

**SUMBER-SUMBER INFORMASI MENGENAI *PERSONAL
HYGIENE* SEMASA MENSTRUASI PADA REMAJA PUTRI
DI MTS NURUL HUDA KECAMATAN CIGALONTANG
KABUPATEN TASIKMALAYA**

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Sumber-Sumber Informasi Mengenai *Personal Hygiene* Semasa Menstruasi Pada Remaja Putri di MTS Nurul Huda Kecamatan Cigalontang Kabupaten Tasikmalaya

xiv + 62 halaman + 8 tabel + 1 bagan + 11 lampiran

ABSTRAK

Kesehatan reproduksi remaja adalah suatu kondisi sehat yang menyangkut system serta fungsi pada reproduksi remaja. Remaja perlu mengetahui tentang kesehatan reproduksi agar mempunyai informasi yang benar berhubungan dengan reproduksi sehingga diharapkan remaja dapat bersikap dan bertindak laku yang bertanggung jawab terhadap kesehatan reproduksi. Tujuan penelitian ini adalah untuk mengetahui sumber-sumber informasi mengenai *personal hygiene* semasa menstruasi pada remaja putri di MTS Nurul Huda Kecamatan Cigalontang Kabupaten Tasikmalaya. Penelitian ini menggunakan desain penelitian deskriptif kuantitatif. Sampel dalam penelitian ini adalah seluruh siswi MTS Nurul Huda Kecamatan Cigalontang Kabupaten Tasikmalaya sebanyak 82 orang (total sampling). Hasil penelitian menunjukkan bahwa jenis-jenis sumber informasi media cetak didapatkan booklet sebanyak 15 responden (18,3%), leaflet sebanyak 1 responden (1,2%), selebaran sebanyak 1 responden (1,2%), dan poster sebanyak 65 responden (79,3%). Jenis-jenis sumber informasi media elektronik didapatkan hasil, televisi sebanyak 46 responden (43,9%) dan vidio sebanyak 36 responden (56,1%). Jenis-jenis sumber informasi media internet didapatkan hasil, google sebanyak 48 responden (58,5%), youtube sebanyak 25 responden (30,5%), google classroom sebanyak 7 responden (8,5%), WAG sebanyak 2 responden (2,4%). Jenis-jenis sumber informasi media personal didapatkan hasil, orang tua sebanyak 54 responden (65,9%) dan teman sebanyak 28 responden (34,1%). Jenis-jenis sumber informasi media personal didapatkan hasil, guru sebanyak 64 responden (78,0%), petugas kesehatan sebanyak 4 responden (4,9%) dan kader kesehatan sebanyak 1 responden (1,1%). Simpulan : Hasil dari penelitian ini memperlihatkan bahwa sumber-sumber informasi mengenai *personal hygiene* semasa menstruasi pada remaja MTS Nurul Huda Kecamatan Cigalontang Kabupaten Tasikmalaya yang paling dominan adalah poster, vidio, google, orang tua, dan guru.

Kata Kunci : Sumber-sumber Informasi, *Personal Hygiene*, Menstruasi, Remaja
Daftar Pustaka : 2012-2021

***D III NURSING STUDY PROGRAM
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Sources of Information About Personal Hygiene During Menstruation in Young Women at MTS Nurul Huda, Cigalontang District, Tasikmalaya Regency

xiv + 62 pages + 8 tables + 1 chart + 11 attachments

ABSTRACT

Adolescent reproductive health is a healthy condition that concerns the system and function of adolescent reproduction. Adolescents need to know about reproductive health in order to have correct information related to reproduction so that it is hoped that adolescents can behave and behave responsibly towards reproductive health. The purpose of this study was to find out sources of information about personal hygiene during menstruation in young women at MTS Nurul Huda, Cigalontang District, Tasikmalaya Regency. This study used a quantitative descriptive research design. The samples in this study were all students of MTS Nurul Huda, Cigalontang District, Tasikmalaya Regency as many as 82 people (total sampling). The results showed that the types of print media information sources were obtained by booklets of 15 respondents (18.3%), leaflets of 1 respondent (1.2%), a sheet of 1 respondent (1.2%), and posters of 65 respondents (79.3%). The types of electronic media information sources obtained results, television as many as 46 respondents (43.9%) and videos as many as 36 respondents (56.1%). The types of internet media information sources obtained results, google as many as 48 respondents (58.5%), youtube as many as 25 respondents (30.5%), google classroom as many as 7 respondents (8.5%), WAG as many as 2 respondents (2.4%). The types of personal media information sources were obtained, parents as many as 54 respondents (65.9%) and friends as many as 28 respondents (34.1%). The types of personal media information sources obtained results, teachers as many as 64 respondents (78.0%), health workers as many as 4 respondents (4.9%) and health cadres as many as 1 respondent (17.1%). Conclusion: The results of this study show that the most dominant sources of information about personal hygiene during menstruation in adolescents of MTS Nurul Huda, Cigalontang District, Tasikmalaya Regency, are posters, videos, google, parents, and teachers.

Keywords : Sources of Information, Personal Hygiene, Menstruation, Adolescent

Bibliography : 2012-2021

