

**UNIVERSITAS MUHAMMADIYAH TASIKMALAYA  
FAKULTAS ILMU KESEHATAN  
PROGRAM STUDI SARJANA KEPERAWATAN**

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**Pengaruh Pendidikan Kesehatan Tentang Personal Hygiene Saat Menstruasi  
Terhadap Pengetahuan Siswi SMPN 4 Tasikmalaya**

**ABSTRAK**

xii + 56 halaman + 10 tabel + 1 bagan + 22 lampiran

Pengetahuan remaja tentang personal hygiene saat menstruasi masih rendah karena hal tersebut masih dianggap tabu, apabila dibiarkan dapat mengakibatkan pemahaman yang salah mengenai personal hygiene saat menstruasi dan menimbulkan penyakit misalnya ISR. Penelitian ini bertujuan untuk mengetahui pengaruh pendidikan kesehatan tentang hygiene saat menstruasi terhadap pengetahuan siswi remaja SMPN 4 Tasikmalaya. Metode penelitian yang digunakan adalah *Quasy Eksperiment* dengan rancangan *one Group pretest-posttest design* yaitu mengungkapkan hubungan sebab akibat dengan melibatkan satu kelompok subjek. Populasi penelitian berjumlah 332 siswi remaja putri kelas VII dan VIII SMP N 4 Tasikmalaya dengan jumlah sample 77 responden diambil dengan menggunakan teknik *probability sampling*. Data diperoleh dengan menggunakan kuesioner kemudian diukur tingkat pengetahuan siswi tentang hygiene saat menstruasi dengan skala *interval* dan menggunakan uji t *dependent*. Hasil uji statistik menunjukkan bahwa tingkat pengetahuan siswi remaja putri pada saat pre test nilai terendah 7 dan tertinggi 25 dan terjadi peningkatan yang signifikan pada saat post test Nilai terendah 14 dan tertinggi 29. Ditemukan adanya perbedaan yang bermakna antara nilai pre test dan post test dengan nilai  $p=0,000$ .

Kata kunci : Pendidikan kesehatan, Hygiene, Menstruasi, Remaja putri  
Kepustakaan : 26 (2008-2018)

**UNIVERSITY OF MUHAMMADIYAH TASIKMALAYA  
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A COURSE OF STUDY HOLD A BACHELOR DEGREE IN NURSING**

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**Influence of Health Education on Personal Hygiene during Menstruation  
towards of Knowledge of Female Students of SMPN 4 Tasikmalaya.**

**ABSTRACT**

Xii + 56 page + 10 table + 1 chart + 22 enclosure  
Teen knowledge about personal hygiene when menstrual still low because this was still considered taboo, when left can lead to a wrong about personal during menstrual hygiene gives rise to disease for example ISR. The research aim s to find out the influence of health education on hygiene during menstruation towards level of knowledge of female adolescence students of SMPN 4 Tasikmalaya. The method of the research used Quasy Experiment with one group pretest-posttest design that is to find out the relation of cause effect by involving a subject group. The research population was 332 female students of SMPN 4 Tasikmalaya. The number of the sample was 77 respondents who were chosen using *probability sampling* technique. The data were obtained through questionnaires and then the level of knowledge of female students on menstruation hygiene were measured using interval scale and t test. The statistical test showed that the knowledge of the students in pretest who had 25 high score of knowledge and who had 7 fair of knowledge on menstruation hygiene. There was a significant improvement in post test of the students in pretest who had 29 high score of knowledge and who had 14 fair of knowledge. It found that there was a meaningful differences between pre-test and post-test value that is  $p=0.000$ .

Key words : Health education, Hygiene, Menstruation, Female adolesce

Literature : 26 (2008-2018)