

**IMPROVEMENT OF KNOWLEDGE *MENSTRUAL HYGIENE*  
STUDENTS WITH METHOD *SNOWBALL THROWING* IN BINA UMAT  
ISLAMIC BOARDING SCHOOL SLEMAN REGENCY**

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**ABSTRACT**

**Background :** Knowledge of adolescents in Southeast Asian countries including Indonesia about sexual and reproductive health in a comprehensive manner is below 40%. Adolescents must maintain personal hygiene during menstruation to avoid diseases of the genital organs such as Reproductive Tract Infections (ISR). At the Bina Umat Islamic Boarding School, out of 10 students, 3 experienced vaginal itching, 10 experienced vaginal discharge, and 10 did not know the correct way to maintain personal hygiene during menstruation. The Bina Umat Islamic Boarding School has never received health education about reproductive health, especially about reproductive health menstrual hygiene. Snowball throwing is an interactive and fun health education method.

**Research purposes :** Knowing the increase in knowledge of class VII students at Pondok Pesantren Bina Umat about menstrual hygiene with health education using the method snowball throwing.

**Method :** This research like an experiment with pretest-posttest design with control group design. The research sample was 66 female students. The instrument used is a questionnaire that has been tested for validity. Data analysis using test Wilcoxon and test Man-Whitney. Research result : Median group knowledge pretest snowball throwing 72 and posttest 88. Median pretest knowledge of discussion group 68 and posttest 79. Test Wilcoxon knowledge of both groups, namely p-value 0.000. Test Man Whitney the p-value of knowledge is 0.001. There is a significant difference in increasing knowledge between the two groups.

**Conclusion :** increasing knowledge of menstrual hygiene using the method snowball throwing greater than the lecture method to female students at the Bina Umat Islamic Boarding School, Moyudan, Sleman.

**Keywords :** Knowledge, menstrual hygiene, snowball throwing

**PENINGKATAN PENGETAHUAN *MENSTRUAL HYGIENE* SISWI  
DENGAN METODE *SNOWBALL THROWING* DI PONDOK  
PESANTREN BINA UMAT KABUPATEN SLEMAN**

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**ABSTRAK**

**Latar Belakang :** Pengetahuan remaja di negara-negara Asia Tenggara termasuk Indonesia tentang kesehatan seksual dan reproduksi secara komprehensif dibawah 40%. Remaja harus menjaga kebersihan diri saat menstruasi untuk menghindari penyakit pada alat genitalia seperti Infeksi Saluran Reproduksi (ISR). Di Pondok Pesantren Bina Umat, dari 10 siswi terdapat 3 mengalami gatal-gatal pada kemaluan, 10 mengalami keputihan, dan 10 belum mengetahui cara yang benar dalam menjaga kebersihan diri selama menstruasi. Pondok Pesantren Bina Umat belum pernah mendapatkan pendidikan kesehatan tentang kesehatan reproduksi terutama tentang *menstrual hygiene*. *Snowball throwing* merupakan metode pendidikan kesehatan yang interaktif dan menyenangkan.

**Tujuan Penelitian :** Mengetahui peningkatan pengetahuan siswi kelas VII di Pondok Pesantren Bina Umat tentang *menstrual hygiene* dengan pendidikan kesehatan menggunakan metode *snowball throwing*.

**Metode :** Penelitian ini *quasi experiment* dengan rancangan pretest-posttest with control group design. Sampel penelitian adalah siswi sejumlah 66 orang. Instrumen yang digunakan adalah kuesioner yang telah diuji validitas. Analisis data menggunakan uji *wilcoxon* dan uji *Man-Withney*.

**Hasil Penelitian :** Median pretest pengetahuan kelompok *snowball throwing* 72 dan posttest 88. Median pretest pengetahuan kelompok ceramah diskusi 68 dan posttest 79. Uji *Wilcoxon* pengetahuan kedua kelompok yaitu p-value 0,000. Uji *Man Whithney* nilai p-value pengetahuan 0,001. Terdapat perbedaan peningkatan pengetahuan yang bermakna antara kedua kelompok .

**Kesimpulan :** peningkatan pengetahuan *menstrual hygiene* menggunakan metode *snowball throwing* lebih besar daripada metode ceramah pada siswi di Pondok Pesantren Bina Umat, Moyudan, Sleman.

**Kata Kunci :** Pengetahuan, *menstrual hygiene*, *snowball throwing*