CORRELATION OF HORMONAL CONTRACEPTION AND PHYSICAL ACTIVITIES WITH OBESITY OF WOMEN AT REPRODUCTIVE AGE (15-49 YEARS OLD) IN THE WORKING AREA OF PUSKESMAS TELADAN, MEDAN 2018

Risda Mariana Manik*
*Teaching Staff STIKes Santa Elisabeth Medan
Email : risda.mariana22@gmail.com

ABSTRACT

Background: Obesity is a serious health problem in Indonesia. The prevelance of obesity was higher in women and the number increased from 24,6% in 2010 to 28,7% in 2013. Use of hormonal contraception and low physical activity in women of reproductive age can lead to obesity. 59,3% of women use hormonal contraception and 26,1% have low activity.

Subjek and method: This used a case control design, The population is the women at their reproductive age (15-49 years old) in the working area of Teladan Public Health Center Medan. The case and control samples are taken by employing consecutive sampilng and convinient sampling techniques. The sample are 70 respondents with ratio 1:1 for case and control. Chi Square statistical test with significance level 0,05 and multiple logistic regression test with reliability 95% confidence level (α=0,05) are used to analyze the data

Result: bivariate analysis show that there is a correlation between hormonal contraception and obesity prevalance of women at reproductive age (p=0,002), and between physical activity and obesity prevalance of women at reproductive age (p=0,042). Physical activity is the dominant factor that causes obesity of women at their reproductive age (p=0,002; OR=5). Women at their reproductive age have the risk of obesity 5 times higher if they are mild physical activity (PAL ≤1,69) than those who are heavy physical activity (PAL>1,69).

Conclusion: It is suggested that women at their reproductive age to prefer choose the non hormonal or natural contraception and perform activities for minimum 250 minutes/week to prevent obesity.

Keywords: Obesity, Women at Reproduvtive age, Hormonal Contraception, Physical Activity