CASE STUDY ON THE ROLE OF PEER EDUCATION USING POCKETBOOK MEDIA IN IMPROVING ADOLESCENT GIRLS' UNDERSTANDING OF MENSTRUAL HYGIENE AT SMP NEGERI 1 POGALAN, TRENGGALEK

Devita Anggun Permadani

Program Studi Sarjana Terapan Promosi Kesehatan, Jalan Besar Ijen No.77C Malang

Email : devita_p17421223019@poltekkes-malang.ac.id

ABSTRACT

Introduction: Menstrual hygiene is an important aspect of adolescent girls' reproductive health. Limited understanding of menstrual hygiene may increase the risk of health problems such as urinary tract infections and reproductive tract infections. In the school environment, menstruation is often considered a taboo topic, causing adolescent girls to feel uncomfortable asking questions and seeking accurate information. Therefore, appropriate educational strategies that suit adolescents' characteristics are needed, one of which is peer education supported by pocketbook media as a practical and easy-to-understand educational tool. **Research Method:** This study employed a qualitative method with a case study approach conducted at SMP Negeri 1 Pogalan, Trenggalek. The research subjects consisted of peer educators, peer tutors, adolescent girls who received the education, and supporting informants from the school. Data were collected through in-depth interviews, focus group discussions (FGDs), participant observation, and documentation. Data analysis was performed using the interactive model of Miles and Huberman, while data validity was ensured through source and method triangulation. **Research Results:** The results showed that peer education supported by pocketbook media played an effective role in improving adolescent girls' understanding of menstrual hygiene. Peer educators delivered the material using simple and communicative language, creating a comfortable learning atmosphere. The pocketbook media helped clarify the material and served as a reference that could be reread by the adolescents. **Conclusion:** Peer education using pocket guides plays a role in improving adolescent girls' understanding of menstrual hygiene. This approach has proven effective in supporting reproductive health education by providing information that is easier to understand and tailored to the characteristics of adolescents.

Keywords: *Health Promotion; Peer Education; Menstrual Hygiene; Reproductive Health Knowledge.*