



Relationship between Personal Hygiene Knowledge Level and Vulva Hygiene Behavior During Menstruation in Adolescent Girls

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ABSTRACT

Background: Personal hygiene is an individual's effort to maintain and care for personal hygiene for personal comfort. Genital area hygiene, especially during menstruation, is often neglected by women. During menstruation, blood and sweat can stick to the vulva, which causes moisture in the genital area. Knowledge about personal hygiene affects individual hygiene behavior. Objective: The study aims to evaluate knowledge about personal hygiene and vulva hygiene behavior during menstruation in female adolescents. Method: Using a cross-sectional design with a sample of 60 respondents with a total sampling technique. The focus of the study was female adolescents in grades VIII and IX of MTS AL-Ihsan. The research instrument was a questionnaire that measured behavior related to personal hygiene during menstruation. Research Results: Of the total 60 respondents, 27 respondents (45%) had poor knowledge, while 15 respondents (25%) had sufficient knowledge, and 18 respondents (30%) had good knowledge. Regarding behavior, 28 respondents (46.7%) showed poor behavior, 23 respondents (38.3%) had sufficient behavior, and 9 respondents (15%) showed good behavior. The results of the Chi-square statistical analysis (Pearson Chi-square) showed a value of $\chi^2 = 35.478$ with $asympt.sig (p) = 0.001 < 0.05$, which means the results are significant, so the null hypothesis is rejected and the alternative hypothesis is accepted. This clarifies the connection between knowledge and personal hygiene behaviors. Conclusion: This study found that there are still many female adolescents who have insufficient knowledge, namely 27 respondents (45%), and poor behavior is also high, namely 28 out of 60 respondents (46.7%). Healthcare workers need to stay more updated in improving students' knowledge, which can be done through media in disseminating information about vulva hygiene during menstruation.

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1. Introduction

Adolescence is a phase in which individuals undergo a transformation from childhood to adulthood, preparing themselves to become adults. During this stage, significant development occurs in physical, cognitive, emotional, and social aspects. The World Health Organization (WHO) defines adolescence as a person aged between 12 and 24 years, during which they experience an important transition from childhood to adulthood (Gustiawan et al., 2021).

Reproductive health refers to a state of overall well-being that encompasses physical, mental, and social aspects related to the organs, functions, and processes of reproduction. The concept of reproductive health does not merely mean being free from disease, but also includes an individual's ability to lead a safe and satisfying sexual life, both before and after marriage (Jusuf et al., 2023).

Reproductive health issues are often seen as sensitive topics to discuss among adolescents. This results in very limited communication between adolescent girls and their parents regarding menstrual hygiene, so that many adolescent girls lack knowledge about how to maintain personal hygiene during this period. They often do not understand how to use sanitary napkins properly and can make wrong decisions regarding reproductive health (Zulfiana & Maulida, 2022).

According to the Global Cancer Observatory (2021), cervical cancer has a worldwide prevalence of 9.2%, which corresponds to 36,633 cases in total. In Indonesia, it is the second most common cancer among women, with a prevalence of 32,469 cases, accounting for 9.3% of all cases. This issue is primarily due to many adolescents not giving enough attention to personal hygiene during menstruation (Sunarti & Mutmainnah Kamaruddin, 2023).

Therefore, it is important to pay special attention and make efforts to maintain reproductive health in adolescents. One way to prevent reproductive tract infections during menstruation is to get used to maintaining personal hygiene, such as changing sanitary napkins every 4-5 hours and cleaning the genital area from blood. These steps can help prevent the risk of urinary tract infections in adolescent girls, reproductive tract infections, and skin irritation (Nolita et al., 2022).

Based on the background explanation, the author is interested in researching "Knowledge of Personal Hygiene with the Incident of Vulva Hygiene Behavior During Menstruation in Adolescent Girls at MTs Al-Ihsan, Padang Tikar Village. The hypothesis is that there is a relationship between knowledge related to personal hygiene and vulva hygiene behavior during menstruation experienced by adolescent girls.

