

UNIVERSITAS MOHAMMAD HUSNI THAMRIN

---

Fakultas Kesehatan  
Skripsi Program Studi Sarjana Kebidanan  
Semester Ganjil 2023/2024

HUBUNGAN USIA, PEKERJAAN DAN LAMA PENGGUNAAN  
KONTRASEPSI KB SUNTIK 3 BULAN DENGAN PENINGKATAN  
BERAT BADAN AKSEPTOR KB DI TPMB R MAJALAYA  
KABUPATEN BANDUNG

Meidah Nazriah      1053231023

**ABSTRAK**

**Pendahuluan:** Penggunaan KB menurut jenis alat atau cara KB di Indonesia di dominasi oleh penggunaan KB suntik. Permasalahan berat badan merupakan efek samping tersering. Hasil survei akseptor KB suntik 3 bulan yang berkunjung di TPMB R Majalaya Kabupaten Bandung sebagian besar (80%) mengalami peningkatan berat badan.

**Tujuan:** Mengetahui hubungan usia, pekerjaan, dan lama penggunaan kontrasepsi KB suntik 3 bulan dengan peningkatan berat badan di TPMB R Majalaya Kabupaten Bandung.

**Metodologi:** Rancangan penelitian kuantitatif dengan pendekatan *cross sectional*. Populasi akseptor kb 3 bulan di TPMB R Majalaya Kabupaten Bandung sebanyak 144 orang. Sampel sebanyak 59 orang dengan teknik *purposive sampling*. Pengambilan data dengan menggunakan format pengumpul data (lembar observasi) dan menimbang berat badannya untuk mendapatkan data berat badan sekarang. Analisis menggunakan univariat dan bivariat menggunakan uji *Chi Square*.

**Hasil:** 86.4% responden yang mengalami peningkatan berat badan. Tidak terdapat hubungan antara usia (*p-value* 0,264), Tidak terdapat hubungan antara pekerjaan ibu (*p-value* 0,477), Terdapat hubungan lama penggunaan kb suntik 3 bulan ibu (*p-value* 0,024).

**Simpulan:** Tidak terdapat hubungan antara usia dan pekerjaan ibu dengan peningkatan berat badan akseptor kb suntik 3 bulan. Dan terdapat hubungan antara lama penggunaan kb suntik 3 bulan dengan peningkatan berat badan.

**Kata kunci :** Usia, Pekerjaan, Lama penggunaan kontrasepsi KB suntik 3 bulan, Peningkatan berat badan

Fakultas Kesehatan  
Skripsi Program Studi Sarjana Kebidanan  
Semester Ganjil 2023/2024

**THE RELATIONSHIP BETWEEN AGE, OCCUPATION AND  
LENGTH OF USE OF 3-MONTH INJECTABLE BIRTH CONTROL  
CONTRACEPTION WITH WEIGHT GAIN OF BIRTH CONTROL  
ACCEPTORS AT TPMB R MAJALAYA, BANDUNG REGENCY**

Meidah Nazriah      1053231023

**ABSTRACT**

**Introduction:** *The use of birth control according to the type of device or method of birth control in Indonesia is dominated by the use of injectable birth control. Weight problems are the most frequent side effect. The results of the survey of 3-month injectable birth control acceptors who visited TPMB R Majalaya, Bandung Regency, most (80%) experienced weight gain.*

**Objective:** *To determine the relationship between age, occupation, and the length of use of 3-month injectable contraception with weight gain in TPMB R Majalaya, Bandung Regency.*

**Methodology:** *Quantitative research design with a cross sectional approach. The population of 3-month birth control acceptors at TPMB R Majalaya, Bandung Regency is 144 people. The sample was 59 people with purposive sampling techniques. Data collection using a data collection format (observation sheet) and weighing the body weight to obtain current weight data. The analysis used univariate and bivariate using the Chi Square test.*

**Results:** *86.4% of respondents experienced weight gain. There was no relationship between age (p-value 0.264), There was no relationship between maternal occupation (p-value 0.477), There was a relationship with the length of use of 3-month injectable birth control for mothers (p-value 0.024).*

**Conclusions:** *There was no association between maternal age and occupation with weight gain at 3 months of injectable birth control acceptance. And there was a relationship between the length of 3-month use of injectable birth control and weight gain.*

**Keywords:** *Age, Occupation, Length of use of 3-month injectable birth control contraception, Weight gain*