

ABSTRAK

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Identifikasi *Personal Hygiene* Pada Siswa Kelas X Berdasarkan Usia Dan Jenis Kelamin Di SMK Negeri 1 Situbondo

Abstrak

Permasalahan perilaku hidup sehat pada anak biasanya berkaitan dengan kebersihan peorangan dan lingkungan seperti kebersihan gigi dan mulut, kulit, kuku, rambut, mata, hidung, telinga, pakaian harus selalu terjaga, dan kebersihan lingkungan rumah serta sekolah juga harus terjaga. Penelitian ini bertujuan untuk mengidentifikasi *personal hygiene* pada Siswa kelas X berdasarkan usia dan jenis kelamin. Penelitian ini menggunakan desain penelitian kuantitatif deskriptif. Data diambil pada tanggal 20 April – 11 Mei 2025 terhadap 125 remaja di SMK Negeri 1 Situbondo secara *random sampling*. Pengolahan data meliputi *editing, coding, scoring, dan tabulating*. Hasil analisa data didapatkan perilaku *personal hygiene* siswa sebagian besar baik sebanyak 63 responden (50,4%), dan hanya 1 responden yang *personal hygiene* kurang. Identifikasi usia responden sebagian besar berusia 15 tahun dengan perilaku *personal hygiene* cukup sebanyak 42 responden (33,6%), dan identifikasi jenis kelamin responden sebagian besar perempuan dengan perilaku *personal hygiene* baik sebanyak 45 responden (36%). Rekomendasi peneliti yaitu diharapkan institusi pendidikan sebagai bahan evaluasi untuk meningkatkan program UKS dan pembinaan karakter siswa khususnya pengadaan penyuluhan pentingnya perilaku hidup bersih dan sehat. Hasilnya dapat membantu sekolah menciptakan lingkungan belajar yang bersih, sehat, dan mendukung kepercayaan diri siswa.

Kata Kunci : *Personal Hygiene*, Usia, Jenis Kelamin, Remaja

ABSTRACT

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Identification of Personal Hygiene Among Grade X Students Based on Age and Gender at SMK Negeri 1 Situbondo

Abstract

Issues regarding healthy living behaviors among children are typically linked to personal and environmental hygiene—such as the cleanliness of teeth and mouth, skin, nails, hair, eyes, nose, ears, and clothing, as well as the maintenance of clean home and school environments. This study aims to identify the personal hygiene practices of Grade X students based on age and gender. A descriptive quantitative research design was employed. Data were collected between April 20 and May 11, 2025, from 125 adolescents at SMK Negeri 1 Situbondo using random sampling. Data processing involved editing, coding, scoring, and tabulation. The analysis revealed that the majority of students (63 respondents or 50.4%) exhibited good personal hygiene behavior, while only one respondent demonstrated poor personal hygiene. Regarding age, the largest group consisted of 15-year-olds with "fair" personal hygiene behavior (42 respondents or 33.6%); regarding gender, the majority were female students with "good" personal hygiene behavior (45 respondents or 36%). The researcher recommends that educational institutions use these findings to evaluate and improve School Health Unit (UKS) programs and student character development, specifically by organizing educational sessions on the importance of clean and healthy living habits. These results can assist the school in creating a clean, healthy learning environment that fosters student self-confidence.

Keywords: Personal Hygiene, Age, Gender, Adolescents