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Gambaran Pengetahuan Remaja Tentang *Personal Hygiene* Organ Reproduksi Di SMPN 14 Bandar Lampung

xiii + 44 halaman, 5 tabel, 2 gambar, 10 lampiran

ABSTRAK

Masa remaja merupakan periode transisi yang ditandai dengan perubahan fisik dan psikologis, termasuk perkembangan fungsi reproduksi. Pengetahuan tentang personal hygiene organ reproduksi sangat penting untuk mencegah berbagai gangguan kesehatan, seperti infeksi, keputihan, dan iritasi (WHO, 2024). Berdasarkan hasil studi pendahuluan yang dilakukan di SMPN 14 Bandar Lampung, dilakukan wawancara terhadap 10 siswa/i remaja. Hasil wawancara menunjukkan bahwa hanya 4 orang siswa yang memiliki pengetahuan tentang personal hygiene organ reproduksi, sedangkan 6 siswa lainnya menunjukkan kurangnya pemahaman.

Penelitian ini bertujuan untuk mengetahui gambaran pengetahuan remaja tentang personal hygiene organ reproduksi di SMPN 14 Bandar Lampung.

Desain penelitian yang digunakan adalah deskriptif kuantitatif dengan pendekatan survey. Populasi penelitian adalah siswa/siswi kelas VIII di SMPN 14 Bandar Lampung sebanyak 349. Sampel penelitian berjumlah 86 siswa kelas VIII, yang dipilih menggunakan teknik simple random sampling. Data dikumpulkan melalui kuesioner. Analisis data yang digunakan analisis univariat.

Hasil penelitian menunjukkan bahwa mayoritas responden berusia 14 tahun (67.4%) dan berjenis kelamin laki-laki (54.7%). Sebagian besar responden (79.1%) memiliki pengetahuan yang baik mengenai personal hygiene organ reproduksi.

Hasil ini menunjukkan pentingnya edukasi kesehatan reproduksi di sekolah guna meningkatkan kesadaran remaja dalam menjaga kebersihan dan kesehatan organ reproduksi mereka, di sarankan bagi remaja lebih meningkatkan pengetahuan dan lebih banyak menggali informasi tentang personal hygiene sehingga para remaja akan bersikap positif terhadap upaya kesehatan personal hygiene.

Kata kunci: Remaja, Pengetahuan, *Personal Hygiene*, Organ Reproduksi
Daftar Bacaan: 31 (2020-2024)

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**Overview of Adolescents' Knowledge About Personal Hygiene of Reproductive
Organs at SMPN 14 Bandar Lampung**

xiii + 44 pages, 5 tables, 2 figures, 10 appendices

ABSTRACT

Adolescence is a transitional period marked by physical and psychological changes, including the development of reproductive function. Knowledge about personal hygiene of reproductive organs is essential to prevent various health problems, such as infections, vaginal discharge, and irritation (WHO, 2024). Based on a preliminary study conducted at SMPN 14 Bandar Lampung, interviews were carried out with 10 adolescent students. The results of the interviews showed that only 4 students had knowledge about personal hygiene of reproductive organs, while the remaining 6 students showed a lack of understanding.

This study aims to determine the description of adolescents' knowledge about personal hygiene of reproductive organs at SMPN 14 Bandar Lampung.

The research design used is a descriptive quantitative design with a survey approach. The research population consisted of 349 eighth-grade students at SMPN 14 Bandar Lampung. The sample in this study was 86 eighth-grade students, selected using a simple random sampling technique. Data were collected using a questionnaire. The data were analyzed using univariate analysis.

The results of the study showed that the majority of respondents were 14 years old (67.4%) and male (54.7%). Most of the respondents (79.1%) had good knowledge regarding personal hygiene of reproductive organs.

These results indicate the importance of reproductive health education in schools to increase adolescents' awareness of maintaining the cleanliness and health of their reproductive organs. It is recommended that adolescents further improve their knowledge and seek more information about personal hygiene so that they will have a positive attitude toward personal hygiene health efforts.

Keywords: *Adolescents, Knowledge, Personal Hygiene, Reproductive Organs*
References: *31 (2020–2024)*