

# **PENGARUH PROMOSI KESEHATAN TERHADAP PENGETAHUAN REMAJA MENGENAI *GENITALIA HYGIENE* DI SMA “M” DEPOK**

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## **Abstrak**

Sebanyak 8 dari 10 siswa di SMA “M” Depok tidak memiliki pemahaman yang baik terkait *genitalia hygiene*. Hasil survei juga menunjukkan bahwa 4 dari 5 siswi mengeluhkan rasa gatal pada alat kelamin dan keputihan abnormal akibat belum mengetahui penerapan *genitalia hygiene* yang baik. Penelitian ini bertujuan menganalisis perbedaan tingkat pengetahuan mengenai *genitalia hygiene* sebelum dan sesudah diberikan promosi kesehatan menggunakan PowerPoint (PPT) dan permainan kartu UnoGeniCare (UGC). Penelitian ini merupakan penelitian kuantitatif dengan desain *Quasy Experimental* menggunakan *pre-test-post-test control group design*. Populasi penelitian adalah siswa kelas 10 SMA “M” Depok. Pengambilan sampel menggunakan teknik *probability sample* dengan metode *simple random sampling* dan terpilih sebanyak 74 responden. Pengumpulan data menggunakan kuesioner berisi 11 pertanyaan mengenai *genitalia hygiene* yang diisi dengan pendampingan dari peneliti. Hasil analisis bivariat menunjukkan terdapat pengaruh antara promosi kesehatan dengan pengetahuan remaja mengenai *genitalia hygiene* ( $p\text{-value} = 0,000$ ). Disimpulkan bahwa terdapat pengaruh dan perbedaan nilai sebelum dan sesudah dilakukan promosi kesehatan mengenai *genitalia hygiene* menggunakan PowerPoint (PPT) dan permainan kartu UnoGeniCare (UGC) pada siswa siswi kelas 10 di SMA “M” Depok. Pihak sekolah disarankan mengedukasi siswa tentang cara membersihkan organ reproduksi dengan benar dan pencegahan penggunaan *vaginal dhouces* menggunakan media menarik seperti permainan kartu UnoGeniCare (UGC).

**Kata kunci:** *Genitalia Hygiene*, Pengetahuan, Promosi Kesehatan, Remaja

# **THE INFLUENCE OF HEALTH PROMOTION ON ADOLESCENT'S KNOWLEDGE ABOUT *GENITALIA* *HYGIENE* AT SMA "M" DEPOK**

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## **Abstract**

As many as 8 out of 10 students at SMA "M" Depok lack proper understanding of genital hygiene. Based on survey, 4 out of 5 students experience genital itching and abnormal vaginal discharge due to insufficient knowledge of genital hygiene practices. This study aims to analyze the difference in knowledge levels regarding genital hygiene before and after health promotion using PowerPoint (PPT) and UnoGeniCare (UGC) card games. This is a quantitative study with a quasi-experimental pre-test-post-test control group design. This research is a quantitative research with Quasy Experimental design using pre-test-post-test control group design. The study population was 10<sup>th</sup> grade students of SMA "M" Depok. Sampling using probability sample technique with simple random sampling method and 74 respondents were selected. Data collection was conducted using a questionnaire consisting of 11 questions about genital hygiene. Bivariate analysis showed that there was significantly associated between health promotion and adolescents' knowledge of genital hygiene ( $p$ -value = 0.000). Consequently, it can be concluded that there is a significant improvement in knowledge before and after the health promotion intervention regarding genital hygiene using PowerPoint (PPT) and UnoGeniCare (UGC) card games among 10<sup>th</sup> grade students at SMA "M" Depok. It is recommended that students should be educated how to sanitise their reproductive organs properly and prevent the use of vaginal dhouces using interactive media such as the UnoGeniCare (UGC) card game.

**Keywords:** Adolescent, Genetalia Hygiene, Health Promotion, Knowledge