

**PROGRAM STUDI SARJANA KEBIDANAN DAN PROFESI BIDAN
FAKULTAS KESEHATAN DAN INFORMATIKA INSTITUT KESEHATAN
PAYUNG NEGERI PEKANBARU**

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Grace Christiani

Pengaruh Video Edukasi Terhadap Pengetahuan Remaja Tentang *Personal Hygiene* Saat Menstruasi Di SMP N 6 Pekanbaru

Xxi + 77 Halaman + 7 Tabel + Lampiran 12

ABSTRAK

Masa remaja merupakan periode transisi yang ditandai oleh perubahan fisik dan psikologis, salah satunya adalah menstruasi. Kurangnya pengetahuan mengenai *personal hygiene* saat menstruasi dapat menyebabkan berbagai masalah kesehatan, seperti infeksi saluran reproduksi. Edukasi yang tepat, seperti melalui media video, berpotensi meningkatkan pemahaman remaja mengenai pentingnya menjaga *personal hygiene* saat menstruasi. Penelitian ini bertujuan untuk mengetahui pengaruh video edukasi terhadap pengetahuan remaja tentang *personal hygiene* saat menstruasi di SMP Negeri 6 Pekanbaru. Penelitian menggunakan desain *pre-eksperimen* dengan pendekatan *one group pretest-posttest* dengan melibatkan 110 siswi kelas VII diambil secara acak sederhana (*simple random sampling*). Pengumpulan data dilakukan menggunakan kuesioner *pretest* dan *posttest* yang dianalisis menggunakan uji *Wilcoxon signed ranks test* karena data tidak berdistribusi normal. Hasil penelitian menunjukkan bahwa rata-rata skor pengetahuan sebelum intervensi sebesar 9,35 (kategori kurang) meningkat menjadi 13,84 (kategori baik) setelah intervensi. Hasil uji *Wilcoxon* menunjukkan nilai signifikansi 0,000 ($p < 0,05$), yang berarti terdapat pengaruh signifikan pemberian video edukasi *personal hygiene* saat menstruasi terhadap peningkatan pengetahuan responden. Dapat disimpulkan bahwa media video edukasi terbukti efektif meningkatkan pengetahuan remaja tentang *personal hygiene* saat menstruasi. Abstrak ini diharapkan dapat memberikan gambaran menyeluruh tentang isi penelitian dan menjadi acuan awal bagi pembaca yang ingin menelaah lebih dalam melalui proposal ini.

Kata Kunci : Video edukasi, pengetahuan, personal hygiene, menstruasi, pengetahuan, remaja.

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**BACHELOR OF MIDWIFERY STUDY PROGRAM AND PROFESSIONAL
MIDWIFERY PROGRAM FACULTY OF HEALTH AND INFORMATICS
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

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Grace Christiani

**The Effect of Educational Videos on Adolescents' Knowledge of Personal
Hygiene During Menstruation at SMP N 6 Pekanbaru**

Xxi + 77 Pages + 7 Tables + 12 Appendices

ABSTRACT

Adolescence is a transitional period marked by physical and psychological changes, one of which is menstruation. A lack of knowledge regarding personal hygiene during menstruation can lead to various health issues, such as reproductive tract infections. Proper education, such as through video media, has the potential to enhance adolescents' understanding of the importance of maintaining personal hygiene during menstruation. This study aims to determine the effect of educational videos on adolescents' knowledge of personal hygiene during menstruation at SMP Negeri 6 Pekanbaru. This research employed a pre-experimental design with a one-group pretest-posttest approach, involving 110 seventh-grade female students selected through simple random sampling. Data collection was carried out using pretest and posttest questionnaires, and the results were analyzed using the Wilcoxon signed-rank test due to non-normal data distribution. The study revealed that the average knowledge score increased from 9.35 (categorized as low) before the intervention to 13.84 (categorized as good) after the intervention. The Wilcoxon test showed a significance value of 0.000 ($p < 0.05$), indicating a significant effect of educational video intervention on respondents' knowledge of personal hygiene during menstruation. It can be concluded that educational video media is proven effective in increasing adolescents' knowledge about personal hygiene during menstruation. This abstract is expected to provide a comprehensive overview of the study and serve as an initial reference for readers interested in exploring the research further through this proposal.

**Keywords: Educational video, knowledge, personal hygiene, menstruation,
madolescents**

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