

**HUBUNGAN ANTARA LAMA MENJADI AKSEPTOR KB SUNTIK DEPO  
MEDROXYPROGESTERONE ACETATE DENGAN KEJADIAN  
PENINGKATAN BERAT BADAN DI PMB RINI PURNAMAWATI**

*The Relationship Between Long Time As An Acceptor Of Depo Medroxyprogesterone  
Acetate KB Injections And The Incident Of Weight Increase  
In PMB Rini Purnamawati*

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**ABSTRAK**

**Latarbelakang:** Salah satu upaya pengendalian jumlah penduduk di Indonesia melalui program keluarga berencana (KB). Pemilihan jenis kontrasepsi *modern* paling banyak akseptor menggunakan suntik sebesar 59,9%. **Tujuan:** menganalisis hubungan antara lama menjadi akseptor KB *depo medroxyprogesterone acetate* dengan kejadian peningkatan berat badan di PMB Rini Purnamawati. **Metode:** Desain ini menggunakan pendekatan *cross sectional*. Populasi akseptor KB *depo medroxyprogesterone acetate* bulan Agustus 2022-September 2023. Teknik *purposive sampling* sebanyak 44 orang. **Hasil:** akseptor KB > 2 tahun sebanyak 30 orang (68,2%), kenaikan berat badan sebanyak 32 orang (72,7%). Uji *chi square* didapatkan *p value* sebesar 0,113 ( $p > 0,05$ ), artinya tidak ada hubungan antara lama menjadi akseptor KB *depo medroxyprogesterone acetate* dengan peningkatan berat badan. **Pembahasan:** hasil analisis didapatkan bahwa tidak ada hubungan antara lama menjadi akseptor KB *depo medroxyprogesterone acetate* dengan peningkatan berat badan di PMB Rini Purnamawati. **Kesimpulan:** Tidak ada hubungan antara lama menjadi akseptor KB *depo medroxyprogesterone acetate* dengan peningkatan berat badan di PMB Rini Purnamawati.

**Kata Kunci:** Berat Badan, Akseptor, KB Suntik

**ABSTRACT**

**Background:** One of the efforts to control the population in Indonesia is through the family planning (KB) program. Most acceptors choose the type of modern contraception using injections at 59.9%. **Objective:** to analyze the relationship between length of time as a *depo medroxyprogesterone acetate* KB contraceptive acceptor and the incidence of weight gain in PMB Rini Purnamawati. **Method:** This design uses a *cross sectional* approach. The population of *depo medroxyprogesterone acetate* KB acceptors for August 2022-September 2023. *Purposive sampling* technique as many as 44 people. **Results:** 30 people (68.2%) accepted KB > 2 years, 32 people (72.7%) gained weight. The *chi square* test obtained a *p value* of 0.113 ( $p > 0.05$ ), meaning that there was no relationship between the length of being a *depo medroxyprogesterone acetate* KB contraceptive acceptor and increasing body weight. **Discussion:** the results of the analysis showed that there was no relationship between the length of time being a *depo medroxyprogesterone acetate* KB family planning acceptor and weight gain in PMB Rini Purnamawati. **Conclusion:** There is no relationship between the length of time you have been a *depo medroxyprogesterone acetate* contraceptive acceptor KB and weight gain in PMB Rini Purnamawati.

**Keywords:** Body Weight, Acceptor, Injectable KB