

PENGETAHUAN REMAJA PUTRI TENTANG VULVA HYGIENE DI PONDOK PESANTREN AL-IMDAD PANDAK BANTUL YOGYAKARTA TAHUN 2016

INTISARI

Fenti Suryani¹ , Alfie Ardiana Sari²

Latar Belakang: WHO 2014 melangsirkan sebanyak 60% remaja pernah mengalami keputihan hal ini dikarenakan pengetahuan dan kesadaran remaja tentang kesehatan reproduksi sangat rendah. Hasil studi pendahuluan yang dilakukan di dua pondok pesantren diperoleh perbandingan pengetahuan di Pondok pesantren Al-Imdad dari 10 siswi yang diwawancarai 8 orang yang tidak mengetahui tentang *vulva hygiene* dan di pondok pesantren Muallimaat Muhammadiyah Yogyakarta dari 10 siswi 6 orang yang tidak mengetahui tentang *vulva hygiene*.

Tujuan: Diketuinya pengetahuan remaja putri tentang kebersihan daerah kewanitaan (*vulva hygiene*) di Pondok pesantren AL-Imdad Pandak Bantul.

Metode: Penelitian ini menggunakan metode *deskriptif kuantitatif*, Jumlah responden 48. Tehnik pengambilan sampel menggunakan *total sampling*. Alat pengambilan data dengan kuesioner tertutup, variabel tunggal dan menggunakan analisa univariat.

Hasil: Sebagian besar Pengetahuan remaja putri tentang pengertian *vulva hygiene* dalam kategori baik sebanyak 24 responden (50,0%), pengetahuan tentang tujuan *vulva hygiene* dalam kategori cukup sebanyak 21 responden (43,8%), pengetahuan tentang prosedur pelaksanaan *vulva hygiene* dalam kategori cukup sebanyak 38 responden (79,2%), pengetahuan tentang dampak kebersihan daerah kewanitaan *vulva hygiene* yang tidak tepat dalam kategori kurang sebanyak 30 responden (62,5%).

Simpulan: Pengetahuan remaja putri tentang kebersihan daerah kewanitaan (*vulva hygiene*) di Pondok pesantren Al-Imdad Bantul dalam kategori cukup sebanyak 45 responden (93,8%).

Kata kunci: Pengetahuan, *Vulva Hygiene*

¹ Mahasiswa Program Studi Kebidanan (D-3) Stikes Jenderal Achmad Yani Yogyakarta.

² Dosen Program Studi Kebidanan (D-3) Stikes Jenderal Achmad Yani Yogyakarta.

**The Female Adolescents' Knowledge about Vulvar Hygiene
in Al-Imdad Islamic Boarding School, Pandak, Bantul,
Yogyakarta, 2016**

Fenti Suryani¹ , Alfie Ardiana Sari²

ABSTRACT

Background: WHO (2014) reported that as many as 60% of adolescents ever suffered leukorrhea due to lack of knowledge and understanding about reproductive health among adolescents. The result of preliminary study conducted in two islamic boarding school identified 8 out of 10 female students in Al-Imdad Islamic Boarding School were uneducated about vulvar hygiene and 6 out of 10 female students in Muallimat Muhammadiyah Islamic Boarding School were uneducated about vulvar hygiene.

Objective: To identify The Female Adolescents' Knowledge about Vulvar Hygiene in Al-Imdad Islamic Boarding School, Pandak, Bantul.

Method: This study applied descriptive and quantitative method. The number of respondents was 48 students. Sampling method applied total sampling technique. Data compilation instrument was restricted questionnaires with single variable and analyzed by adopting univariate analysis.

Result: The majority of female adolescents' knowledge about the definition of vulvar hygiene was in excellent category as many as 24 respondents (50,0%), knowledge about the objective of vulvar hygiene was in sufficient category as many as 21 respondents (43,8%), knowledge about vulvar hygiene regimen was in sufficient category as many as 38 respondents (79,2%), knowledge about the effects of improper vulvar hygiene was in poor category as many as 30 respondents (62,5%).

Conclusion: Female adolescents' knowledge about female genital hygiene (vulvar hygiene) in Al-Imdad Islamic Boarding School of Bantul was in sufficient category as many as 45 respondents (98,8%).

Keywords : Knowledge, Vulvar Hygiene

¹ A student of D3 Midwifery Study Program in Jenderal Achmad Yani School of Health Science of Yogyakarta

² A lecturer of D3 Midwifery Study Program in Jenderal Achmad Yani School of Health Science of Yogyakarta