

Correlation between Knowledge and Personal Hygiene Behavior among Female Adolescents during Menstruation: A Study at MTSN Binanga School

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Abstract

Personal hygiene during menstruation is behavior related to maintaining health and efforts to maintain the cleanliness of the female area during menstruation. Adolescents who do not apply methods of caring for their reproductive areas during menstruation cause reproductive health problems such as sexual transmitted disease, cervical cancer and other reproductive health problems. One of the factors that influence the personal hygiene behavior of young women during menstruation is knowledge. Knowledge about personal hygiene influences behavior in maintaining and caring for reproductive health during menstruation. This study aims to determine correlation between knowledge and personal hygiene behavior of female adolescents during menstruation at MTs N Binanga school in 2022. This type of research used quantitative research, analytic survey methods with a cross-sectional design. The sample was 86 students of class IX students of MTs N Binanga school and used purposive sampling technique. Data collection using a questionnaire. Data analysis used the chi-square test. The results showed that respondents had good knowledge and positive behavior (84%) and respondents who had less knowledge and negative behavior (57%). With a p-value = 0.002 <math>$\alpha = 0.05$, which means there was a correlation between knowledge and personal hygiene behavior of young women during menstruation. The conclusion of this study was that there was correlation between knowledge and personal hygiene behavior of young women during menstruation at MTs N Binanga school. From these results, it is suggested to young women to perform good personal hygiene during menstruation.

Keywords:

Knowledge; Behavior; Personal hygiene; Menstruation

Abstrak

Personal hygiene saat menstruasi merupakan perilaku yang berkaitan dengan tindakan memelihara kesehatan dan upaya menjaga kebersihan daerah kewanitaan saat menstruasi. Remaja yang tidak menerapkan metode perawatan daerah reproduksinya saat menstruasi menyebabkan masalah kesehatan reproduksi seperti ISR, kanker serviks dan masalah kesehatan reproduksi lainnya. Faktor yang mempengaruhi perilaku personal hygiene remaja putri saat menstruasi salah satunya pengetahuan. Pengetahuan mengenai personal hygiene berpengaruh terhadap perilaku dalam menjaga dan merawat kesehatan reproduksi saat menstruasi. Penelitian ini bertujuan untuk mengetahui hubungan pengetahuan dengan perilaku personal hygiene remaja putri pada saat menstruasi di MTs N Binanga. Jenis penelitian menggunakan penelitian kuantitatif, metode survey analitik dengan desain *cross-sectional*. Sampel berjumlah 86 siswi kelas IX MTs N Binanga dan menggunakan teknik Purposive Sampling. Pengumpulan data menggunakan kuisioner. Analisa data menggunakan uji *chi-square*. Hasil penelitian

menunjukkan responden berpengetahuan baik dan berperilaku positif yakni sebanyak (84%) dan responden yang berpengetahuan kurang dan berperilaku negatif yaitu sebesar (57%). Dengan nilai $p\text{-value} = 0,002 < \alpha = 0,05$ menunjukkan ada hubungan antara pengetahuan dengan perilaku personal hygiene remaja putri saat menstruasi. Kesimpulan penelitian ini adalah ada hubungan antara pengetahuan dengan perilaku personal hygiene remaja putri pada saat menstruasi di MTs N Binanga. Disarankan kepada remaja putri untuk melakukan personal hygiene yang baik saat menstruasi.

