

ABSTRAK

Tuti Susanti¹, Hermandia Distinarista², Tutik Rahayu³

GAMBARAN PENGETAHUAN DAN SIKAP REMAJA TENTANG PERSONAL HYGIENE SAAT MENSTRUASI DAN KEPUTIHAN

79 +8 tabel + 17 lampiran

Latar Belakang : Organ reproduksi pada perempuan memang jauh lebih rumit dan rentan akan penyakit karena secara anatomis letak organ reproduksi perempuan berada didalam tubuh. Menjaga kebersihan organ genitalia eksternal merupakan langkah awal dalam menjaga kesehatan reproduksi. *Personal hygiene genital care* dilakukan untuk mencegah terjadinya infeksi dan meningkatkan kebersihan serta mempertahankan kebersihan diri terutama didaerah organ genitalia yang harus memiliki perawatan khusus saat menstruasi dan keputihan.

Metode : Penelitian ini merupakan jenis *desriptif kuantitatif* dengan pendekatan *survey*. Pengambilan sampel pada penelitian ini menggunakan tehnik *purposive sampling* dengan jumlah 75 responden. Pengumpulan data menggunakan kuesioner.

Hasil: Berdasarkan hasil penelitian didapatkan pengetahuan menstruasi 6 responden (8%) katagori baik, 67 responden (89,3%) katagori cukup, 2 responden (2,7%) katagori kurang. Pengetahuan keputihan 23 responden (30,7%) katagori baik, 51 responden (68%) katagori cukup, 1 responden (1,3%) katagori kurang. Sikap menstruasi 33 responden (44%) katagori negatif, 42 responden (56%) kategori positif. Sikap keputihan 73 responden (97,3%) kategori negative dan 2 responden (2,7%) dalam kategori positif.

Simpulan : Simpulan penelitian ini menunjukkan masih perlunya penyuluhan yang lebih dalam, banyak siswi memiliki sikap negative terhadap personal hygiene saat menstruasi dan keputihan.

Kata kunci : Pengetahuan, Sikap, Mestruasi, Personal Hygiene, keputihan.

Daftar Pustaka : 38 (2012-2019)

NURSING SCIENCE STUDY PROGRAM
FACULTY OF NURSING SCIENCE
SULTAN AGUNG ISLAMIC UNIVERSITY
Thesis, January 2021

ABSTRACT

Tuti Susanti¹, Hermandia Distinarista², Tutik Rahayu³

Description Of Knowledge And Attidues Of Adolescents About Personal Hygiene During Menstruation And Vaginal Discharge

73 + 8 table + 17 appendix

Background: *The reproductive organs in women are indeed much more complicated and susceptible to disease because of the anatomical location of the female reproductive organs in the body. Maintaining the cleanliness of the external genital organs is the first step in maintaining reproductive health. Personal hygiene genital care is carried out to prevent infection and improve hygiene and maintain personal hygiene, especially in the area of the genital organs, which must have special care during menstruation and vaginal discharge.*

Method: *This research is a quantitative descriptive type with a survey approach. Sampling in this study using purposive sampling technique with a total of 75 respondents. Data collection using a questionnaire.*

Results: *Based on the results of the study, 6 respondents (8%) had good knowledge of menstruation, 67 respondents (89.3%) were in sufficient categories, 2 respondents (2.7%) were in poor categories. 23 respondents (30.7%) have good knowledge of female, 51 respondents (68%) are in sufficient category, 1 respondent (1.3%) is in a poor category. Menstruation attitudes 33 respondents (44%) in the negative category, 42 respondents (56%) in the positive category. 73 respondents (97.3%) in the negative category and 2 respondents (2.7%) in the positive category..*

Conclusion: *The conclusion of this study shows that there is still a need for deeper counseling. Many students have negative attitudes towards personal hygiene during menstruation and vaginal discharge..*

Keywords : *Knowledge, Attitude, Menstruation, Personal Hygiene, Vaginal Discharge.*

Bibliography: *38 (2012-2019)*