

# PENGARUH PENDIDIKAN KESEHATAN DENGAN MEDIA VIDEO TERHADAP TINGKAT PENGETAHUAN REMAJA TENTANG PERSONAL HYGIENE SAAT MENSTRUASI DI SMP N 1 GAMPING

## INTISARI

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**Latar Belakang:** Perilaku *hygiene* saat menstruasi penting dilakukan oleh wanita dengan tujuan untuk memelihara kebersihan dan kesehatan diri sendiri baik secara fisik maupun mental. Wanita dengan perilaku *personal hygiene* yang rendah menganggap kebersihan adalah masalah yang tidak penting. Hal tersebut jika dibiarkan maka akan terjadinya penyakit yang berhubungan dengan kebersihan alat genetalia

**Tujuan Penelitian:** Untuk mengetahui pengaruh pendidikan kesehatan terhadap tingkat pengetahuan remaja tentang *personal hygiene* saat menstruasi di SMP N 1 Gamping.

**Metode Penelitian:** Penelitian ini menggunakan metode penelitian *pre experimental*, dengan jenis rancangan *one group pretest – posttest design*. Populasi dalam penelitian ini adalah Siswi SMP N 1 Gamping kelas VII dan VIII berjumlah 125 siswi yang sudah mengalami menstruasi. Teknik pengambilan sampel menggunakan *stratified random sampling*. Analisis data menggunakan uji *Wilcoxon Signed Rank Test*.

**Hasil Penelitian:** Hasil analisis menunjukkan bahwa tingkat pengetahuan remaja putri tentang *personal hygiene* saat menstruasi sebelum diberikan pendidikan kesehatan menggunakan media video masuk dalam kategori kurang. Tingkat pengetahuan remaja putri tentang *personal hygiene* saat menstruasi sebelum diberikan pendidikan kesehatan menggunakan media video masuk dalam kategori baik. Ada pengaruh pendidikan kesehatan terhadap tingkat pengetahuan remaja tentang *personal hygiene* saat menstruasi di SMP N 1 Gamping.

**Kesimpulan:** Ada pengaruh pendidikan kesehatan terhadap tingkat pengetahuan remaja tentang *personal hygiene* saat menstruasi di SMP N 1 Gamping.

**Kata Kunci:** Pendidikan Kesehatan, Pengetahuan, *Personal Hygiene*

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# THE INFLUENCE OF HEALTH EDUCATION THROUGH VIDEO TOWARD THE ADOLESCENT'S KNOWLEDGE LEVEL ON PERSONAL HYGIENE DURING MENSTRUATION PERIOD IN SMP N 1 GAMPING

## ABSTRACT

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**Background:** The behavior of hygiene during menstruation period is crucial to be conducted by women as it aims to maintain self-cleanliness and self-health both physically and mentally. Women having low personal hygiene behavior consider that cleanliness is trivial. If it is neglected, diseases related to genital organs may occur.

**Research Objective:** It aims to find out the influence of health education through video toward the adolescent's knowledge level on personal hygiene during menstruation period in SMP N 1 Gamping.

**Research Method:** This research applied pre-experimental research method with one group pretest-posttest design. The population in this research was the female students Grade VII and VIII in SMP N Gamping 1. There were 125 female students already having menstruation selected as the respondents. The sample collection technique used stratified random sampling. The data analysis used Wilcoxon Signed Rank Test.

**Research Result:** The analysis results show that the adolescent's knowledge level of female students on personal hygiene during menstruation period before given health education through video was categorized in low category. Meanwhile, the adolescent's knowledge level of female students on personal hygiene after given health education through video was categorized in good category. Hence, there is an influence of health education on the adolescent's knowledge level on personal hygiene during menstruation period in SMP N 1 Gamping.

**Conclusion:** There is an influence of health education toward the adolescent's knowledge level on personal hygiene during menstruation period in SMP N 1 Gamping.

**Keywords:** Health education, knowledge, personal hygiene

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