Kata Kunci:

Pengetahuan; Perilaku; Personal Hygiene; Menstruasi

INTRODUCTION

Adolescent reproductive health is an important aspect of health development, especially reproductive health. The state of complete physical, mental, and social well-being referred to as reproductive health is not only free from disease or disability related to the functions and processes of the reproductive system [1]. Adolescents with reproductive health problems are less able to care for their reproductive organs, especially during menstruation [2]. So that it can cause reproductive health problems such as RTIs, cervical cancer, uterine fibroids, and other health problems. During menstruation, the most common problem experienced by adolescents is infection of the reproductive tract. Reproductive tract infections usually attack the lower female reproductive organs known as reproductive tract infections (RTIs). Reproductive tract infections (RTIs) are the highest incidence in the world, according to World Health Organization [3] *mainly occurring among adolescents (35-42%) and young adults (27-33%). The problem arises due to lack of immunity, poor menstrual personal hygiene practices, dirty environment, and use of unclean sanitary pads. The incidence of candidiasis is 25-50% of adolescent ISR worldwide, bacterial vaginosis 20-40%, and trichomoniasis 5-15%. According to the 2016 Indonesian Adolescent Reproductive Health Survey, only 21.3% of adolescents have good hygiene during menstruation, while 66.6% of adolescent girls have poor hygiene behaviour during menstruation, based on the Indonesian Democratic Health Survey [1] Women of*

childbearing age are most at risk of developing RTIs during menstruation, pregnancy and childbirth. Poor personal hygiene behaviour during menstruation (30%), lack of immunity (10%), dirty environment, and use of unclean sanitary napkins during menstruation (50%) are the main causes of RTIs.

Maintaining personal hygiene is very important during menstruation. [4] Personal hygiene during menstruation includes actions to maintain health and efforts to keep reproductive organs clean during menstruation. Personal Hygiene is an effort to maintain personal health through personal hygiene [5]. Personal hygiene is an effort made by individuals to maintain cleanliness and health to avoid disease[6]. Personal hygiene is self-care that includes things such as bathing, using the toilet, general body hygiene, and dressing up [7]. Personal hygiene can be translated as actions taken to maintain one's physical and psychological well-being through one's health and hygiene. based on information from Isro'in, L & Andarmoyo, S.[8]. Good knowledge of personal hygiene can have an impact on a person's behaviour in maintaining and maintaining their reproductive health, especially during menstruation. Poor menstrual hygiene practices, which can harm one's reproductive health, are made possible by adolescents who lack knowledge about reproductive health issues. Lack of knowledge about menstruation, sexuality, and reproductive health can hinder the ability of adolescents to maintain hygiene during menstruation[9]. According to Susanti [10], there is a relationship between personal hygiene practices related to

Dikomentari [AS1]:

menstruation and knowledge of adolescent girls. However, a study by Rohidah dkk [11] found no correlation between menstrual-related personal hygiene practices and knowledge. On the other hand, a correlation was found between the knowledge of adolescent girls and personal hygiene practices related to menstruation [12]. According to research by Juwitasari [13], personal hygiene practices and knowledge related to menstruation are interrelated. Thus, it is uncertain whether adolescents' knowledge can influence menstrual hygiene practices.

Knowledge, attitude, information, support, and facilities affect the menstrual hygiene behaviour of adolescent girls according to Suryani L [14].

The aim of this research is to determine the relationship between knowledge and personal hygiene behavior of adolescents during menstruation.

METHODS

This type of research is quantitative and uses a cross-sectional research design with the instrument used is a questionnaire that has been validated by previous research (Permata DD, 2019). This research has received ethical approval No. 01.1347/KEPK/2022. The sample of this study were 86 female students at MTs N Binanga school who had experienced menstruation. The data obtained was analysed using chi square with a 95% confidence degree. The reason for determining the location is because there are still adolescents who do not understand how to do good personal hygiene during menstruation so that there is often a disturbance in the form of discomfort in the genital area when adolescents experience menstruation.

RESULTS AND DISCUSSION

The results obtained in this study can be seen based on univariate and bivariate analysis.

1. Analysis Univariate

Univariate analysis was carried out to determine the percentage of knowledge and personal hygiene behavior of adolescents during menstruation.

