

Universitas Ngudi Waluyo Ungaran
Kebidanan Program Sarjana, Fakultas Kesehatan
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Intan Agustina Sukmajaya, Eti Salafas
152241006

HUBUNGAN PERSONAL HYGIENE SAAT MENSTRUASI DENGAN KEJADIAN PRURITUS VULVAE PADA REMAJA DI PONDOK PESANTREN ROUDHLOTUL JANNAH KABUPATEN SEMARANG

ABSTRAK

Latar belakang: *Pruritus vulvae* adalah gangguan yang ditandai dengan rasa gatal di area luar organ genital perempuan dan sering dialami remaja saat menstruasi. Salah satu penyebab utamanya adalah perilaku *personal hygiene* yang kurang selama menstruasi, seperti jarang mengganti pembalut, tidak mencuci tangan sebelum dan sesudah mengganti pembalut, serta tidak membersihkan areaewanitaan dengan benar. Di lingkungan pondok pesantren, tantangan dalam menjaga kebersihan meningkat karena keterbatasan fasilitas sanitasi, serta minimnya edukasi kesehatan reproduksi dapat memperburuk kondisi ini.

Tujuan: Mengetahui hubungan antara perilaku *personal hygiene* saat menstruasi dengan kejadian *pruritus vulvae* pada remaja di Pondok Pesantren Roudhlotul Jannah Kabupaten Semarang.

Metode penelitian: Penelitian kuantitatif dengan desain *cross-sectional*. Populasi sebanyak 123 responden, 70 responden dipilih dengan teknik sampling. Data dikumpulkan menggunakan kuesioner tertutup dan dianalisis dengan uji Chi – Square ($\alpha = 0,05$).

Hasil: Sebanyak 55,7% responden memiliki perilaku *personal hygiene* yang kurang dan 58,6% mengalami *pruritus vulvae*. Hasil uji menunjukkan hubungan signifikan antara perilaku *personal hygiene* saat menstruasi dengan kejadian *pruritus vulvae* ($p = 0,013$).

Kesimpulan: Terdapat hubungan yang signifikan antara perilaku *personal hygiene* saat menstruasi dengan kejadian *pruritus vulvae* pada remaja putri. Diperlukan edukasi kesehatan reproduksi dan peningkatan fasilitas sanitasi di lingkungan pesantren.

Kata kunci: *personal hygiene*, menstruasi, *pruritus vulvae*, remaja, pondok pesantren.

Ngudi Waluyo University, Ungaran
Midwifery Undergraduate Program, Faculty of Health
Skripsi, July 2025
Intan Agustina Sukmajaya, Eti Salafas
152241006

RELATIONSHIP BETWEEN PERSONAL HYGIENE DURING MENSTRUATION AND THE INCIDENCE OF PRURITUS VULVAE IN ADOLESCENTS AT THE ROUDHLOTUL JANNAH ISLAMIC BOARDING SCHOOL, SEMARANG REGENCY

ABSTRACT

Background: Pruritus vulvae is a disorder characterized by itching in the external female genital area and is often experienced by adolescents during menstruation. One of the main causes is poor personal hygiene practices during menstruation, such as infrequently changing sanitary napkins, not washing hands before and after changing sanitary napkins, and not properly cleaning the feminine area. In Islamic boarding schools, the challenge of maintaining hygiene increases due to limited sanitation facilities, and the lack of reproductive health education can exacerbate this condition.

Objective: To determine the relationship between personal hygiene practices during menstruation and the incidence of pruritus vulvae in adolescents at the Roudhlotul Jannah Islamic Boarding School in Semarang Regency.

Research Method: A quantitative study with a cross-sectional design. The population was 123 respondents, of which 70 were selected using a sampling technique. Data were collected using a closed-ended questionnaire and analyzed using the Chi-Square test ($\alpha = 0.05$).

Results: A total of 55,7% of respondents had poor personal hygiene practices, and 58,6% experienced pruritus vulvae. The test results showed a significant relationship between personal hygiene practices during menstruation and the incidence of pruritus vulvae ($p = 0.013$).

Conclusion: There is a significant relationship between personal hygiene practices during menstruation and the incidence of pruritus vulvae in adolescent girls. Reproductive health education and improved sanitation facilities in Islamic boarding schools are needed.

Keywords: personal hygiene, menstruation, pruritus vulvae, adolescents, Islamic boarding schools.