

ABSTRACT

Evita, Linsa. 2019. Differences in Blood Pressure and Body Mass Index between Combination and Implant Injection Acceptors in the Work Area of Mulyorejo Health Center. Essay. Malang Midwifery Applied Study Program, Health Polytechnic of Ministry of Health Malang, Advisor I: Wandu, S.Kep., Nurse., M.Pd. Counselor II: Desy Dwi Cahyani, SST., M.Keb.

The phenomenon that is found in many societies shows that hormonal contraception is preferred by women of childbearing age. Hormonal contraception has side effects, namely an increase in blood pressure and an increase in body mass index for family planning acceptors. The purpose of this study was to analyze the differences in blood pressure and body mass index between combined injector acceptors and implants with a duration of birth control of 1 - 5 years. The research design uses the Analytic Comparative method with Cross Sectional approach. The total population is 64 people, 41 are combined injection acceptors and 23 implant acceptors in the working area of Mulyorejo Public Health Center in Malang. The sampling technique used is Simple Random Sampling. The number of samples in this study were 55 respondents, namely 35 combined injection acceptors and 20 implant acceptors. Data analysis using the Mann Whitney U – Test. The results of this study showed that there was no difference between the increase in systolic blood pressure and diastole of combined injection acceptors and implant acceptors, $P \text{ value} = 0.441 > \alpha 0.05$ and there was no difference between the increase in body mass index of combined injection acceptor and implant acceptor, $P \text{ value} = 0.883 > \alpha 0.05$ Based on these studies, researchers concluded that the increase in blood pressure and changes in body mass index are not absolutely affected by synthetic hormones in the body. Health workers are expected to provide IEC and counseling about the benefits and side effects of the use of contraceptives so that family planning acceptors can choose appropriately according to their body condition.

Keywords: Contraception, Combination Injections, Implants, Blood Pressure, Body Mass Index

ABSTRAK

Evita, Linsa. 2019. *Perbedaan Tekanan Darah dan Indeks Massa Tubuh antara Akseptor Suntik Kombinasi dan Implan di Wilayah Kerja Puskesmas Mulyorejo*. Skripsi. Program Studi Sarjana Terapan Kebidanan Malang, Politeknik Kesehatan Kemenkes Malang, Pembimbing I: Wandi, S.Kep., Ners., M.Pd. Pembimbing II: Desy Dwi Cahyani, SST., M.Keb.

Fenomena yang banyak ditemukan di masyarakat menunjukkan alat kontrasepsi hormonal lebih banyak dipilih oleh wanita usia subur. Kontrasepsi hormonal memiliki efek samping yaitu terjadinya peningkatan tekanan darah dan peningkatan indeks massa tubuh bagi akseptor KB. Tujuan penelitian ini adalah untuk menganalisa perbedaan tekanan darah dan indeks massa tubuh antara akseptor suntik kombinasi dan implan dengan lama penggunaan KB 1 – 5 tahun. Desain penelitian menggunakan metode *Analytic Comparative* dengan pendekatan *Cross Sectional*. Besar populasi sebanyak 64 orang yaitu 41 akseptor suntik Kombinasi dan 23 akseptor implan yang terdapat di wilayah kerja Puskesmas Mulyorejo Kota Malang. Teknik pengambilan sampel yang digunakan adalah *Simple Random Sampling*. Jumlah sampel dalam penelitian ini adalah 55 responden yaitu 35 akseptor suntik kombinasi dan 20 akseptor implan. Analisis data menggunakan uji *Mann Whitney U-Test*. Hasil penelitian ini menunjukkan tidak terdapat perbedaan antara kenaikan tekanan darah sistole dan diastole akseptor suntik kombinasi dan akseptor implan, nilai $P = 0,441 > \alpha 0,05$ serta tidak terdapat perbedaan antara kenaikan indeks massa tubuh akseptor suntik kombinasi dan akseptor implan, nilai $P = 0,883 > \alpha 0,05$. Berdasarkan penelitian tersebut, peneliti berkesimpulan bahwa terjadinya peningkatan tekanan darah dan perubahan indeks massa tubuh tidak mutlak dipengaruhi oleh hormon sintetis di dalam tubuh. Petugas kesehatan diharapkan dapat memberikan KIE dan konseling tentang manfaat dan efek samping dari penggunaan alat kontrasepsi sehingga akseptor KB dapat memilih dengan tepat yang disesuaikan dengan kondisi tubuhnya.

Kata Kunci: Kontrasepsi, Suntik Kombinasi, Implan, Tekanan Darah, Indeks Massa Tubuh