Table 1. Distribution of Respondents' Knowledge About Personal Hygiene During Menstruation at MTs N Binanga School

Knowledge	Amount	
	F	%
Good	43	50,0
Moderate	29	33,7
Less	14	16,3
Total	86	100

Based on the data, most of the adolescents' knowledge about personal hygiene during menstruation at MTs N Binanga school is included in the "good" category. That is, 50.0% or 43 young women who are respondents have good knowledge, and 16.3% or 14 respondents have less knowledge.

Table 2. Distribution of Respondent's Personal Hygiene Practices During Menstruation at MTs N Binanga School.

Practices	Amount	
	F	%
Positive	57	66,3
Negative	29	33,7
Total	86	100

Based on the data, the majority of adolescents at MTs N Binanga practiced good personal hygiene during menstruation, about 57 respondents (66,3 %) and 33,7 % respondents behave negatively or not well during menstruation.

2. Analysis Bivariate

Table 3. Relationship between Knowledge and Personal Hygiene Behavior of Adolescents During Menstruation at MTs N Binanga School.

Knowledge	Personal Hygiene Behavior				P value
	Positive		Negative		
	N	%	N	%	
Good	36	84	7	16	0,002
Moderate	15	52	14	48	
Less	6	43	8	57	
					86

The findings of research conducted at MTs N Binanga school regarding the relationship between personal hygiene knowledge and behavior of adolescents during menstruation. Based on the results of the bivariate analysis shown in the table 3, it shows that the majority of respondents with good knowledge had positive personal hygiene behavior during menstruation (84%), while the majority of respondents with less knowledge had negative personal hygiene behavior (57%).

Based on the results of statistical tests conducted, the Probability Significant Value (p-value) is 0.002, or a "Sig-value" of less than 0.05, which indicates a relationship between personal hygiene knowledge and the behavior of adolescents during menstruation at MTs N Binanga school.

The results showed that most adolescent girls had good knowledge of personal hygiene during menstruation and a small proportion of respondents had poor knowledge. This is inseparable from one's intelligence. Intelligence about something, or knowing something and intelligence related to certain things, both are components of knowledge.

Knowledge about personal hygiene during menstruation is very important. Efforts made by a person or community to maintain cleanliness and health to avoid disease are known as personal hygiene[6]. Maintaining personal health and hygiene, especially in the female area during menstruation is the goal of personal hygiene. The main factors that play a role such as education, experience, and beliefs are internal factors that affect knowledge. Furthermore, external factors, such as facilities, economic conditions, and community customs or culture [15].

In addition, the experience of adolescent girls at MTs N Binanga school who are menstruating affects their knowledge of good personal hygiene. How to use things that have been learnt in the past to be used in the future to solve problems is experience as a source of knowledge [15].

The characteristics of respondents also played a role in the results obtained where most respondents admitted that they first menstruated when they were 12 years old, indicating that respondents already had experience in dealing with menstruation. Adolescent girls' knowledge about how to maintain personal hygiene during menstruation is influenced by their experiences and routines. At the time of data collection, 54 respondents (62.8 %) in this study were 14 years old. This informed that the respondents had been practising menstrual personal hygiene for approximately one year and had experience in overcoming problems during menstruation before.

Based on the data collected, most of the adolescent girls who participated in the survey at MTs N Binanga school maintain good personal hygiene during menstruation, while 33.7% of adolescent girls do not maintain good personal hygiene or behave badly during menstruation. Behaviour is the behaviour of organisms or living things[16]. Personal hygiene related to menstruation includes actions to maintain health and efforts to keep reproductive organs clean during menstruation. A person's behaviour is influenced by several things. Knowledge and attitude of a person or community towards what will be done are predisposing factors which are the main factors that can facilitate or influence the behaviour of a person or community. Second, facilities, infrastructure, and facilities that support or facilitate the behaviour of a person or community are referred to as enabling or supporting factors. Third, training and community leaders are one of the reinforcing factors.

