

## INTISARI

### TINGKAT PENGETAHUAN TENTANG VULVA HYGIENE SAAT MENSTRUASI PADA REMAJA PUTRI DI SMANEGERI 1 SEYEGAN SLEMAN YOGYAKARTA

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**Latar Belakang:** Banyak remaja di Indonesia kurang paham tentang kesehatan reproduksi, kurang pengetahuan terhadap kebersihan daerah genitalia saat menstruasi, bisa menjadi penyebab terkenanya penyakit pada daerah alat kelamin wanita. Berdasarkan hasil studi pendahuluan di SMA Negeri 1 Seyegan Sleman, hasil diskusi pada 15 siswi kelas XI didapatkan data 13 orang belum tahu tentang kebersihan reproduksi saat menstruasi, dan 2 orang sudah tahu.

**Tujuan:** Mengetahui tingkat pengetahuan tentang *Vulva hygiene* saat menstruasi pada remaja putri SMA Negeri 1 Seyegan Sleman Yogyakarta.

**Metode Penelitian:** Metode penelitian ini adalah deskriptif kuantitatif . lokasi penelitian di SMA Negeri 1 Seyegan Sleman. Waktu pelaksanaan tanggal 9 Agustus 2014, jumlah sampel sebanyak 107 responden dengan teknik pengambilan sampel menggunakan *sampling jenuh*, alat pengumpulan data ialah menggunakan kuesioner tertutup, variabel penelitian ini yaitu variabel tunggal dan analisis data menggunakan analisa *univariat*.

**Hasil:** Tingkat pengetahuan tentang pengertian *vulva hygiene* dalam kategori cukup ada 33 responden (30,8%), tingkat pengetahuan tentang tujuan *vulva hygiene* dalam kategori baik ada 79 responden (73,8%), tingkat pengetahuan tentang hal-hal yang mempengaruhi kebersihan genitalia saat menstruasi dalam kategori ada kurang 76 responden (3,7%), tingkat pengetahuan tentang hal-hal yang perlu diperhatikan dalam *vulva hygiene* dalam kategori cukup 66 responden (61,7%).

**Kesimpulan:** Hasil penelitian didapatkan bahwa pengetahuan tentang *vulva hygiene* saat menstruasi pada remaja putri SMA Negeri 1 Seyegan dalam kategori cukup.

**Kata Kunci:** Pengetahuan, *Vulva hygiene*.

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**THE LEVEL OF KNOWLEDGE ABOUT VULVA HYGIENE DURING  
THE MENSTRUATION PERIOD OF FEMALE STUDENTS SMA  
NEGERI 1 SEYEGAN SLEMAN YOGYAKARTA**

**ABSTRACT**

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**The Background:** There research is performed as there is a lack knowledge among adolescents in Indonesia about reproductive health and the hygiene in genital area when they are having the menstruation. This case cause venereal diseases. Based on the initial study done at Senior High School N 1 Seyegan Sleman. The result of group discussion of 15 female students of grade 11, there are 13 students who do not know yet about the hygiene of genital area during the menstruation periode. There are only 2 students who are aware about this.

**The Purpose:** The research is aimed at knowing the level of knowledge of vulva hygiene during the menstruation period of the female students at Senior High School N 1 Seyegan Sleman Yogyakarta.

**The Research method:** The research applies descriptive qualitative method and is done at Senior High School N 1 Seyegan Sleman on August 8, 2014. There are 107 respondents involved in the research. Sampling collection technique is done through saturated sampling. The enclosed questionnaire is used to collect the data. The variable of the research is single variable and then it is analyzed by employing univariat analysis.

**Results:** The level of knowledge about the understanding of vulva hygiene in enough categories there were 33 respondents (30.8%), level of knowledge about the purpose of vulva hygiene in both categories there are 79 respondents (73.8%), level of knowledge about the things that affect the cleanliness of the genitalia during menstruation in the category of less than 76 respondents (3.7%), level of knowledge about the things that need to be considered in the category of vulva hygiene enough 66 respondents (61.7%).

**The Conclusion:** The research shows that most of the female students at SMA N 1 Seyegan Sleman are quite aware about the vulva hygiene as it is shown by the date. who have enough good knowledge about it.

**Keywords:** Knowledge, *Vulva Hygiene*.

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