



The Relationship Between Knowledge And Personal Hygiene Practices Among Adolescent Girls During Menstruation

Resti Dona Saputri¹⁾ Nurlaila Fitriani²⁾
 Email : restidona@stikesyahyabima.ac.id

ABSTRACT

Background: Personal hygiene is important to be applied in daily life to prevent bacteria that can cause diseases so that the reproductive organs are always clean and healthy, especially in adolescents who are experiencing menstruation. The impact that occurs if you do not maintain personal hygiene during menstruation is that reproductive health is disturbed such as pathological vaginal discharge. This study aims to analyze the relationship between adolescent knowledge and personal hygiene practices of adolescent girls during menstruation.

Methods: This study is a quantitative study using a cross sectional design. The research sample was 56 adolescent girls with sampling using the purposive sampling technique. The bivariate analysis test of this study uses the spearman rank test.

Results: The results showed that the p-value was 0.001 ($p < 0.05$) and obtained a positive correlation coefficient of 0.418 which meant the relationship between the two variables was strength enough.

Conclusion: there is a significant relationship between knowledge and personal hygiene practices of adolescent girls.

Keyword : Knowledge; Personal hygiene; Menstruation; Adolescent Girls

^{1,2}*Department of Midwifery, STIKES Yahya Bima, Indonesia*
 Jl. Soekarno Hatta Desa Talabiu, Kecamatan Woha, Kabupaten Bima, Nusa Tenggara Barat, Indonesia

Received: September 08, 2024; Revised: September 29, 2024; Accepted: March 04, 2025

Background. Adolescence is a transition period from childhood to adulthood which is characterized by reproductive maturity from physical, emotional and psychological changes. In adolescent girls who experience physical changes related to changes in sexuality organs such as menstruation which generally occurs at the age of 11 years (Linda, 2019). Some of the physical changes experienced by adolescent girls are hip dilation, uterus and cervix develop, breasts become larger, hair growth in the armpits and hair growth around the pubic organs. The reproductive organs in adolescent girls begin to perform their functions, such as the occurrence of menstruation. When menstruation occurs, adolescent girls still do not pay attention to the cleanliness of their genitals (Permata, 2019).

Currently, the population of adolescents between the ages of 10 and 24 has increased

by 1.8 billion. In Indonesia, out of its total population of 273.5 million people, there are 46.3 million adolescents aged 10 to 19 years. Up to 5.2 million Indonesia adolescents often suffer from vulvar pruritus that occurs during menstruation. This occurs as a result of improper personal hygiene (WHO, 2022). The impact that occurs if you do not maintain personal hygiene during menstruation is that reproductive health is disturbed, including pathological vaginal discharge, reproductive organs infected with diseases, if not handled properly, have a risk of cancer (Rahayu and Dwi Andriani, 2017). The prevalence of adolescent girls who experience vaginal discharge symptoms is around 31.8% who are at the age of 15-24 years (Melina and Ringringringulu, 2021).

Personal hygiene when experiencing menstruation is very necessary because the source of bacteria that comes from inside and

outside the body is found in the reproductive organs (Senja, Widiastuti and Istioningsih, 2020). Personal hygiene is important to be applied in daily life to prevent bacteria that can cause diseases so that the reproductive organs are always clean and healthy (Linda, 2019). For this reason, there is a need for health education regarding maintaining cleanliness during menstruation in adolescent girls because this menstrual period occurs until menopause. There are several things that adolescent girls must pay attention to in maintaining the cleanliness of the reproductive organs during menstruation, including using sanitary pads, keeping the genital area clean, cleaning the hair that grows around the genital area, changing sanitary napkins, and changing underwear (Almalinda and Oktaviani, 2020).

Based on the description above, the author is interested in conducting research on the relationship between knowledge level and personal hygiene practices during menstruation. The purpose of this study is to analyze the relationship between adolescent knowledge and adolescent girls' personal hygiene practices during menstruation.

