

ABSTRACT

Tati Oktavia 3001140048

Differences Health Education Demonstrations with Lectures on Knowledge and Skills of Vulva Hygiene at the Premenarche Age in Class V SDN 115 Palembang

SKRIPSI

PROGRAM STUDI ILMU KEPERAWATAN

FAKULTAS ILMU KESEHATAN

UNIVERSITAS KATOLIK MUSI CHARITAS PALEMBANG

Background: *The first menstruation (menarche) occurs at a younger age. Girls who will enter the age of menarche must be able to maintain the cleanliness of the genital area during menstruation. Poor hygiene during menstruation causes problems such as itching or pain in the genitals experienced by 25% of girls. Efforts are being made to improve genital hygiene during menstruation and prepare girls for menarche by providing health education through the right method.*

Purpose: *This study aims to determine differences in knowledge and skills of vulva hygiene before and after being given demonstration health education with lectures at the age of premenarche in grade V Elementary School 115 Palembang*

Method: *Type of quantitative research, pre-experimental design research design with one group pretest-posttest design. The sample of the research was grade V students aged 10-12 years was obtained based on Nonprobability Sampling with Accidental Sampling technique which amounted to 45 respondents, 23 lecturers in the lecture group, 22 respondents in the demonstration group. Collecting data using questionnaires and vulva hygiene observation sheets during menstruation and data analyzed using Wilcoxon Sign Rank Test.*

Results: *The results of this study found that there were significant differences in knowledge through the lecture method with p-value $0.001 < 0.05$ through the demonstration method p-value $0.001 < 0.05$. There is a significant difference in skills through the lecture method with a p-value of $0.001 < 0.05$ through the demonstration method p-value $0.001 < 0.05$.*

Suggestion: *Researcher's advice requires efforts from the school to collaborate with health workers to conduct health promotion periodically to avoid health problems.*

Keywords: *Health Education, Knowledge, Skill, Vulva Hygiene*