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## **ABSTRAK**

Judul: Optimalisasi Sarana Toilet dan Edukasi Manajemen Kebersihan Menstruasi (MKM) di Fasilitas Kesehatan untuk Mendukung Layanan Berbasis Gender di Puskesmas Pringapus

Manajemen Kebersihan Menstruasi (MKM) merupakan aspek penting dalam pemenuhan hak kesehatan reproduksi perempuan. Namun, fasilitas kesehatan seperti puskesmas belum sepenuhnya menyediakan sarana dan edukasi yang mendukung praktik MKM. Penelitian ini bertujuan untuk mengoptimalkan sarana toilet serta meningkatkan edukasi MKM di Puskesmas Pringapus sebagai bagian dari layanan berbasis gender.

Metode yang digunakan dalam karya kinerja ini meliputi observasi kebutuhan, perencanaan sarana toilet ramah menstruasi, pelaksanaan edukasi MKM, serta monitoring dan evaluasi keberlanjutan program. Intervensi dilakukan melalui pengadaan fasilitas pendukung MKM seperti kotak pembalut, tempat sampah khusus, media edukasi, serta pembagian toilet berdasarkan gender.

Hasil pelaksanaan menunjukkan adanya peningkatan kenyamanan dan partisipasi perempuan di lingkungan puskesmas, pencegahan risiko infeksi reproduksi, serta peningkatan kesadaran akan pentingnya kebersihan menstruasi. Program ini juga menjadi role model yang potensial diterapkan di instansi lain maupun di lingkungan pendidikan dasar.

Optimalisasi toilet dan edukasi MKM terbukti mendukung pelayanan kesehatan yang inklusif, responsif gender, dan berkelanjutan. Diperlukan dukungan regulasi dan kolaborasi lintas sektor untuk memperluas dampak program ini ke masyarakat yang lebih luas.

Kata Kunci: Manajemen Kebersihan Menstruasi, Toilet MKM, Puskesmas, Gender, Kesehatan Reproduksi

## **ABSTRACT**

*Title: Optimization of Menstrual Hygiene Management (MHM) Facilities and Education in Health Centers to Support Gender-Based Services at Pringapus Public Health Center*

*Menstrual Hygiene Management (MHM) is a crucial aspect of fulfilling women's reproductive health rights. However, health facilities such as public health centers (puskesmas) have not fully provided the infrastructure and education necessary to support proper MHM practices. This study aims to optimize toilet facilities and enhance MHM education at Pringapus Public Health Center as part of strengthening gender-responsive health services.*

*The methods used in this performance-based initiative include needs assessment, planning of menstruation-friendly toilet facilities, implementation of MHM education, as well as program monitoring and evaluation. Interventions were carried out through the provision of MHM-supporting facilities such as sanitary pad boxes, special waste bins, educational media, and gender-segregated toilets.*

*The results demonstrate improved comfort and participation of women in the health center environment, a reduction in the risk of reproductive tract infections, and increased awareness of menstrual hygiene. This program also shows potential as a replicable model for other institutions and educational settings.*

*The optimization of toilet facilities and MHM education has proven to support inclusive, gender-responsive, and sustainable health services. Regulatory support and cross-sector collaboration are essential to expand the impact of this program to a broader community.*

*Keywords: Menstrual Hygiene Management, MHM-Friendly Toilets, Public Health Center, Gender, Reproductive Health*