Methods. This study is a quantitative research using a cross sectional design. The population in this study was 126 adolescent girls taken from classes X and XI of SMKN 1 Langgudu, Bima Regency, West Nusa Tenggara Province. The research sample was 56 adolescent girls, The number of samples in this study was determined through the slovin formula with an error limit of 10%. The sampling technique was purposive sampling which is a sample determination technique that uses certain considerations or criteria. The research was carried out at SMKN 1 Langgudu in May 2024.

The research instrument of knowledge about hygiene in this study uses a research questionnaire from Hidayah (2015) while the menstrual personal hygiene attitude instrument uses a modified questionnaire from Zulfa (2011) research. This questionnaire has been tested for validity using the Corrected

Item-Total Correlation value and the reliability test using the Cronbach Coefficient-Alpha formula by the previous researcher.

Questionnaire of knowledge about hygiene, a validity test by hidayah (2015) was carried out at SMP Negeri 1 Mayang with a total of 20 students. The results of the validity test were obtained for 24 valid questions with r table > 0.444 and 6 invalid questions because r table < 0.444 . Meanwhile, in the questionnaire of menstrual personal hygiene attitudes, a validity test has been carried out by Zulfa (2011) on 30 students at the Nurul Islam Islamic Boarding School, Jember Regency which showed that as many as 23 items in the menstrual personal hygiene attitude questionnaire, and as many as 1 item in the personal hygiene attitude questionnaire which is invalid, because it has a value of $r < 0.361$, which is in item number 23. Based on the results of the validity test that has been carried out in the study, there are 22 valid items.

The results of the reliability test on the knowledge questionnaire about hygiene that had been carried out by the previous researcher were 0.974, which means that the questionnaire was reliable. Meanwhile, the menstrual personal hygiene attitude questionnaire was tested for reliability by researchers on 30 students at the Nurul Islam boarding school, Jember Regency, which was then tested using Cronbach Alfa, and was said to be reliable if the value was $\alpha > 0.6$. Meanwhile, the results of the reliability test of the personal hygiene attitude questionnaire showed that the α value was 0.952. The results of the reliability test using Cronbach Alpha showed that the menstrual personal hygiene attitude questionnaire was reliable.

Result and Discussion.

Table 1. Age Characteristics of Respondents

Age	n	%
12 Years	9	16.2
13 Years	11	19.6
14 Years	11	19.6
15 Years	11	19.6
16 Years	7	12.5
17 Years	7	12.5
Total	56	100

Table 2. Type of Menarche in Adolescent Girls

Class	n	%
Menarche Dini	3	5.4
Menarche Normal	26	46.4
Menarche Tarda	27	48.2
Total	56	100

Table 3. Order Sisters of Adolescent Girls

Class	n	%
Ada	28	50
Tidak Ada	28	50
Total	56	100

Table 4. Mother's Education of Adolescent Girls

Class	n	%
SD	8	14.3
SMP	9	16.1
SMA/SMK	34	60.7
Sarjana	5	8.9
Total	56	100

Table 5. Mother's Occupation of Adolescent Girls

Class	n	%
IRT	26	46.4
Nelayan	9	16.1
Petani	18	32.1
Guru	2	3.6
Dokter	1	1.8
Total	56	100

Table 6. Adolescent Girl's Knowledge about Personal Hygiene During Menstruation

Knowledge	N	%
Good	12	21.4
Enough	33	58.9
Less	11	19.6
Total	56	100

Based on the results of univariate analysis, the highest knowledge of adolescent girls was in enough category with 33 people (58.9%), 12 people (21.4%) have good knowledge and 11 people (19.6%) have less knowledge.

The results of this study are in line with the research conducted by Adila et al. (2020) who explained that the majority of adolescent girls' knowledge about female organ care at Muhammadiyah High School was in the enough category with 36 respondents (49.3%) (Adila, Rinjani and Cinderela, 2020). Knowledge is very important and is useful for forming a person's actions. With the knowledge that has been

provided, adolescent girls can understand more about vulva hygiene during menstruation (Dwi Arifiani and Samaria, 2021).

