

ABSTRAK

Saniyyah Balqis Wafa

PENGETAHUAN TENTANG KEPUTIHAN (*FLUOR ALBUS*) PADA REMAJA PUTRI DI SMPN 45 SURABAYA

Program Studi Keperawatan Sutomo Program Diploma Tiga Jurusan Keperawatan Politeknik Kesehatan Kemenkes Surabaya

E-mail : saniyyah.bw13@gmail.com

Keputihan (*fluor albus*) adalah salah satu masalah kesehatan reproduksi yang paling sering dialami oleh remaja putri, baik yang bersifat fisiologis maupun patologis. Ketidakmampuan membedakan antara keputihan normal dan tidak normal sering mengakibatkan keterlambatan deteksi dini dan pencegahan komplikasi. Penelitian ini bertujuan untuk mendeskripsikan tingkat pengetahuan remaja putri mengenai keputihan di SMPN 45 Surabaya. Penelitian menggunakan desain deskriptif dengan pendekatan *cross-sectional*. Populasi penelitian adalah seluruh siswi kelas VIII SMPN 45 Surabaya berjumlah 116 remaja putri, dipilih menggunakan teknik total sampling. Instrumen penelitian berupa kuesioner dengan empat indikator: klasifikasi, penyebab, dampak, dan pencegahan keputihan. Data dianalisis melalui perhitungan persentase, dengan kategori pengetahuan: baik (76–100%), cukup (56–75%), dan kurang (<56%). Hasil penelitian menunjukkan bahwa pengetahuan klasifikasi keputihan sebagian besar cukup, pengetahuan penyebab keputihan sebagian besar cukup, pengetahuan tentang dampak keputihan seluruhnya kurang, sedangkan pengetahuan upaya pencegahan keputihan hampir seluruhnya baik. Kesimpulannya, pengetahuan tentang keputihan pada remaja putri di SMPN 45 Surabaya sebagian besar cukup, namun masih perlu peningkatan khususnya terkait dampak keputihan. Disarankan adanya edukasi kesehatan reproduksi berkelanjutan melalui program sekolah dan dukungan tenaga kesehatan untuk mencegah komplikasi keputihan.

Kata kunci: Pengetahuan, Keputihan, Remaja Putri, Kesehatan Reproduksi

ABSTRACT

Saniyyah Balqis Wafa

KNOWLEDGE OF LEUCORRHEA (FLUOR ALBUS) AMONG ADOLESCENT GIRLS AT SMPN 45 SURABAYA

Nursing Study Program Sutomo, Diploma Three Program, Department of Nursing, Health Polytechnic of the Ministry of Health Surabaya

E-mail : saniyyah.bw13@gmail.com

Leucorrhea (fluor albus) is one of the most common reproductive health problems experienced by adolescent girls, both physiological and pathological. The inability to distinguish between normal and abnormal leucorrhea often leads to delays in early detection and prevention of complications. This study aimed to describe the level of knowledge of adolescent girls regarding leucorrhea at SMPN 45 Surabaya. The study employed a descriptive design with a cross-sectional approach. The study population consisted of all eighth-grade female students at SMPN 45 Surabaya, totaling 116 respondents, selected using a total sampling technique. The research instrument was a questionnaire covering four indicators: classification, causes, impacts, and prevention of leucorrhea. Data were analyzed using percentage calculations with knowledge categories defined as good (76–100%), moderate (56–75%), and poor (<56%). The results showed that most respondents had moderate knowledge regarding the classification of leucorrhea, moderate knowledge regarding its causes, poor knowledge regarding its impacts, and good knowledge regarding preventive efforts. In conclusion, the overall knowledge of adolescent girls at SMPN 45 Surabaya about leucorrhea was predominantly moderate; however, improvement is still needed, particularly in relation to the impacts of leucorrhea. It is recommended to provide continuous reproductive health education through school programs, supported by healthcare professionals, to prevent complications related to leucorrhea.

Keywords: Knowledge, Leucorrhea, Adolescent Girls, Reproductive Health