

**PROGRAM STUDI S1 KEPERAWATAN  
FAKULTAS ILMU KEPERAWATAN DAN KESEHATAN  
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Hubungan Kebiasaan Perawatan Organ Genital dengan Keasaman Mukosa Vagina Ibu Hamil di Wilayah Puskesmas Mranggen 2 Kecamatan Mranggen Kabupaten Demak

xviii + 68 halaman + 1 gambar + 9 tabel + 2 skema + 1 diagram+ 15 lampiran

**Abstrak**

Perawatan genital merupakan suatu tindakan untuk memelihara kebersihan organ kewanitaan dengan tujuan mempertahankan kesehatan dan mencegah infeksi. Perubahan keasaman vagina dipengaruhi oleh beberapa faktor yaitu faktor internal dan eksternal. Faktor internal terjadi pada masa kehamilan. Faktor eksternal akibat dari pemakaian antibiotik, nutrisi, waktu, dan diperkirakan faktor eksternal lain adalah kebiasaan perawatan organ genital. Penelitian ini menggunakan desain deskriptif dengan pendekatan *cross sectional*. Penelitian ini dilakukan di wilayah Puskesmas Mranggen 2 pada bulan Mei-Juli 2018 diperoleh populasi sebanyak 81 responden. Teknik sampling yang digunakan adalah *purposive sampling* dengan jumlah sampel sebanyak 44 responden. Hasil penelitian ini menunjukkan kebiasaan perawatan organ genital ibu hamil kategori baik sebanyak 24 orang (54,5%) dan kategori kurang baik sebanyak 20 orang (45,5%). Sebagian besar keasaman mukosa vagina ibu hamil yaitu normal dengan pH 5 sebanyak 24 responden (54,5%), curiga basa dan basa dengan pH 6 dan >6 sebanyak 20 responden (45,5%). Dari hasil analisis dapat disimpulkan bahwa ibu hamil dengan kebiasaan perawatan organ genital baik didapatkan pH asam (normal), sedangkan ibu hamil dengan kebiasaan perawatan organ genital kurang baik didapatkan pH basa. Keadaan asam dibutuhkan sebagai proteksi agar bakteri patogen tidak berkembang biak sehingga terhindar dari infeksi dan komplikasi kehamilan seperti Ketuban Pecah Dini, prematuritas dan Berat Badan Lahir Rendah. Berdasarkan hasil penelitian, ada hubungan kebiasaan perawatan organ genital dengan keasaman mukosa vagina dengan nilai  $p < 0,000$ , maka ibu hamil perlu menjaga kebersihan dan mempertahankan perawatan organ genital yang baik agar terhindar dari infeksi dan komplikasi kehamilan yang berdampak buruk untuk ibu dan janin.

**Kata kunci** : keasaman vagina, kebiasaan perawatan genital, kehamilan  
**Referensi** : 52 (2008-2016)

**UNDERGRADUATE NURSING STUDY PROGRAM  
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*Genital Organs Care habits of relationship with the acidity of the vaginal Mucosa of pregnant women in the area of public health Mranggen 2 Kecamatan Mranggen Demak Regency*

*XVIII + 68 pages + 1 image table + 2 + 9 + 1 scheme diagram + 15 attachments*

**Abstrack**

*Genital treatments is an action to maintain the cleanliness of the organ of femininity with the purpose of maintaining health and preventing infection. Change the acidity of the vagina is affected by several factors, namely internal and external factors. Internal factors occurring during pregnancy. External factors resulting from the use of antibiotics, nutrition, time, and other external factors diperkirakan is a genital organ care habits. This research uses descriptive design with cross sectional approach. This research was conducted in the area of public health Mranggen 2 in May-July 2018 retrieved a population 81 respondents. The sampling technique used was purposive sampling with the total sample as much of the 44 respondents. The results of this research show the genital organ care habits of pregnant women category either as many as 24 people (54.5%) and categories less well as many as 20 people (45.5%). Most of the acidity of the vaginal mucosa of pregnant women that is normal with pH 5 as many as 24 respondents (54.5%), suspicious of alkaline and alkaline with a pH of 6 and >6 as much as 20 respondents (45.5%). From the results it can be concluded that the analyst of pregnant women with genital organ care good habits acquired pH acidic (normal), while pregnant women with genital organ care habits less good it brings the pH of alkaline. The State of acid are needed as protection so that pathogenic bacteria do not breed so to avoid infection and pregnancy complications such as Premature Rupture of The Membrane, Amniotic prematuritas and Low Birth Weight. Based on research results, there is a genital organ care habits of relationship with the acidity of the vaginal mucosa with p value 0.000, then pregnant women need to keep clean and maintain good genital organs treatment to avoid infections and pregnancy complications that are bad for the mother and the fetus.*

**Key words:** *genital grooming habits, pregnancy, vaginal acidity*  
**Reference:** 52 (2008-2016)