ABSTRACT

Contraceptive is one of the efforts to control population in the world. Three-month injectable contraceptive is widely used in Indonesia and cause side effects to anthropometric change. Increased body mass index is one of the main reasons why three-month injectable contraceptive users stopped their contraceptive. However, increased body mass index was not experienced by all users, there are users who have BMI remained even decreased. Other factors that can influence change in BMI are individual characteristics and lifestyle. The purpose of this study was to determine the effect of individual characteristics and lifestyle to anthropometric change at three-month injectable contraceptive users.

This study used observational analytic study and case control design. The sample size in this study was 26 people for each group of cases and controls with simple random sampling technique. To determine the effect and odd ratio, this study used a simple logistic regression test.

The results showed that individual characteristics and lifestyle factors that affect and risk for anthropometric change in the three-month contraceptive users are sedentary behavior factor. Sedentary behavior ≥ 3 hours per day can increase the risk of increased BMI compared with sedentary behavior < 3 hours per day.

The conclusion is the most influencing factor to anthropometric change for three-month injectable contraceptive users is sedentary behavior. By reducing sedentary behavior habit and increase physical activity such as exercise, three-month injectable contraceptive users can prevent the risk of increased BMI.

Key words: contraceptive, lifestyle, anthropometry, sedentary