




## Differences in the level of knowledge of young women before and after being given counseling about personal hygiene during menstruation at MTS Muhammadiyah Pulau Arbor in 2022

Anggi Juliad Putri<sup>1</sup>, Ningsih Saputri<sup>2</sup>, Sukmawati<sup>3</sup>

DIII Midwifery, Faculty of Health Sciences,

Dharmas University Indonesia,

Jl. Cross Sumatra No. Km 18, Koto Padang, Dharmasraya Regency, North Sumatra 27581, Indonesia

ARTICLE INFO	ABSTRACT
<p><b>Article history:</b></p> <p>Received Jan 02, 2022 Revised Jan, 16, 2022 Accepted Jan 30, 2022</p>	<p>Personal hygiene during menstruation in young women is the behavior of young women in maintaining health and hygiene when experiencing menstruation, the cause of not doing Personal hygiene during menstruation is due to a lack of information and understanding which results in reproductive health problems such as pelvic inflammatory disease, reproductive tract infections and cancer cervix. This study aims to determine whether there are differences in the level of knowledge of young women before and after being given counseling about personal hygiene during menstruation. This study uses a comparative method with the design used is one group pretest-posttest design, meaning that research activities provide an initial test (pretest) before being given treatment, after being given treatment then give a final test (posttest). The research location was at MTs Muhammadiyah Pulau Punjung, Dharmasraya Regency. The total sampling research sample, the population in this study were all 19 class IX teenage girls. The data analysis used is univariate and bivariate analysis. Based on the results of research using Wiljoxon it was found that the P-Value = 0.000 &lt; 0.05 means that there are differences in the level of knowledge of young women before and after being given counseling about personal hygiene during menstruation. The conclusion of this study is that there are differences in the level of knowledge of young women before and after being given counseling about personal hygiene during menstruation.</p>
<p><b>Keywords:</b></p> <p>Personal Hygiene during; menstruation;</p>	<p><i>This is an open access article under the <a href="https://creativecommons.org/licenses/by-nc/4.0/">CC BY-NC</a> license.</i></p> 

### Corresponding Author:

Anggi Juliad daughter

DIII Midwifery, Faculty of Health Sciences,

Dharmas University Indonesia,

Jl. Cross Sumatra No. Km 18, Koto Padang, Dharmasraya Regency, North Sumatra 27581, Indonesia

E-mail : [juliadputriangi@gmail.com](mailto:juliadputriangi@gmail.com),

### 1. Introduction

personal hygieneduring menstruation in young women is the behavior of young women in maintaining health and hygiene when experiencing menstruation, such as: washing the genitals from front to back, cleaning the genitals with clean water, frequently changing underwear at least twice a day using good underwear and absorb sweat as well as the use and replacement of proper pads(Narsih&Agustina, 2021).

Menstruation is the discharge of blood from the vagina periodically during the reproductive age. In general, young women will experience menarche at prepubertal age, which is 10-13 years depending on various factors, including the woman's health, nutritional status, and body weight. (Narsih & Agustina, 2021).

According to *World Health Organization*, youth starts from the age of 10-19 years and is around 18% of youth from a total population of 1.2 billion, while *United Nation Children Fund (UNICEF)* in 2015 found that 1 in 6 girls was forced to miss school for one day or more during menstruation. Teenagers in urban areas get information about menstrual hygiene from mothers as much as 60% and in villages 58%, by providing information about the time of menarche (age of first menstruation), how to clean pads and dealing with symptoms such as pain or odor (Jeanita, 2017).

Based on *Basic Health Research (RIKESDAS, 2018)* in Indonesia, the average age of menarche is 13 years. There are around 60,861,350 youth aged 10-24, about 30.2% of the total population in Indonesia. Most young women do not have accurate knowledge about reproductive health and sexuality, they also have access to reproductive health services and information. Information that is usually obtained from friends or the media is often inaccurate (luluk, 2019).

According to the *Central Statistics Agency for West Sumatra Province* in 2017 the number of young women aged 13-15 years in Padang City was 24,667 young women, while in Solok there were 10,382 young women, West Pasaman 12,363 young women, Tanah Datar 9,492 young women and in Dharmasraya as many as 5,438 young women.

