

**PENGARUH MEDIA EDUKASI ULAR TANGGA
TERHADAP PENGETAHUAN *MENSTRUAL HYGIENE*
PADA REMAJA *INTELLECTUAL DISABILITY*
DI SLB KABUPATEN BANTUL**

Fifi Andriyani¹, Dwi Yati²

Email: andriyanififi@gmail.com

INTISARI

Latar Belakang: Remaja yang sudah pubertas akan mengalami menstruasi. Sama halnya dengan remaja normal, remaja dengan *intellectual disability* juga akan mengalami kondisi tersebut. Oleh karena itu, remaja sangat penting memiliki pengetahuan *menstrual hygiene* untuk mencegah infeksi organ reproduksi melalui edukasi kesehatan menggunakan media ular tangga.

Tujuan: Mengetahui pengaruh media edukasi ular tangga terhadap pengetahuan *menstrual hygiene* pada remaja *intellectual disability* di SLB Kabupaten Bantul.

Metode: Desain penelitian ini menggunakan *pre-experimental* dengan rancangan *One Group Pre Test Post Test*. Sampel diambil menggunakan teknik *total sampling* sebanyak 30 responden. Pengambilan data dilakukan pada bulan Juni 2022 di SLB PGRI Trimulyo Bantul dan SLB Ma'arif Bantul. Instrumen penelitian menggunakan kuesioner dan media edukasi ular tangga. Hasil penelitian dianalisis menggunakan uji *Wilcoxon Signed Ranks Test*.

Hasil: Hasil penelitian menunjukkan pengetahuan *menstrual hygiene* sebelum diberikan edukasi menggunakan ular tangga memiliki pengetahuan kategori baik (6,7%), cukup (33,3%), dan rendah (60%). Kemudian setelah diberikan edukasi menggunakan ular tangga meningkat menjadi pengetahuan kategori baik (46,7%), cukup (50,0%), dan kurang (1,9%). Data diperkuat dengan hasil uji *Wilcoxon Signed Ranks Test* diperoleh nilai $p=0,001$.

Simpulan: Ada pengaruh media edukasi ular tangga terhadap pengetahuan *menstrual hygiene* pada remaja *intellectual disability* di SLB Kabupaten Bantul.

Kata kunci: Remaja, *Intellectual Disability*, Pengetahuan, *Menstrual Hygiene*, Media Edukasi, Ular Tangga

¹ Mahasiswa Universitas Jenderal Achmad Yani Yogyakarta

² Dosen Universitas Jenderal Achmad Yani Yogyakarta

THE EFFECT OF SNAKES AND LADDER AS AN EDUCATIONAL MEDIA ON MENSTRUAL HYGIENE KNOWLEDGE IN ADOLESCENTS WITH INTELLECTUAL DISABILITY IN THE SLB KABUPATEN BANTUL

Fifi Andriyani¹, Dwi Yati²
Email: andriyanififi@gmail.com

ABSTRACT

Background: Teenagers who have reached puberty will start having periods. Adolescents with intellectual disabilities will also experience this condition like typical adolescents. Therefore, it is crucial to teach adolescents about menstrual hygiene through health education using snake and ladder media to prevent infection of the reproductive organs.

Purpose: This study aimed to determine how snake and ladder educational media affect adolescents with intellectual disabilities in the SLB Kabupaten Bantul knowledge of menstrual hygiene.

Methods: This study employed a pre-experimental design with One Group Pre Test- Post Test. A total of 30 respondents were sampled using a total sampling technique. Data was collected in June 2022 at SLB PGRI Trimulyo Bantul and SLB Ma'arif Bantul. A questionnaire and educational media for snakes and ladders were used as research instruments. The Wilcoxon Signed Ranks Test was used to analyze the study's findings.

Result: The findings revealed that prior to receiving an education using snakes and ladders, participants had good knowledge (6.7%), sufficient knowledge (33.3%), and insufficient knowledge (60%). Following education with snakes and ladders, knowledge increased to good (46.7%), sufficient (50.0%), and low (1.9%). The data was strengthened by the Wilcoxon Signed Ranks Test results, which yielded a value of $p = 0.001$.

Conclusion: Educational media on snakes and ladders has an effect on knowledge of menstrual hygiene in adolescents with intellectual disabilities in SLB Kabupaten Bantul.

Keywords: Adolescents, Intellectual Disability, Knowledge, Menstrual Hygiene, Educational Media, Snakes and Ladders

¹ A student of Universitas Jenderal Achmad Yani Yogyakarta

² A lecturer of Universitas Jenderal Achmad Yani Yogyakarta