

**PENGARUH VIDEO ANIMASI TERHADAP TINGKAT PENGETAHUAN
MENSTRUAL HYGIENE PADA SISWI DI SEKOLAH DASAR
MUHAMMADIYAH AMBARKETAWANG 3 SLEMAN**

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INTISARI

Latar Belakang: Masa remaja merupakan fase penting yang ditandai dengan kematangan organ reproduksi, salah satunya ditunjukkan melalui menstruasi. Namun, praktik kebersihan menstruasi yang buruk masih sering terjadi di Indonesia dan berisiko menyebabkan infeksi saluran reproduksi. Hal ini disebabkan oleh kurangnya pengetahuan, minimnya fasilitas sanitasi, serta rendahnya dukungan sosial. Salah satu upaya untuk meningkatkan pengetahuan remaja putri mengenai kebersihan menstruasi adalah melalui pendidikan kesehatan berbasis media, seperti video animasi. Media ini dinilai lebih menarik dan mudah dipahami, terutama untuk usia sekolah dasar. Studi pendahuluan di SD Muhammadiyah Ambarketawang 3 Sleman menunjukkan bahwa sebagian besar siswi belum memahami pentingnya menjaga kebersihan saat menstruasi.

Tujuan: Mengetahui pengaruh media animasi terhadap peningkatan pengetahuan menstrual hygiene pada siswi di SD Muhammadiyah Ambarketawang 3 Sleman.

Metode: Penelitian ini menggunakan pendekatan kuantitatif dengan desain quasi-eksperimental one-group pre-test dan post-test. Populasi berjumlah 74 siswi dan seluruhnya dijadikan sampel dengan teknik total sampling. Instrumen pengumpulan data menggunakan kuesioner. Penelitian dilakukan di SD Muhammadiyah Ambarketawang 3 Sleman pada Februari–Maret 2025. Analisis data menggunakan uji Paired T-Test.

Hasil Penelitian: Tingkat pengetahuan sebelum diberikan video animasi 23 siswi (31,1%) dan meningkat menjadi 61 siswi (82,4%). Hasil uji *Paired T-Test* menunjukkan nilai $p = 0,001$, menandakan adanya pengaruh signifikan.

Kesimpulan: Video animasi menstrual hygiene berpengaruh terhadap peningkatan pengetahuan siswi di SD Muhammadiyah Ambarketawang 3 Sleman.

Kata Kunci: *Menstrual Hygiene, Video Animasi, Pengetahuan*

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**THE EFFECT OF ANIMATION VIDEO ON THE COMPREHENSION
LEVEL OF MENSTRUAL HYGIENE AMONG STUDENTS OF
MUHAMMADIYAH ELEMENTARY SCHOOL OF AMBARKETAWANG
3, SLEMAN**

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ABSTRACT

Background: Adolescence is an important phase marked by the maturity of reproductive organs, one of which is shown through menstruation. However, poor menstrual hygiene practices are still common in Indonesia, causing the risk of reproductive tract infections. This is due to a lack of knowledge, minimal sanitation facilities, and low social support. One effort to improve teenage girls' comprehension of menstrual hygiene is through media-based health education, such as animated videos. This media is considered more interesting and easier to understand, especially for elementary school age. A preliminary study at Muhammadiyah Elementary School of Ambarketawang 3 Sleman showed that most female students did not understand the importance of maintaining hygiene during menstruation.

Objective: To determine the influence of animation media on the increased comprehension level of menstrual hygiene among female students at SD Muhammadiyah Ambarketawang 3 Sleman.

Method: This study used a quantitative approach with a quasi-experimental one-group pre-test and post-test design. The population was 74 female students, and all of them were sampled using the total sampling technique. The data were collected through the instrument of a questionnaire. The study was conducted at SD Muhammadiyah Ambarketawang 3 Sleman, in February–March 2025. Data were then analysed using the Paired T-Test.

Result: The comprehension level before being given the animated video was 23 students (31.1%), and increased to 61 students (82.4%). The results of the Paired T-Test showed a p-value = 0.001, indicating a significant effect.

Conclusion: Menstrual animation video has proven to have an effect on the increased comprehension of the students of SD Muhammadiyah Ambarketawang 3 Sleman.

Keywords: Menstrual Hygiene, Animation Video, Comprehension

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