Based on an initial survey conducted at MTs Muhammadiyah Pulau Punjung, on February 26 2022 through interviews with 10 students, it was found that 4 students could answer in full about personal hygiene or personal hygiene with correct answers and 6 answered incorrectly.

The problem of young women regarding personal hygiene during menstruation is the lack of knowledge about reproductive health and will allow adolescents not to carry out personal hygiene during menstruation which can cause reproductive health to be disrupted, for example, vaginal discharge, reproductive tract infections (ISR) and one of the critical issues that determines status Adolescent health that can affect old age is personal hygiene during menstruation (Bujawati & Raodhah, 2017).

The causative factor is the lack of knowledge and information about personal hygiene during menstruation. One of the consequences of a lack of understanding of genetic personal hygiene is the occurrence of reproductive health problems such as pelvic inflammatory disease (PRP), reproductive tract infections (ISR) and the possibility of cervical cancer (Nurmaliza, 2019).

One of the impacts that occur when *Personal hygiene* when menstruation is not carried out, among other things, 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 they can get urinary tract infections, vaginal discharge, cervical cancer and other reproductive health (Maidartati, 2016).

Efforts that can be made to overcome the problem of lack of knowledge in adolescents during menstruation is by conducting counseling about the importance of reproductive health and how to take care of themselves during menstruation. Providing information to adolescents can be started from the closest people such as parents. In addition, one of the efforts to reduce disturbances during menstruation is good personal hygiene. Matters related to personal hygiene during menstruation include the use of pads, washing the genital area during menstruation (Jeanita, 2017).

Based on research conducted by Fatimah, it was shown that out of 40 respondents, most of the respondents had sufficient knowledge, namely 20 people (50.0%), knowledge in the good category, 17 people (42.5%), and knowledge in the less category. as many as 3 people (7.5%) (Sitarani Cindy, 2019).

Based on these problems, the researcher is interested in conducting research on *Level Difference P Knowledge of Young Women Before And After Being Given Counseling About Personal Hygiene During Menstruation*.

## 2. Research Method

This research uses comparative research with the design used is one group pretest-posttest design, meaning that research activities that provide an initial test (pretest) before being given treatment, after being given treatment then give a final test (posttest) (Arikunto, 2010). To see the difference in the level of knowledge of young women before and after being given counseling about personal hygiene during menstruation at MTs Muhammadiyah Pulau Punjung Dharmasraya Regency in 2022.

### 3. Result and Discussion

Based on the results of research conducted by researchers regarding differences in the level of knowledge of young women before and after being given counseling about personal hygiene during menstruation at MTs Muhammadiyah Pulau Punjung Dharmasraya Tahun district, the following results were obtained:

Table1. Prior Knowledge Frequency Distribution

Prior Knowledge	Frequency (n)	Percentage (%)
Well	2	10,5
Enough	11	57,9
Not enough	6	31,6
Total	19	100

Based on table 4.1 of 19 respondents, it was found that most of the young women had sufficient knowledge about personal hygiene during menstruation before being given counseling as many as 11 people (57.9%).

Table 2. After Knowledge Frequency Distribution

After Knowledge	Frequency (n)	Percentage (%)
Well	16	84,2
Enough	3	15,8
Not enough	0	0
Total	19	100

Based on table 4.2, out of 19 respondents, almost all young women had good knowledge about personal hygiene during menstruation after being given counseling as many as 16 people (84.2%).

Table 3. Distribution of Personal Hygiene Frequency during Menstruation

Personal Hygiene during menstruation		Frequency	Percentage (%)
Yes		7	36,8
Not		12	63,2
Total		19	100

Based on table 4.3, out of 19 respondents, there were 12 people (63.2%) who did not perform personal hygiene during menstruation.

Table 4. Differences in Knowledge of Young Women Before and After Counseling on Personal Hygiene during Menstruation.

	n	Median (minimum - maximum)	p-values
Prior knowledge	19	2 (2-3)	0.000

---

After knowledge 19 1 (1-2)

---

Based on table 4.3, the statistical test shows the results of the Wilcoxon test. With the Wilcoxon test, a significant value of 0.000 was obtained, thus it was concluded that there was a significant difference in knowledge before and after being given counseling about personal hygiene during menstruation.

