



## DESCRIPTION OF CHANGES IN INCREASED BODY WEIGHT IN KB PILL ACCEPTOR IN KELORARUM VILLAGE, TIKUNG SUBDISTRICT, LAMONGAN REGENCY

Amelia Mardhika<sup>1</sup> and Nur Jayadi<sup>2</sup>

Research Report

<sup>1</sup>DIII Nursing Study Program, Departement of Health, Faculty of Vocational Studies, Universitas Airlangga

<sup>2</sup>Akademi Keperawatan Pemkab Lamongan

### ABSTRACT

**Introduction:** Hormonal contraception is one method that can be used to prevent pregnancy and plan a pregnancy. KB pills are an option because they are easy and inexpensive, but hormonal birth control has the effect of increasing body weight. The purpose of this study was to determine the description of changes in birth control acceptors' pill in Kelorarum Village, Tikung Subdistrict, Lamongan Regency. **Methods:** The design in this study is descriptive. The sampling technique used was consecutive sampling with a sample of 25 people collecting data with checklists, the collected data was tabulated and presented in the form of frequency tables and narratives. **Results:** The results in this study were acceptors who experienced changes in body weight mostly increased by 56%, acceptors with a fixed weight of 24%, while acceptors who experienced weight loss were 20%. From the original body weight. The conclusion in this study is that most acceptors experience changes in body weight. **Conclusion:** Based on the results of the study, it was found that most KB pill acceptors experienced changes in weight gain, and a small proportion of pill KB acceptors experienced a constant weight and weight loss.

### ARTICLE INFO

Received August 25, 2020

Accepted October 20, 2020

Online October 29, 2020

\*Correspondence:

Amelia Mardhika

\*Email:

ameliamardhika

@vokasi.unair.ac.id

**Keywords:**

Body Weight, Contraceptive Pill

### INTRODUCTION

The annual population growth rate of Indonesia reaches four to five million or as large as Singaporeans. Indonesia's population now reaches 220 million with a growth rate of 2.32% during the period 1971-1980 (BKKBN, 2010)

Health development goals can be achieved by improving the health of the community, various efforts have been made to public health services, including family planning services (Ministry of Health East Java, 2005). Meanwhile in Indonesia there are types of contraception which include IUD, MOP / MOW, Implant, Injections, Pills, Condoms. There are those that contain hormonal and non-hormonal contraception, including hormonal family planning (injection), pills, and implants, while non-hormonal include IUD, MOP / MOW, condoms.

This family planning service is an attempt to prevent pregnancy, including using hormonal contraception in the form of pills. Contraception pills have advantages and disadvantages. The disadvantages include being able to cause

temporary side effects such as, middle cycle bleeding, aminorrhoea, increased body weight, acne, migraine headaches (Prawirohardjo, 2010).

Changes in body weight in KB pill acceptors are varied, this is a result of hormones in it that can stimulate hypophyse to increase appetite, so most acceptors will change weight.

The number of people who choose contraceptive pills is because contraceptive pills have an excess of high acceptability among them can be trusted, there are side effects but mild, does not affect coitus, easy to use, and affordable drug prices. This is evident if acceptors continue to use the method of contraception in question, and only stop if the couple wants to get another child (Syaifudin, 2006).

According to some KB Pill acceptors, because of these side effects there are acceptors who drop out, because they feel they are not suitable to use contraceptive pills and move to other types of family planning (Glasier & Alisa, 2006).

Data on active KB user acceptors in 2009 at the Lamongan Health Service numbered 228,821 people, with details: IUD 18,178 (7.94%), MOP / MOW 6,405 (2.80%), Implant 21,898 (9.57%), Injection 124,810 (54.54%), Pill 56,668 (24.77%), and Condom 867 (0.38%), while data from Tikung Health Center for family planning participants amounted to 7,775 with details: IUD 197 (2.53%), MOP / MOW 183 (2.35%), 534 Implants (6.87%), 5,151 injections (66.25%), 1,691 pills (21.75%), 19 condoms (0.24%).

Preliminary survey data carried out in February 2010 in Kelorarum Village, Tikung Subdistrict, Lamongan Regency. Of the 10 family planning acceptors, there were 7% who had concerns about changes in body weight and 3% who were not worried about changes in body weight. From the above data, the research problem was changes in birth control pill acceptor weight in Kelorarum Village, Tikung District, Lamongan Regency in 2010.

