# Knowledge About Menstruation With Hygiene Behavior During Menstruation In Adolescent Girls At State Senior High School 1 Buko Banggai Islands Regency

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ABSTRACT

Adolescent girls are susceptible to reproductive organ infections. This occurs due to lack of behavior in maintaining personal hygiene, especially during menstruation. Adolescent girls have a low level of attention regarding reproductive health. The design of this study used a descriptive method with a cross-sectional approach. Respondents were taken using a simple random sampling technique. The population studied were 91 female students in grades X and XI at SMA Negeri 1 Buko, Banggai Islands Regency, and the sample was 74 people. The results were analyzed using the chi square statistical test. The results showed that respondents with good knowledge who had positive hygiene behavior during menstruation were 19 (26.6%), respondents with poor knowledge mostly had negative behavior during menstruation as many as 30 (40.5%). The results of data analysis showed that the level of significance was $0.002 < \alpha = 0.05$ so that H0 was rejected and H1 was acceptedthusIt can be concluded that there is a significant relationship between knowledge of menstruation and hygiene behavior during menstruation in female adolescents at SMA Negeri 1 Buko. It is expected that the provision of health education about menstruation and hygiene behavior during menstruation can be beneficial for respondents.

## I. Introduction

Teenage girls are susceptible to reproductive organ infections. This occurs due to lack of behavior in maintaining personal hygiene, especially during menstruation. Teenage girls have a low level of attention regarding reproductive health.

According to the results of a study conducted by Wulandari in 2012, it was found that the knowledge received by teenage girls aged 13 to 16 years about external reproductive organ care during menstruation was mostly sufficient, which was 63 percent. In addition, the behavior in carrying out care for external reproductive organs which was mostly sufficient in frequency, amounting to 48 percent, was caused by relatively low education and having a relatively young age assumed to have no possible factors for contracting a disease that could attack the reproductive organs (Sari, 2012). Based on a preliminary survey conducted in the field, there were 15 female students who did not yet know about menstrual knowledge and hygiene behavior during menstruation and there had been no information/counseling related to menstruation and hygiene behavior during menstruation at SMA Negeri 1 Buko.

The purpose of this study was to analyze knowledge about menstruation with hygiene behavior during menstruation in female adolescents at SMA Negeri 1 Buko, Banggai Islands Regency. Physical changes in adolescent women such as height, enlarged breasts, enlarged pelvis, menstruation, oily skin, hair growth on the genitals and armpits. Psychological changes such as being attracted to the opposite sex, anxious, easily sad, more sensitive, withdrawn, shy, and angry. (Romauli and Vindari, 2014)

The changes above occur due to changes influenced by the hormones estrogen and progesterone. Hormones that are quite visible physical changes when teenagers enter the age of 9-15 years, at that time they not only grow taller and bigger, but there are also changes in the body that allow for reproduction or offspring. Changes from childhood to adulthood or often known as puberty are marked by the arrival of menstruation in women. (Setyaningrum and Zulfa, 2014).

Teenage girls who have mature reproductive organs and hormones in their bodies will experience menstruation. Knowledge about menstruation is very much needed by teenage girls. In general, the first menstruation in teenage girls occurs at the age of 11 years, but it is possible that it occurs before or after the age of 11 years. (Haryono, 2016).

Personal hygieneis one of the external factors that can change the pH balance of the vagina, characterized by wearing underwear that is too tight or other poor personal hygiene behavior (Dewi AL, 2014). Young women who have not carried out proper personal hygiene behavior during menstruation can result in disorders of the reproductive tract (urinary tract), cervical cancer, vaginal discharge, and similar reproductive diseases (Nugroho, 2013)

Taking care of yourself during menstruation is very necessary to maintain and protect the health of reproductive organs, alternatives such as changing sanitary napkins every 3-4 hours, cleaning yourself every day when experiencing dysmenorrhea, cleaning the genital area from the front (vagina) to the back (anus) after defecating or urinating, doing physical activities such as sports going to school, meeting food intake with vegetables and fruits that are rich in iron and calcium (Santina et al., 2013).

