Universitas Ngudi Waluyo
Program Studi S1 Keperawatan, Fakultas Kesehatan
Skripsi, 2026
Sindy Kurniawati
NIM : 011221055

"HUBUNGAN TINGKAT PENGETAHUAN REMAJA PUTRI DENGAN PERILAKU PENCEGAHAN RISIKO PCOS DI SMA NEGERI 9 SEMARANG"

ABSTRAK

Latar Belakang : *Polycystic Ovary Syndrome* (PCOS) yaitu gangguan ketidakseimbangan hormon yang menyebabkan menstruasi tidak teratur, jerawat berlebih, hingga infertilitas. Pengetahuan merupakan salah satu faktor predisposisi yang berperan dalam membentuk perilaku kesehatan. Rendahnya pengetahuan remaja putri tentang PCOS dapat menyebabkan kurangnya kesadaran dalam melakukan pencegahan sejak dini. Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat pengetahuan remaja putri dengan perilaku pencegahan risiko PCOS di SMA Negeri 9 Semarang.
Metode : Jenis penelitian yang digunakan adalah kuantitatif dengan desain penelitian *cross-sectional*. Instrumen penelitian ini menggunakan kuesioner. Populasi penelitian ini adalah siswi SMA Negeri 9 Semarang, dengan sampel sebanyak 244 responden, menggunakan teknik *purposive sampling*. Analisa data dilakukan menggunakan uji *chi-square*.
Hasil : Tingkat pengetahuan remaja putri kategori baik (40,6%) dan kurang (59,4%) sementara itu, perilaku pencegahan PCOS kategori baik (47,1%) dan kurang (52,9%). Hasil analisis bivariat menunjukkan hasil *p-value* (0,000) ≤ (0,05), yang mengindikasikan adanya hubungan yang signifikan antara tingkat pengetahuan remaja putri tentang *polycystic ovary syndrome* (PCOS) dengan upaya pencegahan PCOS di SMA Negeri 9 Semarang.
Kesimpulan : Terdapat hubungan yang signifikan antara tingkat pengetahuan remaja putri dengan perilaku pencegahan risiko PCOS di SMA Negeri 9 Semarang

Kata kunci : Pengetahuan, PCOS, Remaja putri, Perilaku pencegahan

Ngudi Waluyo University
S1 Nursing Study Program, Faculty of Health
Thesis, 2026
Sindy Kurniawati
NIM : 011221055

"THE RELATIONSHIP BETWEEN THE LEVEL OF KNOWLEDGE OF FEMALE ADOLESCENT AND PCOS RISK PREVENTION BEHAVIOR AT SMA N 9 SEMARANG"

ABSTRACT

Background : Polycystic Ovary Syndrome (PCOS) is a hormonal imbalance disorder that causes irregular menstruation, excessive acne, and even infertility. Knowledge can provide encouragement, both in building self-confidence and in shaping attitudes and behaviors. Knowledge is one of the predisposing factors that plays an important role in shaping health behavior. Low levels of knowledge among female adolescents about PCOS may lead to a lack of awareness in perfoming early preventive measures. This study aims to determine the relationship between the level of knowledge female and PCOS risk prevention behavior at SMA Negeri 9 Semarang.
Methods : This study used a quantitative cross-sectional design. The research instrument was a questionnaire. The study populations were female students at SMA Negeri 9 Semarang, with a sample size of 244 respondents using purposive sampling technique. Data were analyzed using the chi-square test.
Results : The female adolescents knowledge levels were categorized as good (40,1%) and poor (59%). Meanwhile PCOS prevention efforts were categorized as good (47,1%) and poor (52%). The results of the bivariate analysis test showed a p-value of (0,000) ≤ (0,05), indicating a significant relationship between the level of knowledge of female adolescents about polycystic ovary syndrome (PCOS) and PCOS prevention efforts at SMA Negeri 9 Semarang.
Conclusion : There is a significant relationship between the level of knowledge of female adolescents and PCOS risk prevention behavior at SMA negeri 9 Semarang.

Keyword : Knowledge, PCOS, Female adolescents, Prevention behavior