Identifiable factors that influence changes in weight gain in family planning acceptors include age or development, genetic or hereditary, diet or environment, drugs, health and the role of health workers.

Age or development of family planning acceptors, pills of age or age can be calculated starting from someone born to someone's birthday (Notoatmodjo, 2012) Increasing age, a person's maturity will also increase especially if someone is less routine in sports, the fat deposits in the body more so that the body gets fatter. With increasing age one will be better able to understand the benefits and side effects that will be caused by birth control pills and the person is better able to understand what is being said about contraceptive pills, but with increasing age many people become indifferent to the importance of choosing and understanding benefits and side effects caused by birth control pills, and after side effects from birth control pills appear the person becomes afraid.

Genetic or offspring acceptors KB genetic or hereditary pills are hereditary (Notoatmodjo, Health Promotion and Health Behavior, 2012). Genetic or hereditary factors cannot be released, in the sense that a person's fat depends on the genes carried. Thus one must choose or find out about the side effects that can be caused by each contraception so that the acceptor does not feel loss after using contraception that has been chosen, but there are still many acceptors who do not care about him who has brought genes or offspring to become fat if being fat acceptors get confused themselves and feel insecure about obesity.

Diet is a person's habit in consuming food every day (Arisman, 2007). A person's diet is often influenced by behavior or lifestyle patterns. With a good diet and eating according to need will make acceptors more able to care for themselves so they do not become fat, but the number of acceptors who do not pay attention to a good diet and every day more often and prefer to eat and snack that contains high fat and not in accordance with the needs of the body so as to make fat and self-harm.

Drug acceptors KB certain drug pills such as steroids and some anti-deosias can cause an increase in body weight (Mubarak, 2009). By consuming a lot of drugs that contain hormones can increase weight, especially supported by the selection of contraception that is not right, the increase in body weight will be faster and is expected to understand what drugs can make weight gain, even though many already know there are still many drugs that contain hormones that consume these drugs so that weight gain is faster and makes unwanted weight increases.

Role is a set of behaviors expected by others towards someone according to their position in a system (Mubarak, 2009). The role of health workers is every person who serves himself in the health sector and has the knowledge and skills through the authority to make health efforts. The higher the concern of health workers in providing health education, the pill contraceptive acceptors are not worried because the change in weight gain is a natural thing. Conversely, if health workers lack education about changes in weight gain, acceptors will doubt and can also cause acceptors to drop out. Because health workers have a very important role in providing guidelines relating to the side effects of using contraceptive pills.

This increase in body weight occurs mainly for a year of use, but this is not a serious problem, and usually does not require special attention. But if the increase in body weight continues to increase, it is necessary to find the cause of the increase in body weight. It should be borne in mind that the causes of this increase in body weight for users of contraception are quite a lot compared to bleeding outside the cycle, acne and headaches or migraines in this method.

The impact of changes in the increase in body weight in pill contraceptive acceptors is that the acceptors feel uncomfortable with themselves because there is a change in themselves. And it can also cause acceptors to be afraid that if they gain more weight than what is desired, then it will make acceptors become afraid of obesity, causing high drop out rates, but using contraception Pill can indirectly help the economic situation of parents because can control the number of

pregnancies in the short term in the family and the distance of one child to the other is relatively long so that parents can give love without any jealousy towards their siblings.

To increase the interest in acceptors of birth control pills, the role of health workers as educators is expected to help provide information about the problems experienced by pill contraceptive acceptors about changes in weight gain. Husbands as spouses also have an important role in channeling and providing emotional or psychological support to pill contraceptive acceptors. This knowledge can be provided by health workers through health counseling or counseling to pill contraceptive acceptors about side effects and how to treat it so that acceptors are more confident in using contraceptive pills, knowing how to deal effectively with side effects in using contraceptive pills.

In choosing the contraceptive method to be chosen, the acceptor should need very good and correct consideration. Therefore, before deciding on the choice, acceptors should conduct family planning consultations with doctors, midwives or competent health workers. But the reality in the field of mothers only hears and follows their neighbors without knowing about contraceptive pill itself. So that if a problem arises, then they will feel afraid and

confused about asking who and even they think the problem they experienced was an illness.

From the description above, there are many factors that can be caused from birth control pills, the researchers only limit the changes in weight gain factors.