Each individual's knowledge of personal hygiene has a major influence on a person's attitude and behavior in maintaining, preserving and caring for reproductive health. Positive and negative attitudes about the knowledge gained depend on the individual's understanding, if the individual has a positive attitude it will encourage the individual's desire to carry out behavior in their daily lives (Pythagoras, 2017).

## II. Methods

This study uses a descriptive method with a cross-sectional approach that aims to explain a relationship, estimate and test based on existing theories about the relationship between knowledge about menstruation and hygiene behavior during menstruation in female adolescents at SMA Negeri 1 Buko, Banggai Islands Regency. This study was conducted at SMA Negeri 1 Buko, Banggai Islands Regency. The population in this study were all female students in grades X and XI of SMA Negeri 1 Buko, Banggai Islands Regency, totaling 91 people. The sample in this study was 74 people with a random sampling technique, namely taking sample members from the population which was carried out randomly without considering the strata in the population (Sugiyono 2017:82).

After the data is collected, data processing is carried out with the stages of Editing, coding, and tabulating. Then data analysis is carried out with the Chi square statistical test using SPSS to determine whether there is a relationship between two variables, namely the independent variable and the dependent variable with a degree of significance determined at p = 0.05, meaning that if the results of the statistical test show a significant relationship between the variables.

## III. Results and Discussion

The results presented must be sequential from the main results to the supporting results. Use units of measurement based on applicable international standards. You can add diagrams, tables, pictures, and graphs by completing them with narration.

### 1. The Respondent Characteristics

Distribution of respondent characteristic by class

**Table 1. The Characteristics age and sex types**

| Characteristics | Frequency | Percentage |
|---|---|---|
| **Age** | | |
| 10 years | 19 | 38% |
| 11 years | 28 | 56% |
| 12 years | 3 | 6% |
| **Sex types** | | |

| | | |
|---|---|---|
| Males | 25 | 50% |
| Females | 25 | 50% |
| **Total** | **50** | **100%** |

Source: The primary data, 2016

Based on table 1, it was found that the majority of respondents came from X, namely 41 people (55%)..

**2. The Univariate Analysis**

Distribution of respondent characteristics based on adolescent knowledge about menstruation

**Table 2. The frequency distribution of cognition and attitude**

| Category | Frequency | Percentage (%) |
|---|---|---|
| Good | 39 | 53 |
| Not good | 35 | 47 |
| Amount | 74 | 100 |

Source: The primary data, 2016

Based on table 2, it was found that the majority of respondents' menstrual knowledge was in the good category, namely 39 people (53%).

**3. The Cheristics based on hygine behavior during menstruation**

**Table 3. Distribution of respondent characteristics**

| No | Category | Frequency | Percentage (%) |
|---|---|---|---|
| 1 | Positive | 24 | 32 |
| S 2 | Negative | 50 | 68 |
| | Amount | 74 | 100 |

Source: The primary data, 2016

From table 3, it can be seen that the hygiene behavior during menstruation of respondents is mostly in the negative category, namely 50 people (68%).

**4. The Analysis**

**Table 4. The relationship between adolescent girls' knowledge**

| Variables | Hygiene behavior | | Total | Value |
|---|---|---|---|---|
| Knowledge | Negative % | Positive % | % | 0.002 |
| Not good | 30 40.5 | 5 6.7 | 35 47.2 | |
| Good | 20 27 | 19 25.6 | 38 51.3 | |

Source : The primary data, 2016

Based on table 4, it is known that respondents with good knowledge who have positive hygiene behavior during menstruation are 19 (25.6%), respondents with poor knowledge mostly have negative behavior during menstruation as many as 30 (40.5%). The results of data analysis show that the level of significance is 0.002 <α = 0.05 so that H0 is rejected and H1 is accepted.thusIt can be concluded that there is a significant relationship between knowledge of menstruation and hygiene behavior during menstruation in female adolescents at SMA Negeri 1 Buko

Based on the results of the research conducted, it was found that respondents who had good knowledge were 39 (53%) people, and those who had poor knowledge were 35 (47) people. Notoadmojo, (2012) argues that knowledge is the result of knowing that is impressed in a person's mind. This result of knowing occurs when a person has used his five senses, especially in forming a

person's behavior.

