

## THE DIFFERENCE CHANGE IN WEIGHT FAMILY PLANNING INJECTION ACCEPTORS THREE MONTHS WITH ONE MONTH IN MUARA VILLAGE CIREBON DISTRICT

Dwi Lestari Anugerahwati<sup>1\*</sup>

<sup>1\*</sup> Politeknik Kesehatan KMC Kuningan

Email korepondensi: [dwi.leztari123@gmail.com](mailto:dwi.leztari123@gmail.com)

### Abstrack

Injected contraception is the most contraception method chosen by Indonesian women. There are 2 types of injected contraception, 3 monthly injection which consists of progesterone only and 1 monthly injection consists of a combination of oestrogen-progesterone. One of its side effect is increase weight, which is usually distressing for women due to the increase risk of suffering from many diseases such as heart attack, type-2 diabetes mellitus, sleep apnea, certain cancer, osteoarthritis, and asthma. The study aim was to identify the difference weight gain occurrence between 3 monthly and 1 monthly injected contraception users in Muara Village- Suranenggala District. This research method uses comparative analytic studies using cross sectional resulting research which measured in interval scale. The sample is all 3 months KB injecting participants as much as 30 respondents and 1 month KB injections as much as 30 respondents. The data is analysis using t-test. The result showed a  $p$  value of 0,005 which meant there was a difference in weight gain occurrence between the users of 3 monthly and 1 monthly injected contraception. The 3 monthly injection had been proven increasing the incidence of weight gain compared to the 1 monthly one. It was suggested that midwives should give proper counselling regarding to side effect of increasing weight gain during the use of 3 monthly contraceptive injection to be aware of by the users. Further investigation on other influencing factors of weight gain among contraceptive injection users.

**Keyword** : contraseptive injection, increase weight

### 1. INTRODUCTION

The national family planning aims to controls the rate population growth and also to improve the quality of human resources. In general the family planning program is to responded people will family planning and reproductive health quality, to reduce maternal mortality, infants and children and reproductive health problems reduction in order to establish small family quality. (Hartanto, 2010)

The survey BKKBN (2014), showed the active family planning participants according to contraceptive most is contraception injection 16.514.005 (47,11%). Data from the BKKBN Cirebon in Desember 2014 showed the same thing that as much as 194.678 (59,12%) users are injection contraception. This proved that contraceptive injection is favorite by acceptors.

One contraceptive popular in indonesia is contraceptive syringe. Contraceptive injection used is norethindrone enanthate (net-en), depo medroksi progesterone acetat ( dmpa ) , and estrogen ( Sarwono, 2006 ) . Discharging contraceptive injection good three months and one month has adverse side effects namely change weight. A study reported side effects main discharging dmpa an increase in weight over 2.3 kg in the first year and next increases in stages until reached 7.5 kg for six years. While discharging cyclofem weight increased by an average of 3-2 kg in the first year use and so on increase for the second year. (Varney, 2007)

This research is only restricted to see whether there were any changes in weight differences between acceptors syringe three months with syringe one month. The synthesis problems that researchers proposed in this research was “what the difference was the addition of weight between acceptors syringe three months with one month?”

## 2. MATERIAL AND METHODS

The kind of research it uses analytic comparative by using design research cross sectional. Design research used was observational. Population research all acceptors injection in desa muara village cirebon district are 300 acceptors .The technique sample be done in purposive sampling by dividing into 2 groups with each 30 respondents. Research objectives is to knows the difference the addition of weight between acceptors injection three months with one month.

In this research that be variable independent is three months and one month and a variable dependent is the addition of weight injection acceptors contraceptive. Both variables this would check together by researchers at the time of the. Hypothesis research there is a difference in the incident the addition of weight on the use of family planning injection three months with one month

Data collected by direct interview with use of the instruments the questionnaire. The measurement of weight acceptors done by midwives then noted in a card record medical or status acceptors. To get data weight the beginning and also weight on the data was conducted researchers copy data weight acceptors from the cards record medical or status patients.

Data analysis be done in descriptive from the analysis tables and statistical analysis to know the connection between variables. Researchers used analysis test different, because it will distinguish the addition of weight on the use of family planning injection three months to one month with use 2 sample different at the  $\alpha = 0.05$ .

## 3. RESULT AND DISCUSSION

The research results show that respondents using contraceptives injection one month the most an increase in weight with 15 respondents ( 50 % ) not increased weight and has weight loss each 8 respondents ( 26.7 % ) and 7 respondents ( 23.3 % ).While for respondents using contraceptives injection three months the most increased weight with 24 respondents ( 80 % ), for any who have not increased weight and suffered from weight loss which 3 respondents ( 10 % ) .

