



Relationship Between Knowledge and Attitudes of Adolescents with Personal Hygiene during Menstruation

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Abstract - Female reproductive organs are very sensitive and require special care, especially during menstruation, so that if you don't change sanitary napkins often it can cause allergies and infections. Maintaining cleanliness during menstruation can avoid several reproductive organ problems. The initial survey conducted by researchers from 25 students found only 20% who already knew how to protect their reproductive organs during menstruation, the rest did not know about it. The purpose of this study was to determine the relationship between knowledge and attitudes of adolescents with personal hygiene measures during menstruation. Junior high school. This study used a type of analytic study with a cross sectional design using primary data and distributing questionnaires as a measuring tool to 84 respondents. The population in this study were all adolescents who had menstruation. The sampling technique used in sampling is total sampling. The results of the study, most of the respondents had low knowledge as many as 55 people (65.5%), and most respondents also had low attitudes as many as 54 people (64.3%), and some respondents who did not perform hygienic actions during menstruation were 55 people (65.5%). The results of the chi square test of adolescent knowledge and attitudes with hygienic action during menstruation with p value 0.03 and 0.04. The conclusion of this study is that there is a significant relationship between knowledge and hygienic action during menstruation with OR 3.13 (95% CI: 1.21- 8.09) and there is a significant relationship between attitude and hygienic action during menstruation with OR 2.85. (95% CI: 1, 11- 7,31). This research suggestion is expected for the next researcher to conduct research on all adolescents in the school with different types of research and add variables.

Keywords: *knowledge, attitude, personal hygiene during menstruation*

1. Introduction

The reproductive organ is one of the most sensitive organs in the body and requires special care. In this case, reproductive health cannot be separated from general health, so efforts to maintain prime condition in terms of reproductive health must be supported by clean and healthy living habits and with good knowledge and care is also a determining factor in maintaining reproductive health (Aryani, 2009). Menstruation is the process of releasing the uterine wall (endometrium) which is accompanied by bleeding and occurs repeatedly every month except during pregnancy. The repeated menstruation every month will eventually form the menstrual cycle. In this case, there are still many young women who do not know how to maintain cleanliness during menstruation. In order for adolescents to pass the menstrual period well, the role of parents is needed in providing an explanation of the external and internal reproductive organs as well as knowledge, especially about hygiene care during menstruation. Having sufficient knowledge can help adolescents avoid various infectious diseases that can damage their genital organs and can provide a sense of comfort during menstruation (Sofia, 2010). Teens need a lot of information about menstruation and what things must be done in maintaining cleanliness during menstruation. Adolescents will experience difficulties if previously they have never known or discussed it either with their peers or with their own mothers. But some teenagers know that they are menstruating from their own friends,

2. Method

This research is a type of quantitative analytic study with a cross sectional design, where the research is carried out by means of an observational data collection approach at the same time an analysis of the relationship between knowledge and attitudes of adolescents about hygiene during menstruation is conducted. The population in this study were all adolescents who had had menstruation at SMK Ibnu Taimiyah Pekanbaru, as many as 84 students. The sampling technique is total sampling where the entire population of 84 people is used as the sample.

3. Result and Discussion

a. Univariate Analysis

Table 1
Distribution of the Frequency of Knowledge of Adolescents with Personal Hygiene during Menstruation

Category	Frequency	Percentage
Low	42	50.0
High	42	50.0
Total	84	100.0

Based on the table above, it can be seen that there are 42 respondents (50.0%) with high knowledge and 42 people with low knowledge (50.0%).

Table 2
Frequency Distribution of Adolescent Attitudes with Hygienic Measures during Menstruation

Category	Frequency	Percentage
Negative	54	64.3
Positive	30	35.7
Total	84	100.0

Based on the table above, it can be seen that respondents who have negative attitudes are as many as 54 people (64.3%) and respondents who have positive attitudes are as many as 30 people (35.7%).

Table 3
Frequency Distribution of Adolescent Actions with Hygienic at the Time of Menstruation

Category	Frequency	Percentage
Do not do	47	56.0
To do	37	44.0
Total	84	100

Based on table 3 above, it can be seen that respondents who took action were 47 people (56.0%) and respondents who did not take action were 37 people (44.0%).

b. Bivariate Analysis

Table 5
Relationship between Adolescent Knowledge and Hygienic Actions during Menstruation

Knowledge	Action		Total	P value	OR (95% CI)
	Do not do	To do			
Low	26 (61.9%)	16 (38.1%)	42% (100%)	0.37	1,625 (0.682-3,872)
High	21 (50.0%)	21 (50.0%)	42% (100%)		
Total	47 (56.0%)	37 (44.0%)			

Based on table 5 above, it can be seen that respondents with low knowledge who did not perform personal hygiene during menstruation were 61.9% p value = 0.37, meaning that there was no significant relationship between knowledge and personal hygiene during menstruation with an OR value of 1.625 (95% CI: 0.682-3.872) means that respondents with low knowledge have a chance not to do Personal Hygiene twice compared to respondents with high knowledge.

