

HUBUNGAN *PERSONAL HYGIENE* ORGAN REPRODUKSI DENGAN KEJADIAN KEPUTIHAN PADA REMAJA PUTRI DI SMA NEGERI 1 BAREGBEG TAHUN 2026

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ABSTRAK

Keputihan (*leukorrhea*) merupakan salah satu kondisi kesehatan reproduksi yang sering dialami remaja putri. Di Indonesia, sekitar 31,8% perempuan usia 15-24 tahun mengalami keputihan. Salah satu faktor yang berhubungan dengan kejadian keputihan adalah perilaku *personal hygiene* organ reproduksi. Penelitian ini bertujuan untuk mengetahui hubungan *personal hygiene* organ reproduksi dengan kejadian keputihan pada remaja putri di SMA Negeri 1 Baregbeg Tahun 2026. Penelitian ini merupakan penelitian kuantitatif dengan desain analitik observasional menggunakan pendekatan *cross-sectional*. Populasi penelitian berjumlah 213 siswi kelas X dan XI, dengan sampel 153 responden yang dipilih menggunakan teknik *proportionate stratified random sampling*. Instrumen terdiri atas kuesioner *personal hygiene* organ reproduksi dan kuesioner kejadian keputihan. Data dianalisis secara univariat dan bivariat menggunakan uji Pearson Chi-Square dengan tingkat kemaknaan $\alpha = 0,05$. Hasil penelitian menunjukkan bahwa 93 responden (60,8%) memiliki *personal hygiene* organ reproduksi baik dan 60 responden (39,2%) kurang baik. Sebanyak 84 responden (54,9%) mengalami keputihan. Uji Pearson Chi-Square menunjukkan $p\text{-value} = 0,019$ ($p < 0,05$), dengan odds ratio (OR) = 2,227 dan 95% CI: 1,136–4,369. Disimpulkan bahwa terdapat hubungan yang signifikan antara *personal hygiene* organ reproduksi dengan kejadian keputihan. Responden dengan *personal hygiene* organ reproduksi kurang baik memiliki odds mengalami keputihan 2,227 kali dibandingkan responden dengan *personal hygiene* organ reproduksi baik.

Kata kunci: Keputihan, Kesehatan Reproduksi, Organ Reproduksi, *Personal Hygiene*, Remaja Putri

**THE RELATIONSHIP BETWEEN PERSONAL HYGIENE OF REPRODUCTIVE
ORGANS AND THE OCCURRENCE OF VAGINAL DISCHARGE AMONG
FEMALE ADOLESCENTS AT SMA NEGERI 1 BAREGBEG IN 2026**

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ABSTRACT

Vaginal discharge (leukorrhea) is a reproductive health condition commonly experienced by adolescent girls. In Indonesia, approximately 31.8% of females aged 15-24 years experience vaginal discharge. One of the factors associated with the occurrence of vaginal discharge is reproductive organ personal hygiene behavior. This study aimed to determine the association between reproductive organ personal hygiene and the occurrence of vaginal discharge among adolescent girls at SMA Negeri 1 Baregbeg in 2026. This study employed a quantitative method with an observational analytic design and a cross-sectional approach. The study population consisted of 213 female students in grades X and XI, with a sample of 153 respondents selected using proportionate stratified random sampling. The instruments consisted of a reproductive organ personal hygiene questionnaire and a vaginal discharge questionnaire. Data were analyzed using univariate and bivariate analyses with the Pearson Chi-Square test at a significance level of $\alpha = 0.05$. The results showed that 93 respondents (60.8%) had good reproductive organ personal hygiene, while 60 respondents (39.2%) had poor reproductive organ personal hygiene. A total of 84 respondents (54.9%) experienced vaginal discharge. The Pearson Chi-Square test showed a p-value of 0.019 ($p < 0.05$), with an odds ratio (OR) of 2.227 and a 95% CI of 1.136–4.369. It was concluded that there was a significant association between reproductive organ personal hygiene and the occurrence of vaginal discharge. Respondents with poor reproductive organ personal hygiene had 2.227 times the odds of experiencing vaginal discharge compared with respondents with good reproductive organ personal hygiene.

Keywords: *Female Adolescents, Personal Hygiene, Reproductive Health, Reproductive Organs, Vaginal Discharge*