

ABSTRAK

PENGARUH PENDIDIKAN KESEHATAN MELALUI MEDIA LEMBAR BALIK TERHADAP PENGETAHUAN, SIKAP DAN PERILAKU *VULVA HYGIENE* REMAJA SANTRIWATI

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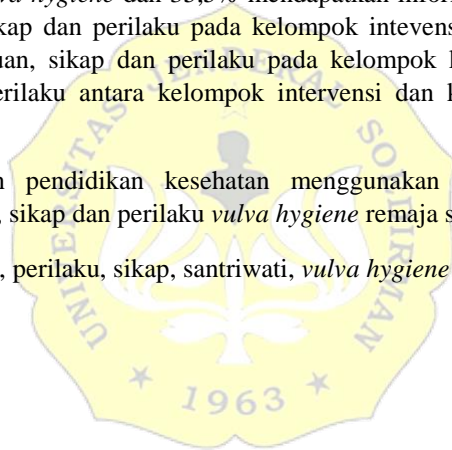
Latar Belakang : Masalah *vulva hygiene* kerap kali ditemukan di lingkungan pondok pesantren karena kurangnya pengetahuan, sikap dan perilaku *vulva hygiene* remaja santriwati. Penelitian ini bertujuan untuk mengetahui pengaruh pendidikan kesehatan melalui media lembar balik terhadap pengetahuan, sikap dan perilaku *vulva hygiene* remaja santriwati.

Metodologi : Penelitian ini menggunakan metode *Quasi Eksperimental with control group design*. Teknik sampling menggunakan *simple random sampling*, sebanyak 31 sampel intervensi dan 31 sampel kontrol. Pengambilan data dilakukan pada bulan September 2022-Maret 2023. Analisis yang digunakan adalah univariat dan bivariat menggunakan *uji marginal homogeneity* dan *uji fisher exact test*.

Hasil penelitian: Median usia 13 tahun, median usia menarche 11 tahun, 83,9% responden telah mendapatkan informasi *vulva hygiene* dan 35,5% mendapatkan informasi dari ustadzah. Terdapat perbedaan pengetahuan, sikap dan perilaku pada kelompok intervensi. Tidak terdapat perbedaan *pretest posttest* pengetahuan, sikap dan perilaku pada kelompok kontrol. Terdapat perbedaan pengetahuan, sikap dan perilaku antara kelompok intervensi dan kelompok kontrol ($p=0,002$; $p=0,039$; $p=0,010$).

Kesimpulan : Pemberian pendidikan kesehatan menggunakan lembar balik berpengaruh meningkatkan pengetahuan, sikap dan perilaku *vulva hygiene* remaja santriwati.

Kata Kunci : Pengetahuan, perilaku, sikap, santriwati, *vulva hygiene*



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ABSTRACT

THE EFFECT OF HEALTH EDUCATION THROUGH FLIPCHART MEDIA ON KNOWLEDGE, ATTITUDES AND BEHAVIOR OF VULVA HYGIENE SANTRIWATI ADOLESCENT

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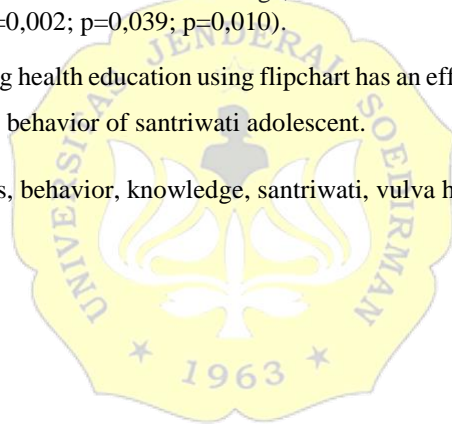
Background : Vulva hygiene often found in Islamic boarding schools because the lack of knowledge, attitudes and behavior of *vulva hygiene* in santriwati adolescents. The study aims to determine the effect of health education with flipcharts on knowledge, attitudes and behavior of *vulva hygiene* santriwati adolescents

Methodology : This research used a quasi experimental with control group design. Sampling technique used simple random sampling, consisting 31 intervention samples and 31 control samples. Data collection was carried out in September 2022-March 2023. The analysis used univariate and bivariate using marginal homogeneity test and fisher exact test.

Results : The median age is 13 years, the median menarche's age is 11 years, 83,9% of respondents have received information on vulva hygiene and 35.5% have received information from ustadzah. There were differences in pretest posttest knowledge, attitudes and behavior in intervention group. There were no differences in pretest posttest knowledge, attitudes and behavior in control group. There were differences in knowledge, attitudes and behavior between intervention group and control group ($p=0,002$; $p=0,039$; $p=0,010$).

Conclusion : Providing health education using flipchart has an effect on increasing knowledge, attitudes, and *vulva hygiene* behavior of santriwati adolescent.

Keywords : Attitudes, behavior, knowledge, santriwati, vulva hygiene



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