Table 7. Adolescent Girl's Personal Hygiene Practices About Menstruation

Practices	n	%
Good	32	57,1
Not Good	24	42,9
Total	56	100

Based on the results of univariate analysis, the highest personal hygiene practices during menstruation was in good category with 32 people (57.1%) and not good practices with 24 people (42.9%).

The results of this study are in line with research conducted by Alfi et al. (2022) which explained that most of the respondents had good practices in doing personal hygiene during menstruation with 177 people (51.6%) and respondents had not good practices in doing personal hygiene during menstruation with 166 people (48.4%) (Alfi, Hasanah and Misrawati, 2022). We can know that cleanliness the feminine area also really needs to be careful cleaned. The best thing about femininity is to wash it with clean water. Pay attention when washing the area femininity, especially after defecation which washing from front to front rear (from vagina to anus), no on the contrary.

Table 7. Relationship Between Knowledge And Personal Hygiene Practices Of Adolescent Girls

Variable	Personal Hygiene Practices				Total		p-value
	Good		Not Good		n	%	
	n	%	n	%			
Knowledge	Good	10	17.9	2	3.6	12	21.4
	Enough	20	35.7	13	23.2	33	59
	Less	2	3.6	9	16.1	11	19.6
Total		32	57.1	24	42.9	56	100

Based on the results of bivariate analysis using the spearman rank test, a result of p-value 0.001 ($p < 0.05$) was obtained, which means that there was a significant relationship between knowledge and personal hygiene practices of adolescent girls. From the data obtained, the correlation coefficient number has a positive value of 0.418 which means the

relationship between the two variables is strength enough.

This research is in line with the research of Harahap et al. (2021) who explained that knowledge has a significant relationship with the personal hygiene practices of adolescent girls during menstruation with the value of p -value 0,001 ($p < 0,05$) (Harahap, Suryati and Masnawati, 2021). To increase adolescents' knowledge about personal hygiene, efforts such as counseling by health workers are needed. Counseling is carried out by providing health education to adolescents so that the information can be reached by the community, thus, positive personal hygiene practices are increasingly and applied by adolescents when they experience menstruation (Sofiyati, 2023).

Knowledge is information obtained from the senses possessed by a person (Senja, Widiastuti and Istioningsih, 2020). Information related to menstruation is usually obtained from someone who has deeper knowledge. There are several ways that can be used to learn about health, especially menstruation, information can be obtained from parents, teachers and the mass media. Parents are the first source of knowledge because they follow the growth and development of adolescent girls before they know the outside world. Parents have a very important role in the development of adolescents' lives because most of their time is spent with their families. A person's development can begin by communicating with adolescent girls, gaining knowledge, having interests, habits and skills in the lives of adolescent girls (Ruli, 2020). In addition, parents also play a role in strengthening understanding of adolescent girls about menstruation, at the beginning of menstruation many adolescent girls have feelings of fear, anxiety, confusion and restlessness. Therefore, the role of parents is needed by adolescent girls on how to deal with menstruation (Arifin and Apal, 2019).

Schools also have an important role in providing health education information to adolescent girls, especially teachers. Teachers have a role to educate students. Teachers are educators, teachers, supervisors, trainers, and

role models for their students (Wau, 2022). In this modern era, information is very easy to obtain through the media in the form of the internet because information technology is increasingly advanced and sophisticated. In the world of education, the internet as information obtained by adolescent girls can change their mindset so that there is a need for supervision of them in seeking useful information about their reproductive health (Azizah Sitompul, Padli Nasution and Ayu Sundari, 2022).

