



# The Effect of Adolescent Knowledge about Menstruation on Personal Hygiene Behavior during Menstruation in Environment III Silandit Village

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## ABSTRACT

Reproductive Health What is most important is complete physical, mental and social well-being, not only because you are free from disease or disability, in all aspects related to the reproductive system, its functions and processes, including being male or female. The research was conducted to determine the effect of adolescent knowledge about menstruation on personal hygiene behavior when menstruation occurs in environment III, Silandit village. This research is analytic with a cross sectional design, with a population and sample of 33 young women who are in environment III Silandit village. This study shows the results that there is an influence of adolescent knowledge about menstruation on personal hygiene behavior when menstruation occurs in the environment III Silandit village with a value of  $p = 0.005 < p = 0.05$ . The conclusion in this study is to be able to provide counseling to adolescents related to reproductive health in adolescents, especially young women by related agencies or related parties.

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## 1. INTRODUCTION

Reproductive health is a complete physical, mental and social well-being, not only free from disease or disability, in all aspects related to the reproductive system, its functions and processes. Both men and women need an adequate psychological foundation so that their emotional development takes place properly [1].

Study of the World Health Organization (WHO) that poor women's reproductive health problems have reached 33% of the total burden of disease suffered by women in the world, one of which is vaginal discharge [2] [3].

Hygienic behavior is very important because if it is not implemented properly it will have a negative impact on reproductive health. Based on WHO data in 2010, the prevalence rates of candidiasis (25-50%), bacterial vaginosis (20-40%) and trichomoniasis (5-15%) [4].

Indonesia is ranked first for cases of women with cervical cancer worldwide, while data from the Indonesian Cancer Foundation shows that cervical cancer causes at least 555 women to die per day and 200,000 women per year [5].

Health Research The basis (Riskesdas) reports that the prevalence of cancer is in the Province of the Special Region of Yogyakarta, which is 4.1% where the highest cervical cancer is in the Province of Yogyakarta, which is 1.5%, this data shows that the prevalence of cervical cancer nationally is 0.8%. Data from the Yogyakarta Provincial Health Office the incidence of cervical cancer in the city of Yogyakarta was 341 cases, in Sleman Regency as many as 962 cases, in Gunung Kidul Regency as many as 105 cases, in Kulon Progo Regency as many as 205 cases, and most are in Bantul Regency as many as 1355 cases [6].

Menstrual personal hygiene behavior is behavior related to actions to maintain health and efforts to maintain cleanliness in the female area during menstruation, these behaviors include; maintain genital hygiene, such as washing it with clean water, wearing sweat-wicking pants, changing underwear, changing sanitary napkins frequently, bathing twice a day [7]. Hygiene is a science that deals with health problems in various efforts to maintain or improve health [8]. The impact that occurs if personal hygiene behavior is not carried out, among others, young women will not be able to fulfill the cleanliness of their reproductive organs, appearance and health during menstruation are also not maintained, so that can get urinary tract infections, vaginal discharge, cervical cancer and other reproductive health.

Adolescents are people aged 12 to 24 years. Adolescence is a transition from childhood to adulthood. That is, the process of introduction and knowledge of reproductive health has actually started at this time. In simple terms, reproduction comes from the word "re" which means return and "production" which means to make or produce [9].

According to Green (1980) in Notoatmodjo (2010) tries to analyze human behavior from the level of health. The health of a person or society is influenced by 3 factors, namely predisposing factors, which are manifested in knowledge, attitudes, beliefs, values and so on, supporting factors, which are manifested in the physical environment, the availability or not of health facilities and other factors. driving force, which is manifested in the attitudes and behavior of health workers, or other officers who are a reference group for community behavior. Green theory in this study will be used to predict that knowledge will affect attitudes which then determine whether a person's behavior is good or bad to improve his health [10].

Based on preliminary studies conducted in the field, there are still many teenagers who lack knowledge about personal hygiene during menstruation. So it is necessary to do research with the title "The Effect of Adolescent Knowledge about Menstruation with Personal Hygiene Behavior During Menstruation in Environment III Silandit Village".

## 2. RESEARCH METHOD

This research is a survey research with the type of explanatory research, which is to explain the influence of Adolescent Knowledge about Menstruation and Menstruation Time in Environment III, Silandit Village. The research design used is cross sectional, which is a study where measurements or observations are made at the same time on the data of the independent and dependent variables (one time) [11]. This research was conducted in Silandit Village. The population and sample in this study were the total population. So the sample in this study amounted to 33 teenagers.

### 3. RESULT AND DISCUSSION

#### 3.1 Univariate Test Results

**Table 1.**  
Frequency Distribution of Adolescent Knowledge about Menstruation in Environment III Silandit Kelurahan Village

Knowledge	n	%
Good	13	39.4
Poor	20	60.6
Amount	33	100,0

Based on the table above, the majority of adolescents' knowledge about menstruation is good as many as 30 respondents (60.6%) and the minority of adolescents' knowledge about menstruation is not good as many as 13 respondents (39.4%)

**Table 2.**  
Frequency Distribution of Personal Hygiene Behavior during Menstruation in Environment III Silandit Village

Personal Hygiene Behavior	n	%
Supports Health	13	39.4
Less Supports Health	20	60.6
Amount	33	100,0

Based on the table above, the majority of personal hygiene during menstruation supports health as many as 20 respondents (60.6%) and personal hygiene during menstruation does not support health as many as 13 respondents (39.4%).

