EDUCATION ON VULVA HYGIENE DURING MENSTRUATION TO INCREASE KNOWLEDGE AMONG ADOLESCENT GIRLS USING VIDEO MEDIA

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SUMMARY

Background: *Vulva hygiene is the practice of maintaining the cleanliness of the female genital area. Research shows that the prevalence of vulva hygiene behaviors in the United States is around 55%, whereas in Indonesia, a lack of knowledge among adolescent girls regarding feminine hygiene highlights the importance of early education to enhance awareness and understanding of vulva hygiene.* ***Methods:*** *The development of Information, Education, and Communication (IEC) media was carried out in the form of a video through pre-production, production, and post-production stages. The content covers the importance of maintaining reproductive organ hygiene, correct methods for cleaning the genital area, changing sanitary pads regularly, and maintaining personal hygiene during menstruation.* ***Results:*** *The project produced an animated educational video titled "Yuk Lakukan VUGIEN (Vulva Hygiene) Saat Menstruasi" (Let's Practice VUGIEN / Vulva Hygiene During Menstruation). Developed using simple language and engaging visuals to ensure easy comprehension for adolescent girls, the 02 minute 56 detik video was determined to be suitable for health education media.* ***Conclusion:*** *Video media serves as an effective educational tool to improve adolescent girls' knowledge regarding the importance of vulva hygiene during menstruation.*

Keywords: *Education, Menstruation, Adolescent, Vulva Hygiene, Video*