During menstruation, adolescent girls must use clean sanitary napkins. Choose pads that do not use fragrances and are colorless. This is done to reduce exposure to chemicals in genitalia devices. After urinating or defecating, replace the pads with new, clean pads. Adjust the type of size of the pads according to your needs, for example when you are about to go through your period and start to feel physiological vaginal discharge, use a small size pads (Pentyliner) (Baharuddin, Hengky and Putri Rusman, 2019).

How to do vulva hygiene during menstruation includes changing underwear at least 2 times a day so that the vagina does not experience excessive moisture, cleaning the vagina from the front to the back of the anus so that bacteria in the anus do not enter the vagina, changing sanitary pads regularly and no more than 6 times to prevent the growth of germs or fungi that can cause infection or irritation in the vagina, use clean water to rinse the vagina, and smooth the hair on the genitals; to avoid mold or lice that can cause itching and discomfort (Holida and Sri, 2020)

According to the researcher's assumption, the source of information obtained by adolescent girls greatly affects the knowledge of adolescent girls about personal hygiene during menstruation, be it from the family, school environment or the mass media or the internet. With information, the knowledge of adolescent girls is better and the more good personal hygiene practices in adolescent girls during menstruation.

Conclusion and Suggestions. there was a significant relationship between knowledge and adolescent girl's personal hygiene practices.

Recommended to the school to add lessons, curriculum and counseling for adolescent girl's about personal hygiene when menstruation is good from the energy side health such as community health centers, or from the school itself to address the dangers of the practice poor personal hygiene during menstruation and material about personal hygiene practices become daily habits of adolescent girls.

References

- Adila, W., Rinjani, M. and Cinderela, P. (2020) 'Tingkat pengetahuan remaja tentang personal hygiene', *Journal of Psychological Perspective*, 1(2), pp. 59–66. Available at: <https://doi.org/10.47679/jopp.12492019>.
- Alfi, N.R., Hasanah, O. and Misrawati (2022) 'Gambaran Perilaku Personal Hygiene Pada Remaja Saat Menstruasi Di Masa New Normal Di Kota Pekanbaru', *Jurnal Kesehatan Ilmiah Indonesia (Indonesian Health Scientific Journal)*, 7(2), pp. 61–72. Available at: <https://doi.org/10.51933/health.v7i2.824>.
- Almalinda and Oktaviani, Y. (2020) 'Gambaran Pengetahuan Dan Perilaku Remaja Putri Tentang Personal Hygiene Saat Menstruasi Di Smk 2 Tembilahan Tahun 2019', *Jurnal Kesehatan Husada Gemilang*, 3(1), pp. 1–6. Available at: http://ojs.husadagemilang.ac.id/index.php/k_ebidanan/article/view/40.
- Arifin and Apal, R.N. (2019) 'Peran Orangtua dalam Penguatan Pemahaman Remaja Putri tentang Fiqih Haid', *Jurnal Pendidikan Islam*, 3(1), pp. 124–140. Available at: <https://mail.journal.unipdu.ac.id/index.php/jpi/article/view/1990>.
- Azizah Sitompul, N.W., Padli Nasution, M.I. and Ayu Sundari, S.S. (2022) 'Analisis Isu Sosial Dalam Pemanfaatan Ict Pada Media Sosial Sebagai Sumber Informasi', *Jurnal Inovasi Penelitian*, 3(5), pp. 6031–6034. Available at: <https://ejournal.stpmataram.ac.id/JIP/article/view/1802>.
- Baharuddin, A., Hengky, H.K. and Putri Rusman, A.D. (2019) 'Pengaruh Penggunaan Pembalut Saat Menstruasi Terhadap Risiko Kanker Serviks Pada Siswi Sma Negeri 2 Pangkajene Sidenreng Rappang', *Jurnal Ilmiah Manusia Dan Kesehatan*, 2(1), pp. 115–127. Available at: <https://doi.org/10.31850/makes.v2i1.129>.
- Dwi Arifiani, I.R. and Samaria, D. (2021) 'Gambaran Pegetahuan, Sikap, Dan Motivasi Terkait Vulva Hygiene Pada Remaja Wanita Di Rw 02 Bojong Menteng, Bekasi', *Jurnal Keperawatan Widya Gantari Indonesia*, 5(1), pp. 30–36. Available at: <https://doi.org/10.52020/jkwgi.v5i1.2579>.
- Harahap, Y.W., Suryati and Masnawati (2021) 'Perilaku Personal Hygiene Remaja Putri Saat Menstruasi di MTS Swadaya Padangsidempuan', *Jurnal Kesehatan Ilmiah Indonesia (Indonesian Health Scientific Journal)*, 6(1), pp. 134–140. Available at: <https://doi.org/10.51933/health.v6i1.435>.
- Holida, S.S. and Sri, I. (2020) 'Hubungan Pengetahuan Dan Sikap Personal Hygiene Pada Saat Menstruasi Dengan Perilaku Pencegahan Pruritus Vulvae Pada Remaja Putri', *Healthy Journal*, 8(2), pp. 1–10. Available at: <https://ejournal.unibba.ac.id/index.php/healthy/article/view/503>.
- Linda, S. (2019) 'Faktor-Faktor Yang Mempengaruhi Perilaku Remaja Putri Tentang Personal Hygiene Pada Saat Menstruasi di SMP Negeri 12 Kota Pekanbaru', *JOMIS (Journal Of Midwifery Science)*, 3(2), pp. 68–79. Available at: <https://jurnal.univrab.ac.id/index.php/jomis/article/view/811>.
- Melina, F. and Ringringringulu, N.M. (2021) 'Gambaran Tingkat Pengetahuan Remaja Putri Tentang Keputihan Di Sekolah Tinggi Ilmu Kesehatan Yogyakarta', *Sekolah Tinggi Ilmu Kesehatan Yogyakarta*, 12(2), pp. 1–12. Available at: <https://doi.org/https://doi.org/10.55426/jksi.v12i2.147>.
- Permata, D.D. (2019) *Hubungan Pengetahuan Dan Sikap Dengan Perilaku Vulva Hygiene Saat Menstruasi Pada Remaja Puteri Di Smp N 01 Pulau Beringin Sumatera Selatan Tahun 2019, Universitas*

