

Use of 3 Months Injectable Family Planning Against Weight Gain of Family Planning Acceptors in Mangga Village, Medan Tuntungan Subdistrict in 2019

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ABSTRACT

The purpose of this research is to provide useful information and input for the community or mothers of 3-month injectable family planning injections, and to provide services and counseling, especially to 3-month injection family planning acceptors in dealing with weight gain in Mangga Village, Medan Tuntungan District. Increasing the knowledge of mothers of 3-month injection KB acceptors about the use of KB which can increase weight gain in Mangga Village, Medan Tuntungan Subdistrict. the type and form of activity of this activity is as a provision of counseling materials to mothers of 3-month injection KB acceptors. teach mothers who accept 3 months of injectable family planning how to prevent weight gain during the use of 3 months of injectable family planning. To achieve the objectives of the above activities, activities were carried out, including providing counseling materials about explaining the meaning, benefits, advantages and disadvantages of 3-month injection KB to mothers who accept 3-month injections in Mangga Village, Medan Tuntungan District.

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1. Introduction

Family planning is an attempt to space or plan the number and spacing of pregnancies by using contraception (Anggraini, 2014). One of the ultimate goals of Family Planning is the achievement of the NKKBS (Happy and Prosperous Small Family Norm) and forming a quality family, a quality family, namely a harmonious, healthy family, adequate for clothing, food, housing, education and productive from an economic perspective. (Suratun, 2015)

The term contraception comes from the words contra and conception. Contra means "against" or "prevent", while the meaning of conception is "pregnancy". So contraception is to avoid / prevent pregnancy as a result of a meeting between egg cells and sperm cells. The types of contraception are the first simple contraceptive method, namely condoms, coitus interruptus, natural family planning (calendar method, basal temperature and cervical mucus), diaphragm. The two methods of effective contraception are birth control pills, KB injections, implants, IUDs. The three methods of contraception are steady/constant, namely vasectomy/MOP and tubectomy/MOW. (Suratun, 2015).

There are 2 types of injectable contraception (progestin injection) available, namely injectable contraceptives containing progestin, namely Depo Medroxyprogesterone Acetate (Depo Provera), containing 150 mg of DMPA, which is given every 3 months by way of intramuscular injection (in the buttocks area), and Depo Noristeron Enanthate (Depo Noristerat), contains 200 mg of Noretindron Enanthate, administered every 2 months by intramuscular injection (Arum, 2014).

3-month injection KB is a contraceptive method that is given intramuscularly every 3 months for the DMPA type (Depo Medroxy Progesterone Acetate) and every 2 months for the Depo Noristerat type (Depo Noristeron Enantat) (Mulyani, 2013). The way the 3-month injectable contraceptive works is to prevent ovulation, thicken cervical mucus so that it reduces sperm

penetration ability, makes the cervical mucus membrane thin and atrophic, and inhibits gamete transport by the tubes. (Dewi, 2013).

One of the advantages of 3-month injectable contraception is that it prevents long-term pregnancy, has no effect on the husband/wife relationship, has no effect on breastfeeding, can be used by women aged > 35 years until perimenopause, and others. One of the drawbacks of the 3-month injection KB is the presence of menstrual disorders such as amenorrhea, namely not having menstruation every month while being a 3-month injection KB acceptor, spotting (blood spots) outside of menstruation that occurs while the acceptor is using injectable KB, acne on the face or body, weight gain of 2.3 kg in the first year and an increase of 7.5 kg for 6 years, and so on (Mulyani, 2013)

From the results of research by Hana Liando, Rina Kundre, and Yolanda Bataha (2015), regarding the factors associated with increasing maternal weight using DMPA injectable contraceptives at the Kumelembuai Health Center, South Minahasa Regency, it was shown that from the results of the study to 35 respondents, 21 mothers were found. (63.6%).

2. Method

The direction or purpose of this activity can be carried out by providing counseling to mothers of 3-month injection KB by providing counseling about explaining the meaning, benefits, advantages and disadvantages of 3-month injection KB on weight gain of 3-month injection KB acceptor mothers. at the Posyandu, Medan Tuntungan Sub-district, 2 lecturers at the Darmo Midwifery Academy, and 1 undergraduate student. advice KB acceptor mothers for 3 months.

