

ABSTRACT

"INFLUENCE OF HEALTH EDUCATION WITH STRATAGEM METHOD ON THE TREATMENT OF REPRODUCTIVE ORGANS DURING MENTRUATION IN ADOLESCENT WOMEN"

By :

SULIS TRI WAHYUNI

The behavior of caring for reproductive organs during menstruation is an action that can be taken to reduce the incidence of various reproductive organ diseases. Reproductive organ care behavior can be improved through the provision of health education. This study aims to determine the effect of health education with the stratagem method on the treatment of reproductive organs during menstruation in adolescent girls. The design of this study used a one group pretest-post test design. The population in this study were 7th grade female students of SMP Negeri 2 Mojoanyar, totaling 59 students. The sampling technique of this research is purposive sampling. The research sample size is 41 people. The research instrument used the Extension Event Unit and Questionnaire. Data analysis using Wilcoxon Signed Rank Test. The results of this study indicate that almost all respondents have negative behavior before being given health education, namely 33 students (80.5%). And almost all respondents have positive behavior after being given health education, namely 39 students (95.1%). Wilcoxon test results show that p value = 0.000 so that there is an effect of health education with the stratagem method on the treatment of reproductive organs during menstruation in adolescent girls. The strategy method is able to train in formal operational thinking processes, is able to train cooperation and has a competitive spirit and is able to improve communication skills because this method is able to provide innovation for adolescents to play an active role in health education.

Keywords: health education, strategy, behavior, reproductive organ care, menstruation

ABSTRAK

“PENGARUH *HEALTH EDUCATION* DENGAN METODE STRATAGEM TERHADAP PERAWATAN ORGAN REPRODUKSI SAAT MENSTRUASI PADA REMAJA PUTRI”

Oleh :

SULIS TRI WAHYUNI

Perilaku perawatan organ reproduksi saat menstruasi merupakan tindakan yang dapat dilakukan untuk mengurangi timbulnya berbagai penyakit organ reproduksi. Perilaku perawatan organ reproduksi dapat ditingkatkan melalui pemberian *health education*. Penelitian ini bertujuan untuk mengetahui pengaruh *health education* dengan metode stratagem terhadap perawatan organ reproduksi saat menstruasi pada remaja putri. Desain penelitian ini menggunakan *one group pretest-post test design*. Populasi dalam penelitian ini adalah siswa perempuan kelas 7 SMP Negeri 2 Mojoanyar yang berjumlah 59 siswa. Teknik sampling penelitian ini adalah *purposive sampling*. Besar sampel penelitian adalah 41 orang. Instrument penelitian menggunakan Satuan Acara Penyuluhan dan Kuesioner. Analisa data menggunakan *Wilcoxon Signed Rank Test*. Hasil penelitian ini menunjukkan hampir seluruh responden memiliki perilaku yang negative sebelum diberikan *health education* yaitu 33 siswi (80,5%). Dan hampir seluruh responden memiliki perilaku yang positive sesudah diberikan *health education* yaitu 39 siswi (95,1%). Hasil uji *Wilcoxon* menunjukkan bahwa *p value* = 0.000 sehingga ada pengaruh *health education* dengan metode stratagem terhadap perawatan organ reproduksi saat menstruasi pada remaja putri. Metode stratagem mampu melatih dalam proses berpikir operasional formal, mampu dalam melatih kerjasama dan berjiwa kompetitif dan mampu meningkatkan kemampuan komunikasi karena metode ini mampu memberikan inovasi untuk remaja dapat berperan aktif dalam pendidikan kesehatan.

Kata Kunci: *health education*, stratagem, perilaku, perawatan organ reproduksi, menstruasi