

ABSTRAK

PERBEDAAN TINGKAT PENGETAHUAN DAN PERILAKU REMAJA SANTRIWAN DAN SANTRIWATI DALAM MENGHADAPI MASA PUBERTAS DI PONDOK PESANTREN HAJROH BASYIR MARGOYOSO PATI

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Latar belakang: Masa pubertas yang dialami oleh remaja menyebabkan terjadinya perubahan fisik, psikologis, dan psikososial. Perubahan pada diri remaja dapat menimbulkan respon negatif apabila tidak diimbangi dengan pengetahuan pubertas yang baik. Remaja perlu mendapatkan pengetahuan tentang pubertas karena dengan pemahaman mengenai pubertas remaja tidak akan merasa bingung dan khawatir selama melewati proses pubertas. Sehingga dapat meminimalkan terjadinya perilaku seksual negatif dan masalah reproduksi. Penelitian ini bertujuan mengetahui perbedaan pengetahuan dan perilaku antara remaja santriwan dan santriwati dalam menghadapi masa pubertas.

Metodologi : Penelitian kuantitatif ini memiliki desain *cross sectional*. Jumlah sampel 32 santriwan dan 73 santriwati. Instrumen yang digunakan berupa kuesioner. Analisa univariat menggunakan distribusi frekuensi. Analisa bivariat menggunakan *uji chi-square*.

Hasil Penelitian : Sebagian besar responden santriwan (53,1%) memiliki tingkat pengetahuan baik sedangkan sebagian besar santriwati (64,4%) memiliki tingkat pengetahuan cukup. Adapun mayoritas santriwan (56,25%) memiliki perilaku baik sementara mayoritas santriwati (52,1%) memiliki perilaku kurang baik. Uji *chi-square* variabel pengetahuan menunjukkan nilai $p=0,035$ sehingga ada perbedaan pengetahuan antara santriwan dan santriwati. Uji *chi-square* variabel perilaku menunjukkan nilai $p=0,568$ sehingga tidak terdapat perbedaan perilaku antara santriwan dan santriwati.

Kesimpulan : Terdapat perbedaan pengetahuan antara santriwan dan santriwati tentang pubertas. Akan tetapi tidak ada perbedaan perilaku antara santriwan dan santriwati dalam masa pubertas. Meskipun tidak ada perbedaan pada hasil uji komparatif, secara empiris perilaku pubertas santriwan dengan kategori baik memiliki persentase lebih tinggi daripada santriwati.

Kata Kunci : Pubertas, Santriwan, Santriwati, Pengetahuan, Perilaku.

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ABSTRACT

DIFFERENCES IN THE KNOWLEDGE LEVEL AND BEHAVIOR OF SANTRIWAN AND SANTRIWATI ADOLESCENTS IN FACING PUBERTY AT THE PONDOK PESANTREN HAJROH BASYIR MARGOYOSO PATI

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Background: Puberty experienced by adolescents causes physical, psychological, and psychosocial changes. Changes in adolescents can cause negative responses if they are not balanced with good puberty knowledge. Adolescents need to gain knowledge about puberty because the understanding of puberty adolescents will not feel confused and worried during through the process of puberty. So that it can minimize the occurrence of negative sexual behavior and reproductive problems. The purpose of this study was to determine differences of knowledge an behavior between santriwan and santriwati in facing puberty.

Methods : This quantitative research had cross-sectional design. Number of samples were 32 santriwan and 73 santriwati. The instrument used was questionnaire. Univariate analysis used was frequency distribution. Bivariate analysis used were Chi-Square test.

Results : Most of the respondents are santriwan (53,1%) had good level of knowledge while most of the respondents are santriwati (64,4%) had sufficient level of knowledge. Majority of santriwan (56,25%) had good behavior while majority of santriwati (52,1%) had bad behavior. Chi-Square test of knowledge variable showed $p=0,035$ so there was differences of knowledge between santriwan and santriwati. Chi-Square test of behavior variable showed $p=0,568$ so there was no differences of behavior between santriwan and santriwati.

Conclusion : There was differences of knowledge between santriwan and santriwati about puberty. But there was not differences of behavior between santriwan and santriwati in puberty. Although there was no difference in the results of the comparative test, empirically puberty behavior of santriwan with good category had a higher percentage than santriwati.

Keyword : Puberty, Santriwan, Santriwati, Knowledge, Behavior.

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