2.1. Activity steps

As a community service activity, the following preparations are carried out:

a. Hold a meeting with the Head of the District in terms of supporting this activity and obtain permission to carry out the extension.

- 1) Asking for permission from the Head of the Medan Tuntungan sub-district in carrying out outreach activities about explaining the meaning, benefits, advantages and disadvantages of 3-month injection KB to mothers who accept the 3-month injection KB
- 2) Determination of participants who will take part in the counseling.
- 3) Determination of community staff who participate in the smooth running of outreach activities about explaining the meaning, benefits, advantages and disadvantages of 3-month injection KB to mothers who accept 3-month injection KB.
- 4) Determination of the facilities and infrastructure needed to support the implementation of these outreach activities.
- 5) Other things that are considered important in carrying out activities

b. Coordination meeting with the activity implementation team in this case:

- 1) Set the day, date of activity
- 2) Place of activity
- 3) Prepared equipment
- 4) The committee that helped
- 5) Amount of fee required
- 6) Facilitators who participate in providing materials
- 7) Things that are deemed necessary

2.2. Activity Process

On June 15, 2019, data collection was carried out for participants who will take part in outreach activities about explaining the meaning, benefits, advantages and disadvantages of 3-month injections of contraception to mothers who accept 3-month injections. 3-month injections on weight gain for mothers who accept 3-month injections of family planning injections include:

- a. Lecture
- b. FAQ
- c. Discussion

After giving the material, they will teach mothers who accept the 3-month injection KB, that changes in body weight are not always caused by the use of KB injections. Therefore, diet management is the main choice. It is recommended to carry out a low-calorie diet accompanied by sports such as regular exercise and so on. If you are too thin, it is recommended for a high-calorie diet, if it does not work, it is recommended to change to non-hormonal contraception. If there is

excessive weight, then stop the injection and another method of contraception is recommended.

3. Results and Discussion

a. Target Audience

The target of this activity is mothers of 3-month injection KB acceptors by providing counseling about explaining the meaning, benefits, advantages and disadvantages of 3-month injections of KB injecting mothers to weight gain of 3-month injection KB acceptors carried out in accordance with the support of the parties concerned as well as good reception from husbands and midwives in Mangga Village, Medan Tuntungan District.

b. Linkages

In carrying out this service activity, the fields of science that are considered related include reproductive health and family planning in adolescents and promotion of health and public health.

c. Evaluation Plan

In this case, the evaluation carried out is evaluating the status of knowledge on behavioral changes (knowledge, attitudes, and actions) as well as increasing the degree of reproductive health and family planning by increasing information about health, impacts and prevention and benefits of reproductive health to mothers of injecting family planning acceptors. month by providing counseling about explaining the meaning, benefits, advantages and disadvantages of 3-month injection KB on weight gain for mothers of 3-month injection KB acceptor.

d. Supporting and Inhibiting Factors

1) Supporting factors

The enthusiasm of the acceptors for the 3-month injection KB is quite large, the environment, in this case Kepling, Mangga Village, which provides time and place so that the counseling can run well.

2) Obstacle factor

Awareness of the acceptors of KB injections for 3 months, that changes in body weight are not always caused by the use of KB injections. Therefore, diet management is the main choice. It is recommended to carry out a low-calorie diet accompanied by sports such as regular exercise and so on. If you are too thin, it is recommended for a high-calorie diet, if it does not work, it is recommended to change to non-hormonal contraception. If there is excessive weight, then stop the injection and another method of contraception is recommended.

4. Conclusion

Report on community service implementation activities in the form of counseling to mothers of 3-month injection KB acceptors by providing counseling about explaining the meaning, benefits, advantages and disadvantages of 3-month injection KB on weight gain of 3-month injection KB acceptors in Mangga Village Medan Tuntungan District, which can be stated as follows, the activities were carried out in accordance with the objectives and plans. This activity received a good response from the Head of the District, Environmental Services, Midwives in the Environment, and their staff. This activity provides a new discourse for mothers who accept 3-month injections of family planning injections to be able to disseminate the health information they get and for themselves.

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