2. Methods

This research design is to determine the knowledge related to Personal Hygiene towards Vulva Hygiene Behavior experienced by female adolescents during menstruation at MTs Al-Ihsan with cross-sectional as the research design. This method is to analyze factors from independent and dependent variables, where the research sample is female adolescents. The cross-sectional analytical approach is a type of research with a system of obtaining data from independent variables and dependent variables which are carried out at one time simultaneously (Abu-Baker et al., 2021).

His research was conducted on February 29, 2024, the research location at MTs Al-Ihsan, Padang Tikar Village, Kubu Raya Regency. This research is about knowledge related to Personal Hygiene towards Vulva Hygiene Behavior during menstruation experienced by female adolescents at MTs Al-Ihsan, Padang Tikar Village, Kubu Raya Regency with a population of all female adolescents at MTs Al-Ihsan as many as 60 female students, Using the simple random sampling method. SPSS in data analysis, Using the Crosstab and Chi-Square Test statistical analysis.

SPSS is a computer program designed for data processing using statistical methods. One of its main advantages is its widespread popularity worldwide, including in our country, Indonesia, and its ease of use and intuitiveness in data processing, comparable to Microsoft Excel. Its interface and functionality are also more advanced compared to other statistical software like Minitab, which requires users to manage multiple windows. The menu interface is more user-friendly, making it easier to use for conducting statistical analyses compared to similar software (Handayani et al., 2023).

3. Results and Discussion

Table 1
Frequency Distribution of Respondents Knowledge Regarding Personal Hygiene

Knowledge	Total	Percentage (%)
Poor	27	45
Enough	15	25

Good	18	30
Total	60	100

From the table, it was found that out of 60 female adolescents, 27 respondents (45%) had insufficient knowledge, 15 respondents (25%) had sufficient knowledge and 18 respondents (30%) had good knowledge, the results may be influenced by a lack of knowledge, limited access to information, economic factors, and the social and cultural environment, as the respondents reside in remote areas.

Table 2
Frequency Distribution of Respondents Based on Personal Hygiene Behavior

Behaviour	Total	Percentage (%)
Poor	28	46,7
Enough	23	38,3
Good	9	15
Total	60	100

From the table obtained from 60 female teenagers with less behavior of 28 respondents (46.7%), behaved sufficiently of 23 respondents (38.3%) and behaved well of 9 respondents (15%). In this research, bivariate analysis was conducted to describe the connection between knowledge and personal hygiene practices experienced by female teenagers at MTs Al-Ihsan Padang Tikar Village. The bivariate results in this study are:

Table 3
Relationship between Knowledge with Personal Hygiene Behavior

Knowledge	Behaviour			Total	χ^2	p
	Poor	Enough	Good			
Poor	F 22 % 81,5	F 5 % 18,5	F 0 % 0	F 27 % 100	35,47 8	0,000
enough	F 3 % 20	F 11 % 73,3	F 1 % 6,7	F 15 % 100		
Good	F 3 % 16,7	F 7 % 38,9	F 8 % 44,4	F 18 % 100		

From the table, the results of the cross-tabulation between knowledge and behavior show that out of 27 female adolescents with less knowledge, there are 22 female adolescents who show less behavior and 5 female adolescents who have sufficient behavior. Furthermore, as many as 15 respondents have sufficient knowledge, there are 3 respondents who behave less, 11 respondents behave sufficiently, and 1 respondent who behaves well. Finally, out of 18 respondents who have good knowledge, 3 respondents show less behavior, 7 respondents behave sufficiently, and 8 respondents behave well.

The results of the Pearson chi-square analysis obtained the result $\chi^2 = 35.478$ with a p-value of 0.001, which is smaller than 0.05, so the results are considered significant. The results obtained that H_a is accepted and H_0 is rejected. These results illustrate that there is a relationship between knowledge and personal hygiene behavior.

Discussion

Personal hygiene during menstruation is an important aspect of personal hygiene that plays a significant role in the health behavior of adolescent girls, including in preventing disorders in the reproductive tract (Wawan, 2023). A person's understanding of personal hygiene during menstruation greatly influences their behavior in maintaining and caring for their reproductive health. Health education regarding reproductive health is very important for female students so that they have accurate information and knowledge regarding reproductive health, especially adolescents. This also shows the cause of the low knowledge and sources of information related to personal hygiene during the menstrual process (Pandowo & Kurniasari, 2019).

