

ABSTRACT

DESCRIPTION OF VULVA HYGIENE ATTITUDE OF FEMALE ADOLESCENTS IN SMP N 4 GAMPING SLEMAN YOGYAKARTA

Tian Ratriningtias¹, Vivian Nanny Lia Dewi²

Background : Keeping reproduction health of women partially is started by keeping the sanitation of their reproduction organ. The improper care of woman's reproduction health especially on menstruation period becomes one of the causes of leukorrea. Reproduction health education is one of the alternatives in informing the adolescents about the correct vulva hygiene attitude to avoid the reproduction health disorders. The previous study which was conducted in SMP N 4 Gamping on ten female students suggested that 70% of them had negative attitude towards vulva hygiene.

The purpose of research : To know the description of vulva hygiene attitude of female adolescents in SMP N 4 Gamping Selman Yogyakarta in 2013.

Research Method : The sort of research used is *survey descriptive* research. The sampling technique of this study is *purposive sampling*. This research is conducted in SMP N 4 Gamping Sleman Yogyakarta with 86 female adolescents of VII graders as the research subjects. The data analysis which is used is *univariate analysis*.

Result : The description of vulva hygiene attitude of female adolescents in SMP N 4 Gamping Sleman Yogyakarta is that from all the 86 female students, there are 32 students (53,3%) whose positive attitude toward vulva hygiene and 28 students (46,7%) whose negative attitude toward vulva hygiene.

Conclusion : The description of vulva hygiene attitude of female adolescents in SMP N 4 Gamping is mostly stated to be positive category (53,3%).

Advice : for female students of SMP N 4 Gamping is that they are expected to try to increase their knowledge through several kinds of information media (electronic or printed) and also from other source like medical expert about genetalia eksterna care.

Key Word : attitude, adolescent, vulva hygiene

¹Students of midwifery Department in STIKES A. Yani Yogyakarta

²Lecturer of STIKES A. Yani Yogyakarta

INTISARI

GAMBARAN PERILAKU VULVA HYGIENE REMAJA PUTRI DI SMP N 4 GAMPING SLEMAN YOGYAKARTA

Tian Ratriningtias¹, Vivian Nanny Lia Dewi²

Latar Belakang: Menjaga kesehatan reproduksi khususnya pada wanita diawali dengan menjaga kebersihan organewanitaan. Kurangnya menjaga kebersihan organewanitaan terutama saat menstruasi menjadi salah satu penyebab terjadinya keputihan. Pendidikan kesehatan reproduksi merupakan salah satu alternatif dalam memberikan informasi kepada remaja agar mengetahui bagaimana cara menjaga kesehatan reproduksi organewanitaan. Studi pendahuluan yang dilakukan di SMP N 4 Gamping pada 10 remaja putri menunjukkan bahwa 70% remaja putri mempunyai perilaku negatif terhadap vulva hygiene.

Tujuan Penelitian: Mengetahui gambaran perilaku vulva hygiene remaja putri di SMP Negeri 4 Gamping Sleman Yogyakarta tahun 2013.

Metode Penelitian: Jenis penelitian yang digunakan adalah penelitian *survey deskriptif*. Pengambilan sampel pada penelitian ini menggunakan teknik *purposive sampling*. Penelitian ini dilakukan di SMP N 4 Gamping Sleman Yogyakarta dengan subyek penelitian remaja putri kelas VII sebanyak 86 remaja putri. Analisa data yang digunakan adalah analisis *univariate*.

Hasil : gambaran perilaku vulva hygiene remaja putri di SMP N 4 Gamping dari 86 siswi SMP N 4 Gamping yang memiliki perilaku positif tentang vulva hygiene sebanyak 32 siswi (53,3%), sedangkan yang memiliki perilaku negatif tentang vulva hygiene sebanyak 28 siswi (46,7%).

Kesimpulan : Sebagian besar gambaran perilaku vulva hygiene remaja putri di SMP N 4 Gamping masuk dalam kategori perilaku positif (53,3%).

Saran: Bagi siswi SMP N 4 Gamping yaitu diharapkan berusaha menambah pengetahuan melalui berbagai media informasi (cetak dan elektronik) dan dari berbagai sumber lain seperti tenaga kesehatan tentang perawatan genitalia eksterna.

Kata Kunci: perilaku, remaja, vulva hygiene

¹Mahasiswa Jurusan Kebidanan STIKES A Yani Yogyakarta

²Dosen STIKES A. Yani Yogyakarta