

## GAMBARAN TINGKAT PENGETAHUAN TENTANG *VULVA HYGIENE* PADA REMAJA PUTRI KELAS VIII DI SMPN 4 SLEMAN

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### ABSTRAK

**Latar Belakang** : Masa remaja ditandai dengan kematangan organ reproduksi yang rentan terhadap Infeksi Saluran Reproduksi (ISR) seperti keputihan patologis. Perilaku *Vulva Hygiene* yang benar didasari oleh pengetahuan yang baik guna mencegah risiko infeksi sejak dini.

**Tujuan** : Mengetahui gambaran tingkat pengetahuan tentang *Vulva Hygiene* pada remaja putri kelas VIII di SMPN 4 Sleman, yang mencakup aspek pengertian, tujuan, cara melakukan, serta penyebab dan cara pencegahan keputihan.

**Metode** : Penelitian deskriptif kuantitatif dengan desain *cross-sectional* ini melibatkan seluruh remaja putri kelas VIII di SMPN 4 Sleman yang berjumlah 58 responden. Pengumpulan data primer dilakukan melalui kuesioner tertutup skala Guttman (benar/salah), yang kemudian dianalisis secara univariat untuk mengelompokkan tingkat pengetahuan responden ke dalam kategori baik (76–100%), cukup (56–75%), dan kurang (<56%).

**Hasil** : Secara umum, tingkat pengetahuan remaja putri mengenai *Vulva Hygiene* berada pada kategori cukup (74%, 43 responden). Ditinjau dari tiap aspek, mayoritas responden memiliki pengetahuan baik pada aspek pengertian (76%, 44 responden) dan aspek tujuan penerapan *Vulva Hygiene* (76%, 44 responden). Namun, pada aspek prosedural, sebagian besar responden berada dalam kategori cukup mengenai cara melakukan *Vulva Hygiene* (58%, 34 responden) serta berkategori kurang pada aspek penyebab dan cara mencegah keputihan (53%, 31 responden). Miskonsepsi utama mencakup kesalahan pemilihan bahan pakaian dalam sintetis/nilon dan ketidakpahaman dampak buruk penggunaan cairan antiseptik pembersih vagina secara rutin yang mengganggu pH alami genitalia.

**Kesimpulan** : Remaja putri kelas VIII di SMPN 4 Sleman memiliki pengetahuan dalam kategori kurang pada aspek penyebab dan cara mencegah keputihan. Maka Diperlukan optimalisasi edukasi promosi kesehatan dengan penyuluhan berkala, bimbingan konseling, dan pemberdayaan UKS yang bekerja sama dengan Puskesmas.

**Kata kunci**: Tingkat Pengetahuan, *Vulva Hygiene*, Remaja Putri.

**DESCRIPTION OF THE LEVEL OF KNOWLEDGE ABOUT VULVA  
HYGIENE AMONG 8TH GRADE ADOLESCENT FEMALES  
AT SMPN 4 SLEMAN**

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**ABSTRACT**

**Background:** Adolescence is marked by the maturation of reproductive organs that are vulnerable to Reproductive Tract Infections (RTIs), such as pathological vaginal discharge. Proper vulvar hygiene behavior is based on good knowledge in order to prevent the risk of infection from an early stage.

**Objective:** To determine the level of knowledge about vulva hygiene among eighth-grade female students at SMPN 4 Sleman, covering aspects such as the definition, purpose, methods of practice, as well as the causes and prevention of vaginal discharge.

**Method:** This quantitative descriptive study with a cross-sectional design involved all 8th grade female adolescents at SMPN 4 Sleman, totaling 58 respondents. Primary data collection was conducted through a closed-ended questionnaire using the Guttman scale (true/false), which was then analyzed univariately to group the respondents' knowledge levels into good (76–100%), sufficient (56–75%), and poor (<56%) categories.

**Results:** In general, the level of knowledge among adolescent girls regarding vulva hygiene falls into the moderate category (74%, 43 respondents). When viewed from each aspect, the majority of respondents had good knowledge in the aspect of understanding (76%, 44 respondents) and the aspect of the purpose of implementing vulva hygiene (76%, 44 respondents). However, in the procedural aspect, most respondents were in the moderate category regarding how to perform vulva hygiene (58%, 34 respondents) and in the poor category regarding the causes of and ways to prevent vaginal discharge (53%, 31 respondents). The main misconceptions included errors in choosing underwear materials such as synthetic/nylon fabrics and a lack of understanding of the negative impacts of routinely using antiseptic vaginal cleansing fluids, which disrupt the natural pH of the genitalia.

**Conclusion:** Eighth-grade female students at SMPN 4 Sleman have insufficient knowledge regarding the causes and prevention of vaginal discharge. Therefore, it is necessary to optimize health promotion education through regular outreach, counseling, and empowerment of the health unit (UKS) in collaboration with the community health center.

**Keywords:** Knowledge Level, Vulva Hygiene, Adolescent Girls.