

## INTISARI

### GAMBARAN TINGKAT PENGETAHUAN REMAJA PUTRI KELAS X DAN XI TENTANG KEBERSIHAN GENITALIA (*VULVA HYGIENE*) SAAT MENSTRUASI DI SMA N 2 NGAGLIK

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**Latar Belakang:** Masalah kesehatan reproduksi yang paling banyak dialami remaja putri di negara berkembang adalah kurangnya kesadaran untuk mencari informasi tentang kesehatan reproduksi yang benar. Pengetahuan dan pemahaman mengenai fungsi dan struktur reproduksi remaja akan mempengaruhi cara merawat, dan menjaga alat genitalnya dengan benar serta mempengaruhi remaja dalam memperlakukan organ reproduksinya. Bila pengetahuan remaja putri tentang perawatan daerah kewanitaan rendah hal ini berakibat pada rendahnya kesadaran tentang pentingnya menjaga kebersihan organ reproduksi dan berdampak pada perilaku remaja yang akibatnya dapat terjadi masalah daerah kewanitaan.

**Tujuan:** Mengetahui tingkat pengetahuan remaja putri kelas X dan XI tentang kebersihan genitalia (*vulva hygiene*) saat menstruasi di SMA N 2 Ngaglik

**Metode Penelitian:** Metode penelitian ini adalah deskriptif kuantitatif. Pengambilan sampel dengan metode *Propotionate stratified* random sampling berjumlah 104 responden. Alat pengumpulan data adalah kuesioner, sedangkan analisa data menggunakan analisis *univariat*.

**Hasil:** Tingkat pengetahuan tentang pengertian *vulva hygiene* dalam kategori baik sebanyak 56 responden (53,8%), tingkat pengetahuan tentang tujuan *vulva hygiene* dalam kategori baik sebanyak 74 responden (71,2%), tingkat pengetahuan tentang prosedur pelaksanaan *vulva hygiene* dalam kategori cukup sebanyak 50 responden (48,1%), tingkat pengetahuan tentang hal-hal yang perlu diperhatikan dalam *vulva hygiene* dalam kategori cukup sebanyak 58 responden (55,8%), dampak kurangnya *vulva hygiene* saat menstruasi dalam kategori cukup sebanyak 61 responden (58,7%).

**Kesimpulan:** Hasil penelitian didapatkan bahwa pengetahuan remaja putri kelas X dan XI tentang kebersihan genitalia (*vulva hygiene*) saat menstruasi di SMA N 2 Ngaglik dalam kategori cukup sebanyak 61 responden (58,7%).

**Kata Kunci:** Pengetahuan, *Vulva Hygiene*

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## ABSTRACT

### THE DESCRIPTION OF KNOWLEDGE LEVEL ABOUT GENITAL HYGIENE (*VULVA HYGIENE*) DURING MENSTRUATION OF FEMALE ADOLESCENTS OF FIRST AND SECOND GRADE IN SENIOR HIGH SCHOOL 2 NGAGLIK

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**Background** : Reproductive health problem which is mostly suffered by female adolescents in developing countries is poor awareness of necessary proper information about reproductive health. Knowledge and understanding about adolescents' reproductive structure and function will determine genital care methods and also the way of treating their reproductive organs. Poor knowledge about female genital area care will lead to poor awareness of the urgency of maintaining reproductive organ hygiene and improper adolescents' behaviors which bring about female genital disorders.

**Objective** : To find out the description of knowledge level about genital hygiene during menstruation of female adolescents of first and second grade in Senior High school 2 Ngaglik.

**Method** : This study applied quantitative descriptive method. Samples were selected through Propotionate stratified random sampling method as many as 104 respondents. Data were collected by using questionnaires. Data analysis applied multivariable analysis.

**Outcome** : The knowledge level about ; the definition of *vulva hygiene* was in good category as many as 56 respondents (53,8%), the purpose of *vulva hygiene* was in good category as many as 74 respondents (71,2%), procedure of vulva hygiene application was in sufficient category as many a 50 respondents (48,1%), factors that were in need of attention in *vulva hygiene* was in sufficient category as many as 58 respondents (55,8%), the effects of poor *vulva hygiene* during menstruation was in sufficient category as many as 61 respondents (58,7%).

**Conclusion** : The result of this study suggested that the knowledge level about genital hygiene (*vulva hygiene*) during menstruation of female adolescents of first and second grade in Senior High School 2 Ngaglik was in sufficient category as many as 61 respondents (58,7%).

**Key Index** : Knowledge, *Vulva Hygiene*

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