

Context of Usage Injectable Contraception in 1 and 3 Months at the First Year with the Weight Gain of AcceptorAni Media Harumi¹(corresponding author), Dwi Wahyu Wulan S.², Devi Fadhilah Septiana Putri³¹Department of Midwifery, Poltekkes Kemenkes Surabaya, Indonesia (amediaharumi@gmail.com)²Department of Midwifery, Poltekkes Kemenkes Surabaya, Indonesia³Department of Midwifery, Poltekkes Kemenkes Surabaya, Indonesia

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ABSTRACT

Injectable contraception consist of hormone progesteron which grouped by 2 kinds of 1 month and 3 months injectable. Oftenly, the problem of injectable contraception is weight gain rate. Based on preliminary study in RB Delta Mutiara at the last 2 years ago, 520 injectable contraception acceptor are obtained by 1 and 3 months at the first year. The aim of this study is to know the context of using injectable contraception in 1 and 3 months at the first year with the weight gain of acceptor. This study used cross sectional design. The subjects were 123 1 month injectable contraception acceptors and 123 3 month injectable contraception acceptors. Independent variable was injectable contraception in 1 and 3 months. Dependent variable was of weight gain at the first year. The data were taken from the medical record, then analyzed using Chi square test. According to Chi square test, p-value was 0.02 (<0.05) so, there was relationship between context of 1 month and 3 months injectable contaception and the weight gain at the first year.

Keywords: Injectable contraception, Weight**INTRODUCTION**

Family planning is a community program that gathers and invites all potentials of the community to actively participate in institutionalizing and culvating the norms of small and prosperous families in order to improve the quality of human resources through maturing marriage, birth regulation, family resilience, improving the welfare of small families happy and prosperous.⁽¹⁾

Various types of injectable birth control injected every 4 weeks contains Medroxyprogesterone Acetat 50mg and Estradiol Cypionate 10mg is usually known by trade name Cyclofem and Cyclo Provera. Injections that injected every 12 weeks contain medroxyprogesterone acetate 150 mg usually known as the trade name Depo Provera, Depo Geston, Depo Progestin.⁽²⁾

The monthly data of the East Java BKKBN in June 2017 was 7,859,844 people (74.99%) consisting of injection 2,969,764 people (37.78%), pills 1,136,819 people (14.46%), condoms 107,583 people (1.37%), IUD 729,002 people (9.28%), MOW 284,610 people (3.26%) and MOP 28,084 people (3.62%).⁽³⁾

In Sidoarjo the number of fertile age couples (FAC) is 365,633 people and the number of active family planning(KB) uses is 293,270 people with details as follows: IUD 39,145, MOW 20,208, MOP 575, condoms 3,306, implants 16,504, injections 157,855, pills 55,677 people.⁽⁴⁾

Based on preliminary studies on RB-Delta Mutiara from 1 month injectable KB in the last 2 years 2015-2016 obtained 520 acceptors in the first year. To overcome weight problems in injectable contraceptive acceptors, counseling was conducted on diet, balanced nutrition and activites. The aim of this study is to know the context of using injectable contraception in 1 and 3 months at the first year with the weight gain of acceptor.

METHODS

This study used cross sectional design. The population of this study was all first year injectable contraception acceptors in the RB-Delta Mutiara Sidoarjo, during January to December 2017 (211 people were acceptors of 1 month injectable contraception, and 178 people were acceptors of 3 months injectable contraception). The samples were 123 people of 1 month injectable contraception acceptors and 123 people of 3 month injectable contraception acceptors, selected using simple random sampling technique. Independent variable was injectable contraception in 1 and 3 months. Dependent variable was of weight gain at the first year. Presentation of data was manifested in the form of a frequency distribution because the data obtained was of a categorical type.⁽⁵⁾ The data were taken from the medical record, then analyzed using Chi square test.

RESULTS

The 75.6% of 1 month injectable contraception acceptors experienced weight gain, while 61.8% of 3 month injectable contraception acceptors experienced weight gain. Based on Chi square test, p-value was 0.023, meaning that there was relationship between context 1 month and 3 months injectable contraception in the first year and weight gain.

Table 1. The Distribution of Body Weight of 1 Month Injectable Contraceptive Acceptor

Age (years)	Frequency	Percentage
Increase	93	75.6
Stable	21	17.1
Decrease	9	7.3

Table 2. The Distribution of Body Weight of 3 Month Injectable Contraceptive Acceptor

Age (years)	Frequency	Percentage
Increase	76	61.8
Stable	25	20.3
Decrease	22	17.9

Table 3. Relationship between Context of Injectable Contraceptive and Weight Gain

Injectable contraceptive	Weight						Total	
	Increase		Stable		Decrease		Σ	%
	Σ	%	Σ	%	Σ	%		
1 month	93	75.6	21	17.1	9	7.3	123	100
3 month	76	61.8	25	20.3	22	17.9	123	100

DISCUSSION

Weight gain in acceptors of 1-month injectable contraception, due to the influence of the hormones of estrogen and progesterins that stimulate increased appetite, so that acceptors tend to eat a lot. If the energy (in food) that comes in is not followed by physical activity it will trigger fat accumulation.⁽⁶⁾

In 3-month injectable contraceptive, the hormone of progesterone makes it easier to change carbohydrates and sugar into fat, so that the fat under the skin increases and will consume more food than usual. The cause of weight gain is also influenced by several factors such as genetic, hormonal, socioeconomic factors, lack of physical activity, uncontrolled nutritional intake.⁽⁷⁾

Injectable contraceptive acceptors do not always complain about weight gain, although the most common effect is weight gain. In this study also showed that there were both 1-month injectable contraceptive acceptors and 3-month injectable contraceptive acceptors that did not experience weight gain in the first year due to the amount of energy (in the form of food) entering the body less than the amount released, the body weight would decrease or remain.

CONCLUSION

The conclusion of this study: there was relationship between context 1 month and 3 months injectable contraception in the first year and weight gain.

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