### **Frequency of Knowledge of Young Women Before Counseling on Personal Hygiene during Menstruation**

Based on the research results as presented in table 4.1 it was found that respondents at MTs Muhammadiyah Dharmasraya Regency in 2022 found that almost the majority of the 19 young women had sufficient knowledge, namely 11 people (57.9%), almost half of young women had insufficient knowledge, namely 6 people (31.6%) and a small number of young women had good knowledge, namely 2 people (10.5%) about personal hygiene during menstruation before being given counseling.

The results of this study are in line with the results of research conducted by Maharani (2018), in Cirebon showing that young women lack knowledge about personal hygiene during menstruation, namely as many as 23 people (46%). This proves that young women's knowledge of personal hygiene is still very low.

According to theory, exposure to information (messages) obtained from people, the media and from education such as counseling (informants) will affect changes in one's knowledge (receiver) (Prawiroharjo, 2017). Because of this, the respondent answered the question incorrectly from the research question. Knowledge is obtained from human sensing, or the result of knowing someone about an object through the senses they have, such as (eyes, nose, ears, and so on). Most of a person's knowledge is obtained through the sense of hearing, namely the ears and the sense of sight, namely the eyes (Notoadmodjo, 2014).

According to the research assumptions, concluded that young women have sufficient knowledge about personal hygiene during menstruation. This is because the respondents have never studied and understood about personal hygiene during menstruation. Schools also haven't provided counseling on reproductive health which was carried out by the local health center staff.

### **Distribution of Knowledge Frequency of Young Women After Being Given Counseling on Personal Hygiene during Menstruation**

Based on the research results as presented in table 4.2 it was found that respondents at MTs Muhammadiyah Dharmasraya Regency in 2022 found that almost all of the 19 young women had good knowledge, namely 16 people (84.2%) and a small proportion of young women had sufficient knowledge, namely 3 people (15.8%) about personal hygiene during menstruation after being given counseling.

This is in line with the results of Maharani's research (2018) in Cirebon showing that the knowledge of respondents after being given counseling was 50 people (58.8%). Likewise, Winda's research (2021) shows that many young women have a level of knowledge in the good category of 29 people (97%).

According to theory, this increase is due to exposure to information from the media. Information or counseling messages conveyed using media or aids help in conveying the message so that it seems to attract attention to educational goals. Knowledge is the result of knowing from humans, who simply answer the question "what", for example what is water, what are humans, what is nature, and so on (Notoadmodjo, 2018). Knowledge after being given counseling about personal hygiene during menstruation are things that respondents know about personal hygiene during menstruation which are assessed based on their ability to answer questions correctly on the questionnaire after being given counseling.

According to the research assumptions, the results of the knowledge of respondents who had filled out the questionnaire after being given counseling had increased because the respondents already knew about personal hygiene during menstruation. Therefore, the respondents answered the statement correctly from the research statement.

### **Differences in Knowledge Levels of Young Women Before and After Being Given Counseling on Hygiene Issues during Menstruation.**

Based on the results of this study, the value before being given counseling, namely from 19 respondents, the mean value was 2.29. Furthermore, the value after being given counseling, namely from 19 respondents, a mean value of 1.25 was obtained. It can be concluded that there are differences in knowledge before and after counseling about personal hygiene during menstruation with the Wilcoxon test results obtained  $p\text{-value} = 0.000 < 0.005$ , it can be concluded that there is a significant difference between before being given counseling and after being given counseling.

Based on the results of research conducted by Mutiara in Lombok, it shows that the knowledge of respondents before being given counseling and after being given counseling experienced a significant increase, namely before counseling was given the level of knowledge was sufficient for 18 people (60%) and after being given counseling it was good as many as 29 people (97%). So the researchers concluded that there was an influence of health education using the media on the knowledge and attitudes of young women about personal hygiene during menstruation with a  $p\text{-value}$  of  $0.000 < 0.005$ .

