

# HUBUNGAN PERILAKU *VULVA HYGIENE* TERHADAP KEJADIAN KEPUTIHAN PADA REMAJA PUTRI DI SMP NEGERI 4 GAMPING

Agnes AnastasiaWulandari<sup>1</sup>, Dwi Yulinda<sup>2</sup>

## INTISARI

**Latar Belakang:** Keputihan merupakan masalah reproduksi yang banyak dialami kaum wanita termasuk remaja. Berdasarkan data statistik dalam Dinkes DIY (2016), 68% remaja putri berusia 15-24 tahun mengalami keputihan. Menurut data World Health Organisation (WHO, 2012) persentase perilaku vulva hygiene buruk diindonesia sebesar 55%. Keputihan yang tidak dicegah dengan hygiene yang baik dapat menyebabkan kurangnya percaya diri, mengganggu kenyamanan sehari-hari dan dapat mengakibatkan terjadinya penyakit infeksi organ reproduksi, sehingga perlu adanya perilaku *vulva hygiene*.

**Tujuan:** Bertujuan untuk mengetahui apakah terdapat hubungan antara perilaku *Vulva Hygiene* terhadap kejadian keputihan pada Remaja Putri.

**Metode Penelitian:** Penelitian kuantitatif analitik korelasi menggunakan desain penelitian *cross sectional*. Pengambilan sample menggunakan simple random sample yang berjumlah 49 responden. Pengambilan data perilaku *vulva hygiene* menggunakan kuesioner dan untuk kejadian keputihan menggunakan lembar observasi. Teknik analisis data menggunakan uji *chi-square*.

**Hasil:** Sebagian besar responden menunjukkan *Vulva hygiene* cukup sebanyak 27 siswi dengan persentase (55,1%), kejadian keputihan pada remaja putri didapatkan dari 49 responden sebanyak 35 siswi (71,4%) mengalami keputihan fisiologis dan sebanyak 14 siswi (28,6%) mengalami keputihan patologis. Karakteristik keputihan dari 49 responden yang mengalami keputihan, ditemukan yaitu keputihan keruh 2 siswi (4%), keputihan berwarna kuning kehijauan 1 siswi (2%) disertai rasa gatal sebanyak 9 siswi (18,4%), dan sebanyak 8 siswi (16,3%) mengalami keputihan disertai bau tidak sedap atau berbau busuk.

**Kesimpulan:** Hasil Analisa didapatkan p value < 0,05 yang berarti ada hubungan yang signifikan antara Perilaku Vulva Hygiene dengan Kejadian Keputihan pada Remaja Putri di SMP Negeri 4 Gamping.

**Kata kunci:** keputihan, Perilaku vulva hygiene, dan Remaja Putri

---

<sup>1</sup> Mahasiswa Kebidanan Universitas Jendral Achmad Yani Yogyakarta

<sup>2</sup> Dosen Kebidanan Universitas Jendral Achmad Yani Yogyakarta

**THE CORRELATION BETWEEN *VULVA HYGIENE* BEHAVIOR AND  
*FLOUR ALBUS* INCIDENCE OF ADOLESCENT  
IN SMP NEGERI 4 GAMPING**

Agnes AnastasiaWulandari<sup>1</sup>, Dwi Yulinda<sup>2</sup>

***ABSTRACT***

**Background:** Flour Albus is a reproductive problem experienced by many women, including teenagers. Based on statistical data from the DIY Health Office (2016), 68% of young women aged 15-24 experience vaginal discharge. According to data from the World Health Organization (WHO, 2012) the percentage of poor vulva hygiene behavior in Indonesia is 55%. Flour albus that is not prevented with good hygiene can cause a lack of confidence, interfere with daily comfort and can result in reproductive organ infections, so treatment is needed to maintain the cleanliness of the reproductive organs called vulva hygiene.

**Objective:** This study generally aims to determine whether there is a relationship between Vulva Hygiene behavior and the incidence of vaginal discharge in adolescent.

**Method:** This research is a quantitative analytic correlation study using a cross sectional research design. Sampling using a simple random sample, amounting to 49 respondents. Collecting data on vulva hygiene behavior using a questionnaire and for vaginal discharge using an observation sheet. The data analysis technique uses the chi-square test.

**Result:** Most of the respondents showed sufficient Vulva hygiene as many as 27 students with a percentage (55.1%), the incidence of vaginal discharge in young women was obtained from 49 respondents as many as 35 students (71.4%) experienced physiological vaginal discharge and as many as 14 female students (28.6%) have pathological vaginal discharge. Characteristics of vaginal discharge from 49 respondents who experienced vaginal discharge, found that 2 sides (4%) cloudy vaginal discharge, 1 female student (2%) greenish yellow vaginal discharge accompanied by itching in 9 female students (18.4%), and 8 female students (16, 3%) experienced vaginal discharge accompanied by an unpleasant or foul odor.

**Conclusion:** The results of the analysis obtained a p value <0.05, which means that there is a significant relationship between Vulva Hygiene Behavior and Incidence of Leucorrhoea in adolescent SMP Negeri 4 Gamping.

**Keywords:** Vulva hygiene behavior, vaginal discharge, and Adolescent

---

<sup>1</sup>Mahasiswa Universitas Jendral Achmad Yani Yogyakarta

<sup>2</sup>Dosen Kebidanan Universitas Jendral Achmad Yani Yogyakarta