According to the researcher's opinion, 39 (53%) respondents had good knowledge, as evidenced by the knowledge they gained at school, namely information about physiological reproduction, the definition of menstruation, the duration of menstruation, and adolescent girls.

Based on the results of the study, it was found that respondents with positive behavior were 24 (32%) people and those with negative behavior were 50 (68%). Lawrence Green (1980 in Mubarak, 2011) theorized that personal hygiene behavior consists of two aspects. The two factors include behavioral factors (behavior causes) and factors outside of behavior (nonbehavior causes). Several factors that cause behavior to form include: First, Predisposing factors, namely the basic factors for someone to do something including beliefs, norms, beliefs, knowledge, attitudes, and others. Second, Enabling factors are factors that facilitate behavior, including health facilities. Third, Reinforcing factors are factors that strengthen the occurrence of behavior in someone, including the attitudes and behavior of a community leader or health worker.

According to the researcher, the occurrence of negative behavior during menstruation is due to the lack of information obtained regarding hygiene behavior during menstruation. This is supported by the absence of health education from local health workers, the knowledge obtained at school is only limited to information about physiological reproduction, the definition of menstruation, the duration of menstruation so that adolescent girls do not get direct examples of how to behave properly personal hygiene by their teachers but adolescent girls get examples of personal hygiene behavior during menstruation from parental traditions or old habits of their parents. In addition, adolescents who behave negatively during menstruation are proven by not doing proper facial skin care, not doing proper skin and hair care, especially pubic hair, so that fungus does not grow, not using the right type of underwear during menstruation, not changing pads every 4 hours and using herbal-based pads.

Based on the results of the check squer test, it is known that respondents with good knowledge who have positive hygiene behavior during menstruation are 19 (25.6%), respondents with good knowledge who have negative behavior are 20 (27%), respondents with poor knowledge mostly have negative behavior during menstruation as many as 30 (40.5%) and respondents who have good knowledge who have negative behavior as many as 5 (6.7%). The results of data analysis show that the level of significance is $0.002 < \alpha = 0.05$ so that H0 is rejected and H1 is accepted.thusIt can be concluded that there is a significant relationship between knowledge of menstruation and hygiene behavior during menstruation in female adolescents at SMA Negeri 1 Buko.

According to the researcher, the higher the level of knowledge of female adolescents about hygiene behavior during menstruation, the higher the female adolescents behave positively during menstruation. And the researcher also argues that positive behavior in addition to being supported by knowledge, environment, personality will also greatly influence a person's positive behavior.

## IV. Conclusion

Based on table 4, it is known that respondents with good knowledge who have positive hygiene behavior during menstruation are 19 (25.6%), respondents with poor knowledge mostly have negative behavior during menstruation as many as 30 (40.5%). The results of data analysis show that the level of significance is $0.002 < \alpha = 0.05$ so that H0 is rejected and H1 is accepted.thusIt can be concluded that there is a significant relationship between knowledge of menstruation and hygiene behavior during menstruation in female adolescents at SMA Negeri 1 Buko.

The role of UKS is very important in instilling the importance of behaving hygienically during menstruation by providing counseling through posters, direct coaching on hygiene behavior during menstruation and collaborating with nurses and other health workers as an early effort to provide health promotion on the importance of personal hygiene for adolescent girls during menstruation, so that the information obtained can be a reference for applying it in everyday life.

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