

**PENGARUH PEMBERIAN PENYULUHAN KESEHATAN
TERHADAP PENINGKATAN *PERSONAL HYGIENE*
SAAT MENSTRUASI PADA SISWI
SMP NEGERI 1 SEYEGAN**

Pitri Nuraswan*, Herman Santjoko, Ana Kurniati
Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No 3 Banyuraden, Gamping, Sleman
Email: pitrinuraswa99@gmail.com

ABSTRAK

Latar belakang: Alat reproduksi pada saat menstruasi yang tidak dijaga kebersihannya akan memicu datangnya bakteri, jamur, dan penyakit yang dapat menyebabkan rasa gatal, bau tidak sedap, dan rasa tidak nyaman. Pengetahuan, sikap, dan tindakan sangat mempengaruhi kebiasaan siswi dalam menjaga kebersihan organ reproduksi dengan *personal hygiene* yang baik saat menstruasi.

Tujuan: Mengetahui pengaruh pemberian penyuluhan kesehatan terhadap peningkatan pengetahuan, sikap, dan tindakan *personal hygiene* saat menstruasi pada siswi SMP Negeri 1 Seyegan

Metode: Penelitian ini menggunakan metode *pra-eksperiment* dengan *one group pretest-posttest design*, penelitian ini dilakukan di SMP Negeri 1 Seyegan, Sleman. Populasi penelitian ini seluruh siswi SMP Negeri 1 Seyegan, Subjek dipilih menggunakan Teknik *purposive sampling* sebanyak 61 siswi, instrument penelitian ini menggunakan kuesioner dengan uji analisis *Wilcoxon test*.

Hasil: usia, Pendidikan ibu, dan informasi berpengaruh terhadap pengetahuan, sikap, dan Tindakan dengan *p-value* 0,000. Hasil penelitian ini menunjukkan tingkat pengetahuan sebelum dan setelah penyuluhan Kesehatan memiliki *p-value* $0,000 < 0,05$ yang artinya ada pengaruh pemberian penyuluhan Kesehatan tentang *personal hygiene* saat menstruasi. Sikap sebelum dan setelah penyuluhan Kesehatan memiliki *p-value* $0,000 < 0,05$ yang artinya ada pengaruh pemberian penyuluhan Kesehatan tentang *personal hygiene* saat menstruasi. Tindakan sebelum dan setelah penyuluhan Kesehatan memiliki *p-value* $0,000 < 0,05$ yang artinya ada pengaruh pemberian penyuluhan Kesehatan tentang *personal hygiene* saat menstruasi

Kesimpulan: Ada pengaruh penyuluhan kesehatan terhadap peningkatan pengetahuan siswi tentang *personal hygiene* saat menstruasi. Ada pengaruh penyuluhan kesehatan terhadap sikap siswi tentang *personal hygiene* saat menstruasi. Ada pengaruh penyuluhan kesehatan terhadap tindakan siswi tentang *personal hygiene* saat menstruasi.

Kata Kunci: Penyuluhan, Pengetahuan, Sikap, Tindakan, *Personal Hygiene* Saat Menstruasi

**THE INFLUENCE OF PROVIDING HEALTH COUNSELING ON
IMPROVING PERSONAL HYGIENE DURING MENSTRUATION IN
STUDENTS STATE JUNIOR HIGH SCHOOL 1 SEYEGAN**

Pitri Nuraswan, Herman Santjoko, Ana Kurniati
Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No 3 Banyuraden, Gamping, Sleman
Email: pitrinuraswa99@gmail.com*

ABSTRACT

Background: Reproductive organs during menstruation that are not kept clean will trigger the arrival of bacteria, fungi, and diseases that can cause itching, unpleasant odor, and discomfort. Knowledge, attitudes, and actions greatly influence the habits of female students in maintaining the cleanliness of reproductive organs with good personal hygiene during menstruation.

Purpose: in this study was the effect of health counseling on improving knowledge, attitudes, and personal hygiene actions during menstruation among female students of SMP Negeri 1 Seyegan.

Method: This study used pre-experiment method with one group pretest-posttest design, this research was conducted at SMP Negeri 1 Seyegan, Sleman. The population of this study were all students of SMP Negeri 1 Seyegan, the subjects were selected using purposive sampling technique as many as 61 students, this research instrument used a questionnaire with the Wilcoxon test analysis test.

Results: Age, maternal education, and information influence knowledge, attitudes, and actions with a p-value of 0.000. The results of this study indicated the level of knowledge before and after health counseling has a p-value of 0.000 < 0.05, which means that there was an effect of providing health counseling on personal hygiene during menstruation. Attitude before and after health counseling has a p-value of 0.000 < 0.05, which means there was an effect of providing health counseling on personal hygiene during menstruation. Action before and after health counseling has a p-value of 0.000 < 0.05, which means that there was an effect of providing health counseling on personal hygiene during menstruation.

Conclusion: in conclusion, There was an effect of health counseling on increasing the knowledge of female students about personal hygiene during menstruation. There was an effect of health counseling on the attitude of female students about personal hygiene during menstruation. There was an effect of health counseling on the actions of female students regarding personal hygiene during menstruation.

Keywords: Counseling, Knowledge, Attitudes, Actions, Personal Hygiene During Menstruation