

ABSTRACT

Zulaeha Hasan Tantu. 2014. The Influence of Health Education toward the Knowledge of Menstrual Hygiene of Adolescent Girl at SMA Negeri I Bongomeme. Skripsi, Health department, Faculty of Health and Sports, Universitas Negeri Gorontalo. The principal supervisor is Rini Fahriani Zees, S.Kep, Ns, M.Kep, and the co-supervisor is Vivien Novariani Kasim, M.Kes.

Adolescent is a transition period marked by physical and biological change. This period is prone to health problems, and menstrual hygiene is one of them. Information about menstrual hygiene is important for them to avoid the reproduction problem.

This research aimed at investigating the influence of health education toward the knowledge of menstrual hygiene of adolescent girl to avoid reproduction problem. This is an experimental research using one group pretest and posttest design. The population consists of 215 people and the sample consists of 54 people chosen by random sampling based on inclusion and exclusion criteria. The data analysis is by Wilcoxon Ranks test.

The result is that before the health education was given, the number of those with: 1) good knowledge were 2.1%, 2) enough knowledge were 89.6%, and 3) less knowledge were 8.3%. Then after the health education was given, the number of those with: 1) good knowledge were 85.4% and 2) enough knowledge were 14.6%. The bivariate analysis resulted the significance value of $p=0.00 (<0.05)$.

The result shows that there was a significant influence between health education and the knowledge of the adolescent girl. Therefore, it is suggested that health education, particularly the menstrual hygiene is important to be given to adolescent girl.

Keywords: *Health Education, Knowledge, Adolescent Girl, Menstrual Hygiene*