## MATERIALS AND METHODS

This type of research is descriptive using the consecutive sampling method. The population of this study were all breastfeeding mothers in the working area of the Soko Sub-District Health Center in Tikung Subdistrict, Lamongan Regency, in April-May 2010 as many as 50 people. While the sample is a part of nursing mothers in the working area of the Soko Assistant Health Center, Tikung Subdistrict, Lamongan Regency, in April-May 2010 that fulfilled the inclusion criteria as many as 30 people.

In this study only using a single variable, namely knowledge of Amenorrhoea Lactation Method in nursing mothers and sub-variables, namely: understanding MAL, how MAL works, MAL benefits, limitations of MAL, and things that need attention.

The purpose of this study was to determine the description of changes in the weight gain of family planning acceptors in Kelorurum Village, Tikung Subdistrict, Lamongan Regency.

## RESULTS

**Table 1** Distribution based on age about changes in weight gain in KB Pill acceptors in Kelorurum Village, Tikung Subdistrict, Lamongan Regency in 2010

No	Age	Total	Percentage
1	20-25	10	40
2	26-30	15	60
<b>Total</b>		25	100

Shows that the majority of respondents are at the age of 26-30 years which is 60% and a small percentage of respondents aged 20-25 years which is 40%.

**Table 2** Distribution of respondents based on education about changes in weight gain in KB Pill acceptors in Kelorurum Village, Tikung Subdistrict, Lamongan Regency in 2010

No	Education	Total	Percentage
1	Elementary school	5	20
2	Junior High School	10	40
3	Senior High School	7	28
4	University	3	12
<b>Total</b>		25	100

Shows that almost half of the respondents have a junior high school education of 40% and a small percentage of respondents are educated at a university, which is 12%.

**Table 3 .** Distribution of respondents based on work about changes in weight gain in KB Pill acceptors in Kelorarum Village, Tikung Subdistrict, Lamongan Regency in 2010

No	Job	Total	Percentage
1	Unemployment	2	8
2	Farmer	15	60
3	Entrepreneur	8	32
4	Government Employees	-	-
<b>Total</b>		25	100

Shows that almost half of the respondents work as farmers, namely 60% and a small percentage of respondents as private, namely 32%.

**Table 4** Distribution of respondents based on old becomes about changes in weight gain in KB Pill acceptors in Kelorarum Village, Tikung Subdistrict, Lamongan Regency in 2010

No	Times be Acceptor KB Pill	Total	Percentage
1	1 Year	-	-
2	2 Year	5	20
3	3 Year	7	28
4	4 Year	7	28
5	>5 Years	6	24
<b>Total</b>		25	100

Shows that almost half of the respondents have become acceptors for 5 years, 28% and a small number of respondents have been respondents for 3 years, namely 20.%.

**Table 5** Distribution of respondents based on changes in weight gain in KB Pill acceptors in Kelorarum Village, Tikung Subdistrict, Lamongan Regency in 2010

No	Weight Changes	Total	Percentage
1	Weight Up	14	56
2	Fixed Weight	6	24
3	Weight Loss	5	20
<b>Total</b>		25	100

Shows that the majority of respondents experienced changes in weight gain, namely 56% and some acceptors experienced a decrease in body weight which was 20%.

## DISCUSSION

Based on the results of the study, as can be seen in table 5 that most acceptors experience changes in weight gain. Of the acceptors who experience changes in weight gain there are almost a number of acceptors experiencing a change in weight from normal to fat and a small proportion experiencing an increase in weight gain over obesity. This allows it can be caused due to hormonal factors found in contraceptive pills.

From the results above, it shows that the use of birth control pills, in addition to aiming to regulate fertility and prevent pregnancy, is also still found in an increase in body weight after a person becomes a pill acceptor. That can be caused by contraceptive pills containing progesterone, one of which is DMPA or Progesterone Depot Metrodaksi. According to the hypothesis the experts say that DMPA can stimulate the appetite control center in the hypothalamus so

that someone who uses contraceptive pills can consume more food than usual (Ministry of Health, 2009). The results of the study showed that almost a number of acceptors did not experience changes in weight gain or can be said to tend to remain. This shows that an increase in body weight or fat can be influenced by many factors including steroid or hormonal drugs, birth control pills, anti depression, diet, age, heredity or genetics, and the role of health workers.

Certain drugs that affect weight gain such as anti-depression, and drugs containing steroids found in birth control pills can cause changes in weight gain (Mubarak, 2009). By consuming a lot of drugs that contain hormones can increase weight especially supported by the selection of contraception that is not right then the increase in body weight will be faster expected acceptors understand drugs that can make weight gain, including birth control pills that are consumed by women of childbearing age, so that they can

anticipate how to handle BB enhancement appropriately. Although contraception pills can increase BB, there are still many mothers who choose pills as contraceptives.

