

**PENGARUH MEDIA ULAR TANGGA TENTANG PENGETAHUAN
VULVA HYGIENE TERHADAP KEJADIAN PRURITUS VULVA PADA
REMAJA PUTRI DI SMP N 2 GAMPING SLEMAN YOGYAKARTA
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INTISARI

Latar Belakang: Kebersihan akan organ reproduksi wanita remaja dapat dilihat dari tingkat pengetahuan *vulva hygiene*. Sebanyak 5,2 juta remaja putri mengalami *pruritus vulva* yang diakibatkan oleh *vulva hygiene* yang buruk dengan angka kejadian paling tinggi di kota sleman sebesar 52% dibandingkan wilayah lain. Media ular tangga menjadi salah satu media pendidikan yang paling efektif untuk remaja. (Kusumastuti et al., 2021)

Tujuan: Untuk mengetahui pengaruh media ular tangga tentang pengetahuan *vulva hygiene* terhadap kejadian *pruritus vulva* pada remaja putri di SMP N 2 Gamping Sleman Yogyakarta.

Metode: Merupakan penelitian kuantitatif dengan metode penelitian *Pre-eksperiment* jenis perancangan *One group Pre-test Post-test design*. Populasi dalam penelitian ini sebanyak 258 siswi dengan total sampel 53 siswi di SMP N 2 Gamping dengan analisa univariate dan bivariat dengan uji *Wilcoxon*.

Hasil: Mayoritas usia remaja berusia 13 tahun sebanyak 30 responden (56,6%), usia *menarch* 11 tahun sebanyak 26 responden (49,1%), lama menstruasi selama 5-7 hari sebanyak 40 responden (75,5%), kejadian *pruritus vulva* sedang sebanyak 37 (69,8) responden. Hasil dari (*Pre-Test*) terdapat pengetahuan cukup 48 siswi (90,6%), Hasil (*Post-Test*) terdapat 40 siswi (75,5%) dengan peningkatan pengetahuan baik, Untuk hasil uji *Wilcoxon Z* adalah -6.126 dengan *p value* = 0.000, ($\alpha < 0.05$).

Kesimpulan: Kesimpulan terdapat pengaruh media ular tangga tentang pengetahuan *vulva hygiene* terhadap kejadian *pruritus vulva* di SMP N 2 Gamping Sleman Yogyakarta.

Kata Kunci: Ular Tangga, *Vulva Hygiene*, *Pruritus Vulva*

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**THE EFFECT OF SNAKES LADDERS MEDIA ON VULVAE HYGIENE
KNOWLEDGE ON THE INCIDENCE OF VULVAE PRURITUS IN
ADOLESCENT GIRLS AT SMP N 2 GAMPING SLEMAN
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ABSTRACT

Background: The cleanliness of the reproductive organs of adolescent women can be seen from the level of knowledge of vulvar hygiene. As many as 5.2 million adolescent girls experience vulvar pruritus caused by poor vulvar hygiene with the highest incidence rate in the city of Sleman at 52% compared to other regions. Snakes and ladders media is one of the most effective educational media for adolescents.

Objective: To determine the effect of snakes ladders media on *vulvae hygiene* knowledge on the incidence of *vulvae pruritus* in adolescent girls at SMP N 2 Gamping Sleman Yogyakarta.

Methods: This is a quantitative study with a Pre-experiment research method design type One group Pre-test Post-test design. The population in this study were 258 female students with a total sample of 53 female students at SMP N 2 Gamping with univariate and bivariate analysis with *Wilcoxon* test.

Results: The majority of adolescents aged 13 years as many as 30 respondents (56.6%), the age of menarch 11 years as many as 26 respondents (49.1%), the length of menstruation for 5-7 days as many as 40 respondents (75.5%), the incidence of moderate vulvar pruritus as many as 37 (69.8) respondents. The results of (Pre-Test) there was sufficient knowledge of 48 students (90.6%), the results (Post-Test) there were 40 students (75.5%) with an increase in good knowledge, For the *Wilcoxon Z*.

Conclusion: Conclusion on the effect of snakes ladders media on *vulvae hygiene* knowledge on the incidence of *vulvae pruritus* at SMP N 2 Gamping Sleman Yogyakarta.

Keywords: Snakes and Ladders, *Vulvar Hygiene*, *Vulvar Pruritus*

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