

PENGARUH PENDIDIKAN KESEHATAN MEDIA ULAR TANGGA TERHADAP PENGETAHUAN *VULVA HYGIENE* SAAT MENSTRUASI PADA REMAJA PUTRI DI SMP N 2 GAMPING

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INTISARI

Latar Belakang: Survei BKKBN tentang kebersihan menstruasi yang buruk tertinggi di daerah Sleman 52%. Pengetahuan yang rendah mengenai kesehatan reproduksi dapat mencegah perempuan dalam menjaga kebersihan selama menstruasi, sehingga dapat memperburuk kesehatan reproduksi khususnya pada remaja putri.

Tujuan: Untuk diketahui pengaruh pemberian media ular tangga terhadap pengetahuan *vulva hygiene* saat menstruasi pada remaja putri di SMP N 2 Gamping.

Metode Penelitian: Penelitian kuantitatif dengan metode *pre-eksperiment one group pre-test post-test* dengan pendekatan *crosssectional*. Populasi penelitian ini seluruh siswi SMP N 2 Gamping sejumlah 258 siswi dan sampel 58 siswi dengan teknik *purposive sampling*. Data dikumpulkan menggunakan kuesioner dan analisa bivariat dengan uji *Wilcoxon sign-Rank test*.

Hasil: Hasil analisis distribusi frekuensi usia responden paling banyak 13 tahun sebanyak 30 responden (56,6%) dan usia *menarche* paling banyak 11 tahun sebanyak 26 responden (49,1%). *Pre-test* sebanyak 38 responden (71,7%) memiliki pengetahuan cukup dan hasil *post-test* sebanyak 49 responden (92,5%) memiliki pengetahuan baik. Hasil uji Wilcoxon didapatkan nilai Z sebesar -6,023 dengan *p-value* = 0,001 ($\alpha < 0,05$).

Kesimpulan: Terdapat pengaruh yang signifikan setelah diberikan pendidikan kesehatan media ular tangga terhadap pengetahuan *vulva hygiene* saat menstruasi pada remaja putri di SMP N 2 Gamping.

Kata Kunci: Pendidikan Kesehatan, Ular Tangga, *Vulva Hygiene* saat Menstruasi

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THE EFFECT OF SNAKE LADDER HEALTH EDUCATION ON KNOWLEDGE OF VULVAR HYGIENE DURING MENSTRUATION IN ADOLESCENT GIRLS AT STATE JUNIOR HIGH SCHOOL 2 GAMPING

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ABSTRACT

Background: The BKKBN survey on poor menstrual hygiene was highest in Sleman 52%. Low knowledge of reproductive health can prevent women from maintaining hygiene during menstruation, which can worsen reproductive health, especially in adolescent girls.

Objective: To determine the effect of snake ladder media on knowledge of vulva hygiene during menstruation among adolescent girls at SMP N 2 Gamping.

Research Methods: Quantitative research with pre-experiment method one group pre-test post-test with crosssectional approach. The population of this study were all 258 students of SMP N 2 Gamping and a sample of 58 students with purposive sampling technique. Data were collected using a questionnaire and bivariate analysis with the Wilcoxon sign-Rank test.

Results: The results of the frequency distribution analysis of the age of the respondents were mostly 13 years old as many as 30 respondents (56.6%) and the age of menarche was mostly 11 years old as many as 26 respondents (49.1%). Pre-test as many as 38 respondents (71.7%) had sufficient knowledge and post-test results as many as 49 respondents (92.5%) had good knowledge. The Wilcoxon test results obtained a Z value of -6.023 with a p-value = 0.001 ($\alpha < 0.05$).

Conclusion: There is a significant effect after being given snakes and ladders media health education on knowledge of vulva hygiene during menstruation among adolescent girls at State Junior High School 2 Gamping.

Keywords: *Health Education, Snakes and Ladders, Vulvar Hygiene during Menstruation*

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