

**EDUCATION OF AMBON BANANA CONSUMPTION TO INCREASE
HEMOGLOBIN LEVELS OF PREGNANT WOMEN
WITH POCKET BOOK MEDIA**

Rusmaniar¹, Winarni² novitasari2.students@aiska-university.ac.id

Universitas 'Aisyiyah Surakarta

SUMMARY

Background: *The highest rate of contraceptive use in Indonesia is injectable birth control. The side effect with the highest frequency is weight gain due to the hormone progesterone which can stimulate the appetite control center in the hypothalamus which results in increased appetite, other side effects such as menstrual disorders, namely spotting and amenorrhea are caused by hormonal changes due to hormone induction in the acceptor, all of these side effects can cause anxiety in the acceptor.*

Methods: *The KIE output method is in the form of a booklet media "Education for 3-month contraceptive injection acceptors about weight gain and menstrual cycles using booklet media" created using the Canva application.*

Results: *The results of the booklet trial with the title "Education for 3-month contraceptive injection acceptors about weight gain and menstrual cycles using booklet media" were made with a size of 21cm x 29.7 cm consisting of 16 pages in the form of a book.*

Conclusion: *The booklet with the title "Education for 3-month contraceptive injection acceptors about weight gain and menstrual cycles using booklet media" can be used as a medium for communication, information and education.*

Keywords: *Injectable KB, Side Effects*