

PENGARUH EDUKASI *PERSONAL HYGIENE* SAAT MENSTRUASI TERHADAP PERILAKU *PERSONAL HYGIENE* DALAM PENCEGAHAN KEPUTIHAN

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INTISARI

Latar Belakang: *Fluor Albus* atau keputihan termasuk kelainan kesehatan pada daerah genital yang rentan dihadapi remaja. *Hygiene* saat menstruasi adalah salah satu faktor penentu dalam menjaga kesehatan reproduksi. Pemberian edukasi kesehatan merupakan salah satu cara untuk memberikan informasi dengan menambah pengetahuan remaja tentang bagaimana menjaga organ reproduksi agar terhindar dari penyakit.

Tujuan Penelitian: Diketahui pengaruh edukasi *personal hygiene* saat menstruasi terhadap perilaku *personal hygiene* dalam pencegahan keputihan di SMP Mataram Kasihan.

Metode Penelitian: Metode penelitian kuantitatif menggunakan *pre-experimental design* memakai jenis rancangan *one group pre-test* dan *post-test*. Teknik pengambilan data menggunakan *stratified random sampling* dengan total sampel sebanyak 44 responden. Penelitian dilaksanakan di SMP Mataram Kasihan pada bulan Agustus. Uji statistik yang digunakan pada penelitian ini menggunakan *Uji Wilcoxon*.

Hasil: Hasil berdasarkan *Uji Wilcoxon* nilai signifikan sebesar 0.001 ($p < 0.05$), terdapat perbedaan yang signifikan dari hasil yang didapatkan dari *pre-test* (7.30) dan *post-test* (23.93) edukasi *personal hygiene* saat menstruasi terhadap perilaku *personal hygiene*.

Kesimpulan: Terdapat pengaruh edukasi *personal hygiene* saat menstruasi terhadap perilaku *personal hygiene* dalam pencegahan keputihan.

Kata kunci : Keputihan, *Personal hygiene* menstruasi, Perilaku *personal hygiene*

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THE INFLUENCE OF PERSONAL HYGIENE EDUCATION DURING MENSTRUATION ON PERSONAL HYGIENE BEHAVIOR IN PREVENTING VAGINAL DISCHARGE

ABSTRACT

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Background: Fluor Albus or vaginal discharge is a health disorder in the genital area that is susceptible to adolescents. Hygiene during menstruation is one of the determining factors in maintaining reproductive health. Providing health education is one way to provide information by increasing adolescent knowledge about how to maintain reproductive organs to avoid disease.

Objective: It is known that the influence of personal hygiene education during menstruation on personal hygiene behavior in preventing vaginal discharge at Mataram Kasihan Middle School.

Method: The quantitative research method uses pre-experimental design using one group pre-test and post-test design types. The data collection technique uses stratified random sampling with a total sample of 44 respondents. The study was conducted at Mataram Kasihan Middle School in August. The statistical test used in this study used the Wilcoxon Test.

Results: The results based on the Wilcoxon Test have a significant value of 0.001 ($p < 0.05$), there is a significant difference from the results obtained from the pre-test (7.30) and post-test (23.93) of personal hygiene education during menstruation on personal hygiene behavior.

Conclusion: There is an effect of personal hygiene education during menstruation on personal hygiene behavior in preventing vaginal discharge.

Keywords: Vaginal discharge, Menstrual personal hygiene, Personal hygiene behavior

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