Diet is a person's habit in consuming food every day (Arisman, 2007). A person's diet is often influenced by behavior or lifestyle patterns. With a good diet and eating according to the needs will make acceptors more able to control weight, so that obesity does not occur, otherwise acceptors who do not pay attention to good diet and acceptors who tend to every day more often and prefer to eat or snack that contains a lot high fat and more than needed can make fat.

Age or development of acceptors of birth control pills age or age can be calculated starting from someone's birth to someone's birthday (Notoatmodjo, 2007). Increasing age, a person's maturity will also increase, especially if someone is less routine in sports, the fat deposits in the body more and more so that the body gets fatter. With increasing age a person indirectly makes it easier to experience weight gain, especially in adulthood. Besides that contraceptive use of birth control pills can also affect the increase in BB, especially can increase appetite for KB acceptors, if the acceptor cannot control appetite, acceptors will experience changes in body weight or fat faster.

Genetic or offspring acceptors KB genetic or hereditary pills are hereditary (Notoatmodjo, 2012). Genetic or hereditary factors cannot be released, in the sense that a person's fat depends on the genes carried. Thus one must choose or find out about the side effects that can be caused by each contraception so that the acceptor does not feel loss after using the contraception that has been chosen. There are still many acceptors who do not care about themselves from hereditary factors that have brought genes or offspring to easily become fat and if they become fat, acceptors will not be confident.

Role is a set of behaviors expected by others towards someone according to their position in a system (Mubarak, 2009). The role of health workers is every person who serves himself in the health sector and has the knowledge and skills through the authority to make health efforts. The higher the concern of health workers in providing health education, the pill contraceptive acceptors are not worried because of changes in weight gain. Conversely, if health workers lack education about changes in weight gain, acceptors will doubt and this can cause many acceptors to drop out. Health workers have a very important role in providing counseling related to the side effects of using contraceptive pills.

Weight gain is one of the side effects of using contraceptive contraceptive pills, so counseling from an officer or nurse is needed to explain effective ways to prevent changes in extreme weight gain or obesity by advocating a diet or consuming low-calorie and working foods. regular exercise every day.

## CONCLUSION

Based on the results of the study it was found that most KB pill acceptors experienced changes in weight gain, and a small proportion of KB pill acceptors experienced a steady weight and weight loss.

## REFERENCES

- Adnani, H. (2011). Ilmu Kesehatan Masyarakat. Yogyakarta: Nuha Medika.
- Arikunto, S. (2010). Prosedur Penelitian Suatu Pendekatan Praktek. Jakarta: Rineka Cipta.
- Arisman. (2007). Gizi dalam Daur Kehidupan. Jakarta: EGC.
- BKKBN. (2012). Pelayanan Kontrasepsi. Jakarta: BKKBN.
- BKKBN. (2010). Pertumbuhan Penduduk Indonesia. Jakarta: BKKBN.
- Glasier, A., & Alisa, G. (2006). Keluarga Berencana dan Kesehatan Reproduksi. Jakarta: EGC.
- Mubarak, W. I. (2009). Buku Ajar Bidan. Jakarta: EGC.
- Mubarak, W. I., Chayatin, N., & dkk. (2007). Promosi Kesehatan: Sebuah Pengantar Proses Belajar Mengajar dalam Pendidikan, Ed. Pertama. Yogyakarta: Graha Ilmu.
- Notoatmodjo, S. (2007). Promosi Kesehatan dan Ilmu Perilaku. Jakarta: Rineka Cipta.
- Notoatmodjo, S. (2012). Promosi Kesehatan dan Perilaku Kesehatan. Jakarta: Rineka Cipta.
- Nursalam. (2009). Konsep dan Penerapan Metodologi Penelitian Ilmu Keperawatan. Jakarta: Salemba .
- Pendit. (2007). Program Kontrasepsi. Jakarta: EGC.
- Prawirohardjo, S. (2010). Buku Acuan Nasional Pelayanan Kesehatan Maternal dan Neonatal. Jakarta: PT Bina Pustaka Sarwono Prawiroharjo.
- Syaifudin. (2006). Buku Panduan Praktis Pelayanan Kontrasepsi. Jakarta: Yayasan Bina Pustaka Sarwono Prawiroharjo.