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**Hubungan Pengetahuan Dan Perilaku *Personal Hygiene* Saat Menstruasi
Pada Siswi SMP IT AL Falah Bandungan.**

ABSTRAK

Latar Belakang: *Personal hygiene* selama menstruasi melibatkan tindakan menjaga kebersihan, khususnya di daerahewanitaan. Remaja putri perlu mengetahui dan memiliki pengetahuan yang baik terkait *personal hygiene* saat menstruasi. Dengan perilaku *personal hygiene* yang baik diharapkan remaja putri dapat terhindar dari berbagai masalah terkait organ reproduksinya. Meskipun demikian, masih banyak siswi SMP IT Al Falah yang belum memiliki pengetahuan terkait *personal hygiene* saat menstruasi dikarenakan belum ada tenaga kesehatan yang memberikan penyuluhan terkait *personal hygiene* saat menstruasi pada siswi SMP IT Al Falah. Tujuan dari penelitian ini adalah untuk mengetahui hubungan pengetahuan dan perilaku *personal hygiene* saat menstruasi pada siswi SMP IT AL Falah Bandungan.

Metode: Penelitian ini menggunakan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah semua siswi di SMP IT AL Falah Bandungan. Pada bulan November 2023 berjumlah 43 siswi dengan *total sampling* dengan kriteria inklusi siswi yang telah mengalami menstruasi, bisa membaca dan menulis serta bersedia berpartisipasi dalam penelitian. Analisis data menggunakan analisis univariat dan bivariat menggunakan uji statistik chi square.

Hasil: Hasil penelitian mengenai hubungan pengetahuan dengan perilaku *personal hygiene* saat menstruasi di Pondok Pesantren AlFalalah Bandungan setelah dilakukan uji *Chi Square* menggunakan SPSS 22 didapatkan hasil bahwa ada hubungan signifikan antara pengetahuan dengan perilaku *personal hygiene* saat menstruasi ($p\text{ value} = 0.000 < 0.005$).

Kesimpulan: Ada hubungan antara pengetahuan dan perilaku *personal hygiene* saat menstruasi pada siswi SMP IT AL Falah Bandungan.

Kata Kunci: *pengetahuan, perilaku, personal hygiene, menstruasi*

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The Relationship Between Knowledge And Personal Hygiene Behavior During Menstruation Among Female Students At The AL Falah Islamic Boarding School, Bandungan

ABSTRACT

Background: Personal hygiene during menstruation involves maintaining cleanliness, especially in the feminine area. Young women need to know and have good knowledge regarding personal hygiene during menstruation. With good personal hygiene behavior, it is hoped that young women can avoid various problems related to their reproductive organs. However, there are still many female students at Al Falah IT Middle School who do not have knowledge regarding personal hygiene during menstruation because there are no health workers who provide counseling regarding personal hygiene during menstruation to Al Falah IT Middle School female students. The aim of this research is to determine the relationship between knowledge and personal hygiene behavior during menstruation among female students at SMP IT AL Falah Bandungan.

Method: This research uses a cross sectional approach. The population in this study were all female students at the Al Falah Bandungan Islamic Boarding School. In November 2023 there were 43 female students using total sampling with the inclusion criteria being female students who had menstruated, could read and write and were willing to participate in the research. Data analysis used univariate and bivariate analysis and chi square statistical tests. .

Results: The results of research regarding the relationship between knowledge and personal hygiene behavior during menstruation at the AlFalah Bandungan Islamic Boarding School after carrying out the Chi Square test using SPSS 22 showed that there was a significant relationship between knowledge and personal hygiene behavior during menstruation (p value = $0.000 < 0.005$).

Conclusion: There is a relationship between knowledge and personal hygiene behavior during menstruation among female students at the AL Falah Islamic Boarding School, Bandungan.

Keywords: knowledge, behavior, personal hygiene, menstruation