

TINGKAT PENGETAHUAN SISWI KELAS X TENTANG KEBERSIHAN ALAT GENITALIA LUAR DI SMA BERBUDI YOGYAKARTA

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INTISARI

Latar Belakang : Kebersihan alat genitalia luar merupakan pemeliharaan kebersihan alat kelamin luar perempuan agar terhindar dari bakteri yang menyebabkan infeksi dikarenakan keadaan daerah kewanitaan yang berkeringat dan lembab. Kebersihan alat genitalia luar apabila tidak terjaga akan menimbulkan infeksi, keputihan patologis, infertilitas, kehamilan ektopik, serta kanker servik. Studi pendahuluan yang dilakukan di SMA Berbudi Yogyakarta, dari 10 siswi didapatkan 8 siswi (80%) mengalami keputihan setiap bulannya yang membuat tidak nyaman, celana dalam menjadi basah dan gatal. Pengetahuan kebersihan alat genitalia luar sangat berperan dalam perilaku siswi. Dalam praktiknya perilaku yang didasari pengetahuan akan menimbulkan perilaku yang langgeng dan berkelanjutan.

Tujuan Penelitian : Untuk mengetahui tingkat pengetahuan siswi kelas X tentang kebersihan alat genitalia luar di SMA Berbudi Yogyakarta.

Metode : Penelitian menggunakan metode *deskriptif kuantitatif*. Populasi dan sampel yaitu siswi kelas X sebanyak 40 siswi, menggunakan *sampel jenuh*. Alat pengumpulan data adalah kuesioner, sedangkan analisa data menggunakan *univariat* dengan rumus P.

Hasil Penelitian : Pengetahuan siswi kelas X tentang kebersihan alat genital luar di SMA Berbudi Yogyakarta didapatkan hasil 8 responden (20%) berpengetahuan baik, 17 responden (42,5%) berpengetahuan cukup baik dan 15 responden (37,5%) berpengetahuan kurang baik.

Kesimpulan : Dari penelitian didapatkan pengetahuan siswi kelas X di SMA Berbudi Yogyakarta mayoritas memiliki pengetahuan cukup baik.

Kata Kunci : Pengetahuan, kebersihan alat genitalia luar

THE KNOWLEDGE LEVEL OF SENIOR HIGH SCHOOL FIRST GRADE FEMALE STUDENTS ABOUT OUTERGENITALIA ORGAN HYGIENE IN BERBUDI SENIOR HIGH SCHOOL YOGYAKARTA

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ABSTRACT

Background : Outer genital organ hygiene is a term of outer female genital organ hygiene maintenance to keep away from any harmful bacteria which may generate infection as a female genital area turns perspiring and humid. Outer genital organ hygiene with poor hygiene maintenance may bring about infection, pathologic leucorrhea, infertility, ectopic pregnancy, and cervical cancer. Initial study in Berbudi Senior High School Yogyakarta uncovered 8 female students (80%) out of 10 students who suffered leucorrhea each month and experienced discomfort as the underwear went wet and itchy. The knowledge about outer genital organ hygiene is significant in determining the female students behavior. Behavior which is derived from proper knowledge will result in eternal and continual behavior.

Objective : To discover the knowledge level of Senior High School first grade female students about outer genital organ hygiene in Berbudi Senior High School Yogyakarta

Method : This study applied quantitative descriptive method. Population and samples were Senior High School first grade female students as many as 40 students selected through total sampling. Data were collected by questionnaires and analyzed with multi variable pattern and P formula.

Result : The knowledge level of Senior High School first grade female students about outer genital organ hygiene in Berbudi Senior High School had been identified as follows: 8 respondents (20%) had proper knowledge, 17 respondents (42,5%) had sufficient knowledge, and 15 respondents (37,5%) had poor knowledge.

Conclusion : The knowledge level of Senior High School first grade female students in Berbudi Senior High School Yogyakarta were mostly in good category.

Keywords : Knowledge, Outer Genital Organ Hygiene.