Tabel 1. The different weight injection acceptor three month and one month

Family planning contraseptive	Weight						Total		P value
	Increased		constant		Loss		f	%	
	f	%	f	%	f	%			
One month injection	15	50	8	26.7	7	23.3	30	100	0.005
Three month injection	24	80	3	10	3	10	30	100	
<b>Total</b>	<b>39</b>	<b>65</b>	<b>11</b>	<b>18.3</b>	<b>10</b>	<b>16.7</b>	<b>60</b>	<b>100</b>	

Based on table above it can be seen that the increase in weight are more prevalent among respondents that uses injection three months with 80 % compared to injection one month 50 % . The results of statistics showed there are considerable signifikan state of the addition of respondents that uses injection one month with three months with p value 0.005 .

## 4. CONCLUSION

Discharging contraceptive injection monthly and trimonthly have side effects change weight. Factor influences changes in weight acceptors injection is the hormone progesterone powerful that stimulate hormone appetite that is in the hypothalamus. The appetite greater than usually the body would excess substances nutrition. Excess substances nutrition by hormone progesterone turned into fat and deposited under the skin. Changes in weight is triggered by accumulation of excess fatty the results of the sintesa of carbohydrates of being fat. (Mansjoer, 2003). This research showed that the use of the family planning injection three months more who experienced an increase weight 80 % of 30 respondents, while effect the addition of weight on the use of family planning injection one month 50 % of 30 respondents.

The cause of increase weight not clear. Seemed to happen because it added body fat, and not because of fluid retention the body. The hypothesized experts: dmpa (depo medroxy progesterone acetate) inducing control centre appetite in the hypothalamus that causes acceptors eat more than normal. (Hartanto, 2003)

The opinion increase that addition weight on acceptors injection combination, rarely experience the addition of weight, compared to injection dmpa. According to researchers, more that experienced scene increase weight on the use of family planning injection three months than one month can because doses progesterone on family planning injecton three months more than in family planning injection one month. The addition of weight also depends on of condition hormonal, age, psychiatric, psychological, heredity, food and physical environment of each individual.

In this research researchers did not study further information about other factors from causes the addition of weight. It was because in this research is focused on the addition of weight a result of side effects discharging hormonal the family planning injection three months and one month. The use of contraceptive injection, uncertain a acceptors experienced an increase weight. But in this research was more focused on the use of the contraceptives injection in relation to the the addition of weight .

Expected for the midwife or health workers can explain acceptors to choose contraceptive other than injection for example IUD if do not want an increase in weight. So that acceptors really prepare with all side effects that might happen especially the addition of weight. For researchers, many things that have not revealed from the study, this needs to far more research deep about of factors affect the addition of weight on acceptors syringe from greater by measuring instrument more valid and reliable and use instrument and media who have more diverse .

## 5. REFERENCE

Abdul Bari Saifuddin, Trijatmo Rachimhadhi. Ilmu Kandungan. 2011. Jakarta: Yayasan Bina Pustaka

Affandi, dkk. Buku Panduan Praktis Pelayanan Kontrasepsi. 2011. Edisi ke 3. Jakarta: Bina Pustaka

Arikunto, S. Prosedur Penelitian Suatu Pendekatan Praktek. 2010. Jakarta: Rineka Cipta

BKKBN. Rakerda Program KB. 2014. Kabupaten Cirebon

Badan Pusat Statistik. Penduduk Indonesia Menurut Provinsi. 2010. <http://www.bps.go.id>

Dewi, Kurnia. Buku Ajar Kesehatan Reproduksi dan Keluarga Berencana. 2013. Jakarta: Trans Indo Media

Ekawati, Desi. Pengaruh KB Suntik DMPA Terhadap Peningkatan Berat Badan. 2010

Hartanto, Hanafi. Keluarga Berencana dan Kontrasepsi. 2010. Jakarta: Pustaka Sinar Harapan

Hidayat, AA. Metode Penelitian Kebidanan Teknik Analisa Data. 2014. Jakarta: Salemba Medika

Manuaba, Ida Bagus Gede. Ilmu Kebidanan, Pelayanan Kebidanan dan KB. 2010. Jakarta: Rineka Cipta

Notoatmodjo, S. Metodologi Penelitian Kesehatan. 2010. Jakarta: Rineka Cipta

Rohmiyani, Yani. Hubungan Antara Metode Kontrasepsi Suntik dengan Peningkatan Berat Badan Pada Pasangan Usia Subur. 2010



Sugiyono. Statistika Untuk Penelitian. 2008. Bandung: Alfabeta

Suratun. Pelayanan keluarga Berencana dn Pelayanan Kontrasepsi. 2008. Jakarta: Trans Info Media