most frequently reported side effects is weight gain. In Beji Village, Wonogiri Regency, the majority of 3-month injectable contraceptive acceptors have reported weight gain after prolonged use. **Objective:** To determine the relationship between the duration of 3-month injectable contraceptive use and weight gain among contraceptive acceptors in Beji, Wonogiri. **Methods:** This study employed a quantitative approach with an analytic observational design and a cross-sectional method. The population consisted of 39 respondents selected using a total sampling technique. Data were collected through questionnaires and body weight measurements using a digital scale. The data were analyzed using univariate and bivariate analysis, with the Fisher's Exact test applied. **Results:** Most respondents had used the 3-month injectable contraceptive for ≥ 12 months (27 people or 69%) and experienced weight gain (32 people or 82%). **Conclusion:** There is a significant relationship between the duration of 3-month injectable contraceptive use and weight gain among contraceptive acceptors in Beji, Wonogiri in 2025, with a p-value of 0.020 ($p < 0.05$).

Keywords: 3 Month Injectable Contraceptive, Duration of Use, Body Weight