The understanding of personal hygiene during menstruation among adolescent girls is evident. From table 2, it was found that out of 60 respondents, 27 respondents (45%) had insufficient knowledge, 15 respondents (25%) had sufficient knowledge and 18 respondents (30%) had good knowledge, and it was found that out of 60 respondents, 28 respondents (46.7%) had poor behavior, 23 respondents (38.3%) had sufficient behavior, while 9 respondents (15%) had good behavior. The results of the Pearson chi-square analysis showed a figure of $\chi^2 = 35.478$ with a p value of 0.001 so that the results were significantly positive, so H_a was accepted and H_0 was rejected, which it can be concluded that a relationship exists between knowledge and personal hygiene behavior (Yam, 2024).

The results of this research align with a study carried out by Purnama regarding knowledge and personal hygiene actions during menstruation in adolescents at SMK Negeri 4 Negara. The study demonstrated a connection between knowledge and personal hygiene practices during menstruation with a p value of 0.47, which indicates a positive relationship with moderate closeness. This positive closeness means that the greater the knowledge value, the better the behavior of personal hygiene carried out (Purnama, 2021).

This research contrasts with the study conducted by Imas Wiwin Lasmini regarding knowledge, attitudes, and sources of information related to the personal hygiene behavior of adolescents at Al-Inayah Islamic Boarding School in Bogor City. The study indicated that there is no relationship between knowledge and personal hygiene behavior during menstruation among female adolescents at MTS Al-Inayah Islamic Boarding School in Bogor City (Laswini, 2022).

An individual's level of education and knowledge greatly influences their behavior, especially regarding personal hygiene. Insufficient understanding of hygiene can lead to poor daily cleanliness practices. Nevertheless, educating adolescents about personal hygiene, as implemented at MTS Al-Ihsan, can substantially improve their awareness, which in turn fosters a positive shift in their behavior towards maintaining better hygiene, particularly during menstruation (Pandelaki et al., 2020).

4. Conclusion

The results of the conclusions that can be drawn are that the majority of teenagers have a low level of knowledge about personal hygiene (lacking), namely 45% (27 out of 60 respondents). In addition, most of them behave less related to personal hygiene, namely 46.7% (28 out of 60 respondents).

There is a close relationship between knowledge related to personal hygiene and personal hygiene behavior by female teenagers during menstruation at MTs Al-Ihsan Padang Tikar Village. The results of the Pearson chi-square analysis show a figure of $\chi^2 = 35.478$ with a p-value = 0.001 so that the results are considered significant. Thus, H_0 is rejected and H_a is accepted, which indicates a relationship between knowledge and personal hygiene behavior (kuntoro, 2024).

To enhance the understanding of adolescents at MTS Al-Ihsan Padang Tikar regarding menstruation, it is important to conduct annual counseling sessions on menstruation for female students. This aims to bring about a change in their behavior patterns. Additionally, the role of parents, especially mothers, is crucial in providing knowledge and experiences about menstruation to their daughters. Teachers, particularly in Biology classes, should also play an active role in explaining menstruation, the menstrual cycle, and any potential disorders that may occur (Yunus, 2019).

The role of school health units (UKS) is vital in promoting awareness about the significance of personal hygiene during menstruation. This can be accomplished through educational sessions, such as the use of posters and direct guidance from healthcare professionals on menstrual hygiene practices. Additionally, various methods including media can be employed to effectively communicate information about personal hygiene (Dahlan, 2021).

Teachers, parents, and health workers all have crucial roles to play in educating and guiding adolescent girls. Teachers can incorporate hygiene education into the curriculum, parents can reinforce healthy practices at home, and health workers can provide expert advice and support. Ideally, there should be a clear division of responsibilities where each group focuses on areas where they are most effective. For example, teachers may focus on formal education and awareness in school, parents on everyday practices and monitoring at home, and health workers on providing accurate health

information and support. Collaboration and communication between these groups are essential for a unified approach to improving personal hygiene behaviors among adolescent girls.

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