#### 3.2 Bivariate Test Results

**Table 3.**  
The Effect of Adolescent Knowledge about Menstruation on Personal Hygiene Behavior during Menstruation in Environment III Silandit Village

No	Adolescent Knowledge	Personal Hygiene Behavior during Menstruation				Amount	P	
		Adolescent Knowledge		Less Supports Health				
		n	%	n	%			
1.	Good	9	27,3	4	12,1	13	39,4	0.005
2.	Poor	4	12,1	16	48,5	20	50,6	
	Total	13	39,4	20	100	43	100	

Based on the results of the research on the influence of adolescent knowledge about menstruation on personal hygiene behavior during menstruation, the results of statistical tests with *Chi\_Square* showed that there was an influence of adolescent knowledge about menstruation on personal hygiene behavior during menstruation in environment III Silandit village with  $p = 0.005 < p = 0.05$

#### 3.3 Effect Adolescent Knowledge about Menstruation on Personal Hygiene Behavior during Menstruation in Environment III Silandit Village

The results showed that there were still a lot of adolescent knowledge that was not good about personal hygiene during menstruation. The results also showed a significant influence of adolescent knowledge on personal hygiene behavior during menstruation.

Knowledge is the result of human sensing or the result of someone's "knowing" of objects through the senses they have. Sensing occurs through the five human senses, namely the sense of sight, the sense of smell, the sense of taste, and the sense of touch [12] [13] [14].

Reproductive Health is a complete physical, mental and social well-being in all matters relating to systems and functions, as well as the reproductive and reproductive processes. not just a state of being free from disease and disability. Everyone must be able to have a satisfying and safe sexual life for himself, also be able to reduce and fulfill his desires without any obstacles, when and how often to have children. Everyone has the right to regulate the number of their family, including obtaining a complete explanation of contraceptive methods so that they can choose the right and preferred method. In addition, the right to obtain other reproductive health services, such as antenatal care, childbirth, postpartum and services for children and adolescent health also needs to be guaranteed [15] [16] [17].

Lack of personal hygiene knowledge will be able to influence attitudes and behavior in one's life. Good knowledge will affect good attitudes and behavior and vice versa. If personal hygiene knowledge is lacking, the impact that will occur is always ignored. behavior during menstruation will not just happen, but is a process that is learned because individuals understand the positive or negative impacts of a behavior related to menstrual conditions *hygiene*. reproductive organs. *Personal hygiene* during menstruation is an individual action that is needed to obtain individual comfort, safety and health of reproductive organs during menstruation. *Personal hygiene* is very important for the physical and psychological well-being of individuals [18] [19].

Menstruation or menstruation is periodic and cyclic bleeding from the uterus, accompanied by the release (desquamation) of the endometrium [20] [21] [22]. Menstruation is a natural cycle that shows the perfection of a woman.

Respondents who have less knowledge of menstruation and menstrual hygiene behavior that is detrimental to health (bad) are known to be 10 people or 90.9%. Respondents with less knowledge and have menstrual hygiene behavior that is detrimental to health (bad) due to unsupportive environmental factors. Lack of knowledge due to dropping out of education and lack of health information that he got while in prison, so many people get information from people around them. The results of the chi-square test obtained a p-value of 0.001 where the acquisition is smaller than the 95% confidence value (0.05) obtained value =  $0.021 < (0.05) = 5\%$  so that  $H_a$  failed to be rejected, so it can be concluded that there is a relationship between knowledge about menstruation and menstrual hygiene behavior in female prisoners at the Class IIA Wirogunan Yogyakarta Correctional Institution [23].

In general, adolescents know enough about personal hygiene during menstruation, but sometimes they are less responsive to efforts to prevent health problems. related to the genitals. This condition is caused by not paying attention to efforts to live healthy in order to maintain, maintain and improve health so that it is needed to live a healthy and clean life.

This study is in line with the research conducted [24]. Based on the chi square test, it was found that there was an influence/relationship of attitudes about menstrual personal hygiene on the personal hygiene behavior of adolescent girls during menstruation with p value = 0.021.

The results of statistical tests obtained  $p = 0.046$  in this case  $p < 0.05$ , it can be concluded that there is a relationship between knowledge of personal hygiene behavior during menstruation at Patriot Junior High School Vol. 05, No. 01, March 2016 Personal Hygiene Behavior of Menstruation 21 Kranji 2014. From the analysis results, it was also obtained an OR value = 2,630 which means that students who lack knowledge about personal hygiene during menstruation have 2,630 times the opportunity to behave less well than students who have good knowledge of personal hygiene at the time of menstruation. during menstruation [25].

This study is also in line with [26] knowledge of adolescent girls about personal hygiene during menstruation in the good category, namely 62.9%. Personal hygiene behavior of adolescent girls during menstruation is in the positive category, namely 61.3%. There is a relationship between knowledge and personal hygiene behavior of adolescent girls during menstruation with a p value of 0.023.

The results of previous studies support each other between theory and this research. that knowledge that is good enough will give a person's view to behave well. Both good behavior

(supporting health) and bad behavior (adverse health) towards menstruation cannot be separated from individual factors that are obtained by a person from various information and knowledge that he gets through training and education, both formal and non-formal education which will affect a person's behavior.

In accordance with the researcher's assumption that knowledge has a very close influence on improving the health status of each individual. A person's behavior is closely related to knowledge, can be interpreted with good knowledge, then a person's behavior will also change more quickly for the better. It can be seen in this study that good adolescent knowledge is more likely to have behaviors that can support health in personal hygiene during menstruation.

#### 4. CONCLUSION

As for the conclusion in this study, 60.9% of adolescents gained knowledge about personal hygiene during menstruation. Adolescent behavior about personal hygiene during menstruation obtained 60.9% which is less supportive of health, so this study shows that there is an influence of adolescent knowledge about menstruation on personal hygiene behavior during menstruation in environment III Silandit village.

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