Resources in the form of facilities and infrastructure are known to play a role in changing a person's behaviour. Resources or facilities at MTs N Binanga school that encourage adolescent girls to practice good personal hygiene during menstruation have not been fulfilled to the fullest. The lack of facilities

that support student health, such as tissue dryers in the bathroom, may have contributed to negative personal hygiene behaviour because there are still 33.7%, or 29 adolescent girls with negative personal hygiene behaviour which may be triggered by a lack of supporting factors such as the physical environment.

However, in terms of knowledge, which is one of the predisposing factors, although there is no special class on reproductive health at MTs N Binanga school, students still learn about personal hygiene during menstruation because respondents live in an area where religious teachings about the importance of hygiene or self-care are very strong and cannot be separated. Experience from parents also plays a role in monitoring personal hygiene behaviour in adolescents.

It was found that respondents with good personal hygiene knowledge had higher positive behaviour during menstruation (84%), while respondents with less knowledge had negative personal hygiene behaviour (57%). Researchers found a correlation between personal hygiene knowledge and the behaviour of adolescent girls during menstruation. Personal hygiene habits or self-care practices during menstruation are influenced by adolescent girls' knowledge of hygiene during menstruation. Adolescent girls who understand menstruation well will be ready to face and overcome all the problems that arise. Adolescents will experience physical and psychological problems due to this problem if not followed by correct knowledge, on the contrary, adolescents will respond positively when menstruating if accompanied by good knowledge [17].

In this study, 57% of respondents had insufficient knowledge about menstruation and behaved negatively. Adolescents who lack knowledge about reproductive health are more likely to practice poor menstrual hygiene, which can harm their reproductive health [2]. Adolescents may be less able to manage their hygiene during menstruation if they lack

knowledge about menstruation, reproductive health, and sexuality [9].

According to several studies, there is a relationship between personal hygiene practices related to menstruation and the knowledge of adolescent girls [10,12,13]. The practices and knowledge of personal hygiene related to menstruation are interrelated. However, a study by Rohidah et al [11] found no correlation between personal hygiene practices related to menstruation and knowledge.

From the results of previous researchers found that, some adolescent girls' knowledge and personal hygiene practices during menstruation were related, while others were not. Adolescent girls' personal hygiene practices and knowledge about menstruation at MTs N Binanga school were found to be related in this study.

During menstruation, the blood vessels in the uterus are susceptible to infection because germs easily enter and cause disease. Therefore, the practice of maintaining good hygiene during menstruation is very important[18]. Physical conditions that often occur in a person's personal hygiene include problems with the oral mucosa, eye and ear infections, and physical problems with nails.

A person's level of education has a significant impact on the level of knowledge[19]. Knowledge is human sensing, or how a person perceives an object through their five senses[20].

The researcher hypothesised that a person's behaviour in maintaining hygiene and caring for reproductive health, especially during menstruation, is strongly influenced by their knowledge of personal hygiene during menstruation. Adolescent girls will be more aware of the risks associated with poor personal hygiene during menstruation if they have better knowledge about the importance of maintaining reproductive health during menstruation, as well as the importance of

practicing good personal hygiene. This statement is in line with Yulia in 2020[2]. This is in accordance with the concept stated by Nia in 2021 [17] which states that knowledge is one of the factors associated with menstrual hygiene behaviour. Reproductive health problems such as excessive vaginal discharge, ISR, and itchy and smelly female organs can be caused by a lack of knowledge about menstrual hygiene. During menstruation, the most common problem experienced by adolescents is infection of the reproductive tract. On the contrary, adolescent reproductive organs and personal hygiene will be maintained and avoid reproductive health problems and diseases if adolescents have a strong understanding of menstrual hygiene.

CONCLUSION

The conclusion obtained is based on the results of the study that the majority of adolescent's knowledge is in the good category, and the majority of their behavior is positive. The majority of adolescents who have good knowledge show positive behavior. Suggestions for future research to study other factors relating to adolescent behavior during menstruation using more samples.

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