

ABSTRAK

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CASE REPORT PADA AKSEPTOR KONTRASEPSI *DEPO*

MEDROXYPROGESTERONE ACETAT (DMPA) DENGAN EFEK SAMPING

KENAIKAN BERAT BADAN DI PMB ARINI AGUSTININGRUM, S.ST

DESA BATOR KECAMATAN KLAMPIS, KABUPATEN BANGKALAN

Kontrasepsi suntik *Depo Medroxyprogesterone Acetate* (DMPA) merupakan salah satu metode KB hormonal yang dinilai efektif serta praktis, namun sering menimbulkan efek samping berupa peningkatan berat badan. Kondisi ini dipengaruhi oleh faktor hormonal, perubahan nafsu makan, metabolisme, keturunan, serta gaya hidup. Laporan kasus ini bertujuan mendeskripsikan asuhan kebidanan pada akseptor DMPA jangka panjang dengan keluhan kenaikan berat badan di PMB Arini Agustiningrum, Desa Bator, Kecamatan Klampis, Kabupaten Bangkalan.

Penelitian dilaksanakan dengan metode deskriptif melalui pendekatan laporan kasus (*case report*) pada bulan Maret–Mei 2025. Subjek penelitian adalah akseptor DMPA dengan pemakaian lebih dari tiga tahun yang mengalami peningkatan berat badan. Data dikumpulkan melalui anamnesis, pemeriksaan fisik, dan telaah dokumentasi. Asuhan kebidanan difokuskan pada edukasi gizi, anjuran aktivitas fisik, serta pemantauan berat badan secara berkala.

Selama penggunaan DMPA, berat badan ibu meningkat dari 90 kg menjadi 99,40 kg dengan indeks massa tubuh (IMT) 38,82 kg/m² yang termasuk obesitas tingkat II. Setelah dilakukan intervensi selama satu bulan, berat badan menurun menjadi 97,00 kg atau berkurang 2,40 kg, meskipun masih berada pada kategori obesitas II. Faktor yang berperan dalam kenaikan berat badan antara lain penggunaan DMPA jangka panjang, riwayat keluarga dengan obesitas, pola konsumsi tinggi kalori, serta kurangnya aktivitas fisik. Kandungan hormon progesteron pada DMPA diduga memicu peningkatan nafsu makan dan penurunan laju metabolisme.

Hasil intervensi menunjukkan bahwa edukasi gizi dan peningkatan aktivitas fisik efektif membantu menurunkan berat badan. Dengan demikian, konseling gizi dan pemantauan rutin perlu diberikan secara berkesinambungan kepada akseptor DMPA guna mencegah maupun mengendalikan kenaikan berat badan.

Kata kunci : Kontrasepsi suntik DMPA, Kenaikan berat badan, Asuhan Kebidanan

ABSTRACT

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CASE REPORT ON A DEPO MEDROXYPROGESTERONE ACETATE (DMPA) CONTRACEPTIVE ACCEPTOR WITH WEIGHT GAIN SIDE EFFECT AT PMB ARINI AGUSTININGRUM, S.ST, BATOR VILLAGE, KLAMPIS DISTRICT, BANGKALAN REGENCY

Depo Medroxyprogesterone Acetate (DMPA) injection is a hormonal contraceptive method that is considered effective and practical; however, it often causes side effects such as weight gain. This condition is influenced by hormonal factors, changes in appetite, metabolism, genetic predisposition, and lifestyle. This case report aims to describe midwifery care for a long-term DMPA acceptor who experienced weight gain at PMB Arini Agustiningrum, Bator Village, Klampis District, Bangkalan Regency.

This study applied a descriptive method with a case report approach conducted from March to May 2025. The subject was a DMPA acceptor who had used the method for more than three years and experienced significant weight gain. Data were obtained through anamnesis, physical examination, and documentation review. The provided care focused on nutritional counseling, increased physical activity, and regular weight monitoring.

During DMPA use, the mother's body weight increased from 90 kg to 99,40 kg, with a Body Mass Index (BMI) of 38,82 kg/m², classified as obesity grade II. After one month of intervention, her weight decreased to 97,00 kg, showing a reduction of 2,40 kg, although she remained in the obesity grade II category. Contributing factors to the weight gain included long-term use of DMPA, a family history of obesity, high-calorie dietary patterns, and low physical activity. The progesterone hormone in DMPA is suspected to stimulate appetite and reduce metabolic rate.

The findings indicate that nutritional education combined with increased physical activity can effectively support weight reduction. Therefore, continuous nutritional counseling and routine monitoring are essential for DMPA acceptors to prevent and manage weight gain.

Keywords : DMPA injection contraceptive, Weight gain, Midwifery care