

## ABSTRAK

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### DESCRIPTION OF THE VULVA HYGIENE PRACTICES DURING MENSTRUATION IN TEENAGER AT KARANGANYAR 2 JUNIOR HIGH SCHOOL

#### ABSTRACT

**Background:** Teenager is a childhood with young adulthood between a period of 10-19 years. Teenager experience menarche normally 12-14 years . Vulva hygiene during menstruation needs to be considered blood vessels in the uterus are easily infected. The practice of vulva hygiene is an effort to prevent and control infection. Practices that are less during menstruation such as lazy to replace sanitary napkins cause fungal and bacterial infections. **Purpose:** To find out the description of the practice of vulva hygiene during menstruation in teenagers in Karanganyar 2 Junior High School. **Methods:** This type of research includes quantitative descriptive research, data collection techniques using Stratified Random Sampling with a sample of 77 respondents with research instruments using questionnaires on vulva hygiene practices during menstruation. **Results:** The results of the univariate analysis showed that characteristics based on adolescence 13-15 years old, 69 respondents, menarche age > 12 years 41 respondents, good vulva hygiene practices during menstruation 61 respondents. **Conclusion:** the characteristics of adolescent age in the category of middle adolescents, menarche age > 12 years, majority of vulva hygiene practices during menstruation are good.

**Kata Kunci :** vulva hygiene practices, teenager, age.