Table 6

The Relationship between Youth Attitudes and Personal Hygiene during Menstruation					
Attitude	Action		Total	P value	OR (95% CI)
	Do not do	To do			
Negative	27 (50.0%)	27 (50.0%)	54 (100%)	0.21	0.500 (0.198-1,264)
Positive	20 (66.7%)	10 (33.0%)	30 (100%)		
Total	47 (56.0%)	37 (44.0%)	84 (100%)		

Based on the table above, it can be seen that respondents who have negative attitudes have the opportunity not to perform personal hygiene during menstruation by 50.0% p value 0.21, which means that there is no significant relationship between attitude and personal hygiene during menstruation with an OR value of 0.500 (95% CI: 0.198-1.264) means that respondents who have a negative attitude have a chance not to perform personal hygiene during menstruation 1 times compared to respondents who have a positive attitude.

3.1 Discussion

a. Univariate Analysis

The results showed that respondents with low knowledge were 42%, respondents who were positive 54%, and those who did not perform personal hygiene during menstruation were 47%.

b. Bivariate Analysis

1) Relationship between knowledge of adolescents with personal hygiene during menstruation

Based on the results of the analysis, it was found that respondents with low knowledge who did not perform personal hygiene during menstruation with a percentage of 61.9% with p value = 0.37 OR value 1.625 (95% CI: 0.682-3.872) means there is no significant relationship between knowledge with Personal Hygiene. This means that most respondents already know the information but cannot yet apply it in their daily lives.

The results of this study as a whole did not find a relationship between the level of knowledge and personal hygiene during menstruation which was $p > 0.05$. This has not been able to support the hypothesis of a relationship between adolescent knowledge and personal hygiene during menstruation at SMK Ibnu Taimiyah. In accordance with the opinion of Notoadmodjo (2007) that knowledge includes six levels, namely knowing, understanding, application, analysis, synthesis, and evaluation. In this case the respondents only know about but are not able to understand, analyze, synthesize and evaluate (Notoadmodjo, 2007).

If reviewed in terms of age, respondents are in their early teens (10-14 years). According to the Indonesian Ministry of Health (2001) in Aryani (2010), it is stated that at this age adolescents are just starting to adjust, experiment with how to dress, talk to get a new identity, be rude and demand freedom, friends become more important than parents. This means that the respondent already knows a lot about hygienic information during menstruation but has not been able to perform personal hygiene for various reasons.

The assumption of the researchers in this study is that adolescent knowledge is good because they often hear and seek information, especially about maintaining cleanliness during menstruation but in taking action is still lacking. It can be concluded that knowledge is very important. One of the efforts that can be made so that respondents can be highly knowledgeable is by providing counseling and seeking as much information as possible and then applying it in everyday life.

2) The Relationship between Youth Attitudes and Personal Hygiene during menstruation

Based on the results of the study, it was found that respondents who had low attitudes who did not perform personal hygiene during menstruation were 66.7% p value = 0.21 OR value of 0.500 (95% CI: 0.198-1.264) means that there is no significant relationship between attitudes and Personal Hygiene during menstruation.

The results of this study are in accordance with Allport's (1954) theory put forward in Notoadmodjo (2003) explaining that attitudes have three main components, namely trust (belief), emotional life, and the tendency to act. In this whole attitude determination knowledge, thoughts, beliefs, emotions play an important role. In this study, respondents have a low attitude because the respondent may be able to accept and pay attention to the stimulus given (object) but not necessarily be able to respond where the respondent can answer questions when asked but cannot do and complete the assigned task. In the attitude question, the respondent answered



correctly about washing hands before and after changing sanitary napkins, but in the act of answering, he was not due to forgetting and being hasty.

According to Green (1980) in Notoadmodjo (2003), attitude is a tendency to take action against stimulation, attitudes are often obtained from experience, both own and other people's experiences. When compared with the results of this study, it means that the respondents have a low attitude due to lack of trust and tendency to act as well as a lack of experience and information from both themselves and others.

4. Conclusion

- a. Respondents who have low knowledge 42 (50.0%), negative attitude 54 (64.3%), and do not perform personal hygiene during menstruation 47 (56.0%).
- b. There is no significant relationship between adolescent knowledge and personal hygiene during menstruation. Chi square test results $p < 0.05$ (0.37) with OR 1.625 (95% CI: 0.682-3.872).
- c. There was no significant relationship between adolescent attitudes and personal hygiene during menstruation. The results of the chi square test $p < 0.05$ (0.21) with an OR of 0.500 (95% CI: 0.198-1.264).
- d. In general, it can be concluded that respondents have the same knowledge but have negative attitudes in carrying out personal hygiene during menstruation

5. References

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