According to the researchers' assumptions, there are differences in the level of knowledge of young women before and after being given counseling about personal hygiene during menstruation. The knowledge in question is before being given counseling about Personal hygiene during menstruation. Knowledge is caused by the provision of counseling about Personal hygiene during menstruation. Where there are respondents answering the statement incorrectly because the respondent does not know about personal hygiene during menstruation either through people, the media, or other information. And knowledge after being given counseling about personal hygiene during menstruation seemed to increase because the respondents had been given counseling about personal hygiene during menstruation with exposure to the information that had been conveyed. The information or messages that have been reviewed are respondents able to remember and know about personal hygiene knowledge during menstruation. So that the majority of respondents can answer the researcher's statement correctly.

### **Conclusion**

There is a significant difference in the level of knowledge of young women before and after being given counseling about personal hygiene during menstruation at MTs Muhammadiyah Pulau Punjung Dharma Raya Regency in 2022.

### **Referensi**

- Budiaman & Riyanto. (2015). *capita selecta knowledge and attitude questionnaire in health research*. Selemba Medika: Jakarta.
- Dwi Susanti. (2020). *relationship between knowledge of young women and personal hygiene behavior during menstruation*. Journal of Health, 11.
- Haryono. (2016). *ready to face menstruation and menopause*. Gosyen Publishing: Yogyakarta.
- Isro'in. (2012). *personal hygiene concept process and application in nursing practice*. Science Graha: Yogyakarta.
- Jeanita. (2017). *description of personal menstrual hygiene behavior for young women who participate in PKPR training and guidance at SMP PGRI 13, the working area of the Sindang Barang Health Center, Bogor City*, in 2017. HEARTY Journal of Public Health, 5.
- Kusmiran. (2014). *reproductive health of adolescents and women*. New Selemba: Jakarta.
- Lianawati. (2012). *knowledge level of young women about personal hygiene during menstruation in class X SMA Mansyur Integrated Islamic Senior High School*. KTI: Surakarta.
- mud. (2019). *relationship between knowledge of young women about vaginal discharge and genetic hygiene behavior*. Young Women, 24.
- Maidartati. (2016). *relationship between knowledge and vulva hygiene behavior during menstruation in female adolescents*. Journal of Nursing Science, IV, 50–57.
- Mubarak. (2007). *health promotion an introduction to teaching and learning in education*. Science House.

- Narsih & Agustina. (2021). health journal. Young Women's Beliefs And Attitudes Associated With Personal Hygiene Behavior During Menstruation, 04, 125–132. <http://jurnal.fkmumi.ac.id/index.php/woh/article/view/woh4203>
- Notoatmodjo. (2014). health behavior science. Rineka Copyright: Jakarta.
- Notoatmodjo. (2014). theory that underpins the development of the framework. Theoretical framework.
- Notoatmodjo, S. (2012). Health Promotion, Theory and Application (Rineka Chip).
- Notoatmodjo, S. (2012). health promotion and behavioral science. Rineka Copyright: Jakarta.
- Notoatmodjo, S. (2012). Health Promotion and Health Behavior. Rineka Copyright: Jakarta.
- Notoatmodjo, S. (2018). Health Research Methodology. PT Rineka Cipta: jakarta.
- Proverawati. (2009). menarche (meaningful first menstruation). Nuhu Medika, Yogyakarta.
- RIKESDAS. (2018). Health Research and Development Agency. RI Ministry of Health.
- Sari. (2009). description of young women in carrying out personal hygiene during menstruation at Umul 1 Madrasah Puring. KTI.
- Sitarani Cindy. (2019). description of the level of knowledge of grade 2 students of SMAN 23 Jakarta about personal hygiene during menstruation before and after counseling. Medical Journal of Medicine, 43–50. <http://ejournal.ukrida.ac.id/ojs/index.php/meditek/index>
- Sugiono. (2019). quantitative, qualitative, and R&D research methods. alphabeta: Bandung.
- Sugiyono. (2017). Quantitative, qualitative research methods and R and D. Alvabeta: Bandung.
- Sujianti. (2012). midwifery psychology ( Jusim@n (ed.)). Trans Info Media: Jakarta.
- man. (2010a). health and nursing research methodology (Aeni (ed.)). Library house: cirebon.
- man. (2010b). theory and measurement of knowledge, attitudes, and human behavior. Nuhu Medika: Yogyakarta.
- widianti. (2007). mass communication an introduction. Symbol of Rekatama Medika.