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## **GAMBARAN TINGKAT PENGETAHUAN DAN SIKAP REMAJAPUTRI MTS MENGENAI PENTINGNYA PERSONAL HYGIENE ORGAN REPRODUKSI DI PONDOK PESANTREN AL-ISLAMI NURUL ANWAR KUTAIKARTANEGARA**

### **ABSTRAK**

**Latar Belakang :** Personal *hygiene* adalah kebersihan dan kesehatan perorangan yang bertujuan untuk mencegah timbulnya penyakit pada diri sendiri dan orang lain, baik secara fisik maupun psikologis. Salah satunya adalah personal *hygiene* pada remaja terutama kebersihan organ reproduksi. Masalah kesehatan reproduksi yang paling banyak diderita oleh perempuan adalah keputihan. Memperkirakan 1 dari 20 remaja di Dunia mengalami keputihan setiap tahunnya.

**Tujuan :** Untuk mengetahui tingkat pengetahuan dan sikap remaja putri mengenai personal hygiene organ reproduksi di Pondok Pesantren Al-Islami Nurul Anwar Kutai Kartanegara.

**Metode :** Jenis penelitian dalam penelitian ini bersifat deskriptif kuantitatif dengan pendekatan survey. Subjek terjangkau dalam penelitian ini berjumlah 37 responden. Teknik pengambilan sample dengan *total sampling*. Instrumen penelitian ini berupa kuisioner pernyataan.

**Hasil :** Pengetahuan Remaja putri mengenai pentingnya personal hygiene organ reproduksi sebagian berpengetahuan baik sebanyak 13 (35%), kategori cukup 20 (54%) Responden dan kategori kurang sebanyak 4 (11%) responden. Sikap remaja putri mengenai pentingnya personal hygiene organ reproduksi sebagian memiliki sikap positif sebanyak 24 (65%) responden, dan sikap negatif sebanyak 13 (35%) responden.

**Kesimpulan :** Pengetahuan remaja putri mengenai personal hygiene organ reproduksi paling banyak berpengetahuan cukup sebanyak 20 (54%) dan Sikap remaja putri mengenai personal hygiene organ reproduksi paling banyak memiliki sikap positif sebanyak 24 (65%).

**Kata Kunci :** Pengetahuan, Sikap, Personal Hygiene

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**DESCRIPTION OF THE KNOWLEDGE LEVEL AND ATTITUDE OF MTS  
ADOLESCENT WOMEN ABOUT THE IMPORTANCE OF PERSONAL HYGIENE OF  
REPRODUCTIVE ORGANS IN AL-ISLAMI ISLAMIC BOARDING SCHOOL NURUL  
ANWAR KUTAI KARTANEGARA**

**ABSTRAC**

**Background :** Personal hygiene is personal hygiene and health that aims to prevent disease in oneself and others, both physically and psychologically. One of them is personal hygiene in adolescents, especially the cleanliness of the reproductive organs. The most common reproductive health problem suffered by women is vaginal discharge. It is estimated that 1 in 20 teenagers in the world experience vaginal discharge every year.

**Objectiv :** This study aims to determine the level of knowledge and attitudes of young women regarding personal hygiene of reproductive organs at the Al-Islami Nurul Anwar Islamic Boarding School, Kutai Kartanegara.

**Methods:** The type of research in this research is descriptive quantitative with a survey approach. Affordable subjects in this study amounted to 37 respondents. Sampling technique with total sampling. The research instrument is a statement questionnaire.

**Results:** Adolescent girls' knowledge about the importance of personal hygiene of reproductive organs is mostly good knowledge as many as 13 (35%), sufficient category 20 (54%) respondents and less category as many as 4 (11%) respondents. Attitudes of young women regarding the importance of personal hygiene of reproductive organs partially have a positive attitude as many as 24 (65%) respondents, and a negative attitude as many as 13 (35%) respondents

**Conclusion:** The knowledge of young women about personal hygiene of reproductive organs is 20 (54%) and the attitude of young women about personal hygiene of reproductive organs is at most 24 (65%).

**Keywords:** Knowledge, Attitude, Personal Hygiene