

**Prodi Kebidanan Program Sarjana dan Prodi Pendidikan Profesi Program
Profesi STIKes MERCUBAKTIJAYA Padang
Padang, Agustus 2023
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**Hubungan Pengetahuan dan Sikap Dengan Tindakan personal hygiene Saat
Mentruasi Pada Remaja Putri Di Pesantren Darul Ulum Padang Tahun 2023**

xii + 143 Halaman+ 11 Tabel + 1 Gambar + 16 Lampiran

ABSTRAK

Pengetahuan tentang *personal hygiene* saat menstruasi sangat erat kaitannya dengan kesehatan reproduksi. Kurangnya pengetahuan tentang kebersihan diri saat menstruasi dapat meningkatkan risiko infeksi saluran reproduksi (ISR). Menurut WHO, perempuan muda berusia antara 10 hingga 14 tahun memiliki masalah kesehatan reproduksi di berbagai negara. Menurut WHO pada tahun 2012, prevalensi infeksi kelamin pada remaja usia 10-18 tahun berkisar antara 35% hingga 42 %. Prevalensi infeksi genital adalah 25-50% untuk kandidiasis, 20- 40% untuk vaginosis bakteri, dan 5-15% untuk trikomoniasis. Tujuan dari penelitian ini untuk mengetahui hubungan pengetahuan dan sikap dengan tindakan personal hygiene saat mentruasi pada remaja putri di Pesantren Darul Ulum Padang Tahun 2023.

Penelitian ini dilaksanakan di Pesantren Darul Ulum Padang bulan Maret - Agustus 2023. Menggunakan jenis penelitian obsevasional analitik dengan pendekatan *cross-sectional*, dengan sampel sebanyak 49 remaja putri di Pesantren Darul Ulum yang diambil dengan teknik *systematic random sampling*. Komponen yang diteliti adalah pengetahuan, sikap dan tindakan personal hygiene. Instrumen yang digunakan adalah kuesioner dengan analisa data menggunakan uji univariat dan bivariat dengan *Chi Square* melalui program SPSS.

Hasil penelitian didapatkan 57,1% pengetahuan tinggi, 53,1 % sikap positif dan 65,3 % tindakan personal hygiene baik. Hasil uji statistik untuk pengetahuan diperoleh nilai $p = 0,024$, sikap diperoleh nilai $p = 0,016$. sehingga ditemukan hasil yang cukup signifikan dengan nilai $Asymp.Sig (2-tailed) < 0,05$.

Kesimpulan bahwa ada hubungan pengetahuan, sikap terhadap tindakan personal hygiene saat mentruasi pada remaja putri di Pesantren Darul Ulum Padang. Disarankan bagi tenaga kesehatan untuk mengadakan kegiatan penyuluhan informasi dan edukasi tentang tindakan personal hygiene saat mentruasi agar remaja putri terhindar dari resiko penyakit ISR.

**Kata Kunci: Tindakan personal hygiene, Pengetahuan, Sikap , Remaja Putri
Daftar Bacaan: 32(2010-2021)**

**Midwifery Study Program Undergraduate Program and Professional Education Study Program MERCUBAKTIJAYA Padang Professional STIKes
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The Relationship between Knowledge and Attitudes with personal hygiene Actions During Menstruation in Young Women at the Darul Ulum Islamic Boarding School in Padang in 2023

xii + 143 pages + 11 Table + 1 Figure + 16 Attachment

ABSTRACT

Knowledge of personal hygiene during menstruation is closely related to reproductive health. Lack of knowledge about personal hygiene during menstruation can increase the risk of reproductive tract infections (ISR). According to WHO, young women between the ages of 10 and 14 have reproductive health problems in various countries. According to WHO in 2012, the prevalence of sexually transmitted infections in adolescents aged 10-18 years ranged from 35% to 42%. The prevalence of genital infections is 25-50% for candidiasis, 20-40% for bacterial vaginosis, and 5-15% for trichomoniasis. The purpose of this study was to determine the relationship between knowledge and attitudes with personal hygiene measures during menstruation for young women at the Darul Ulum Islamic Boarding School in Padang in 2023.

This research was conducted at the Darul Ulum Islamic Boarding School in Padang from Maret to August 2023. It used an analytical observational research type with a cross-sectional approach, with a sample of 49 young women at the Darul Ulum Islamic Boarding School who were taken using a systematic random sampling technique. The components studied were knowledge, attitudes and personal hygiene actions. The instrument used was a questionnaire with data analysis using a univariate and bivariate test with Chi Square through the SPSS program.

The results showed that 57.1% had high knowledge, 53.1% had a positive attitude and 65.3% had good personal hygiene. Statistical test results for knowledge obtained p value = 0.024, attitude obtained p value = 0.016. so we found quite significant results with an Asymp.Sig value (2-tailed) < 0.05.

The conclusion that there a relationship between knowledge and attitudes towards personal hygiene measures during menstruation for young women at the Darul Ulum Islamic Boarding School, Padang. It is recommended for health workers to hold information and educational outreach activities about personal hygiene measures during menstruation so that young women avoid the risk of ISR disease.

**Keywords: personal hygiene Measures, Knowledge, Attitudes, Young Women
Reading List: 32(2010-2021)**