- Nasional Fakultas Ilmu Kesehatan*. Available at: <http://repository.unas.ac.id/id/eprint/636>.
- Rahayu, E.P. and Dwi Andriani, R.A. (2017) 'Pentingnya Personal Hygiene Remaja Putri Dalam Upaya Peningkatan Kesehatan Reproduksi Di Pondok Pesantren Al Falah Sidoarjo', *Community Development Journal*, 1(2), pp. 2–4. Available at: <https://journal2.unusa.ac.id/index.php/CDJ/article/view/356>.
- Ruli, E. (2020) 'Tugas dan Peran Orang Tua Dalam Mendidik Anak', *Jurnal Edukasi Nonformal*, 1(1), p. 145. Available at: <https://ummaspul.e-journal.id/JENFOL/article/view/428>.
- Senja, A.O., Widiastuti, Y.P. and Istioningsih (2020) 'The Level of Knowledge Adolescent About Reproductive Health', *Jurnal Keperawatan Sekolah Tinggi Ilmu Kesehatan Kendal*, 12(1), pp. 85–92. Available at: <https://journal.stikeskendal.ac.id/index.php/Keperawatan/article/view/699>.
- Sofiyati (2023) 'Penyuluhan Pengetahuan Tentang Menstruasi dengan Perilaku Personal Hygiene Saat Menstruasi pada Remaja Putri di Desa Sutawinangun Kecamatan Kedawung Kabupaten Cirebon Knowledge Counseling About Menstruation With Personal Hygiene Behavior During Menstruati', *JNB: Jurnal Nusantara Berbakti*, 1(3), pp. 167–181. Available at: <https://doi.org/10.59024/jnb.v1i3.181>.
- Wau, Y. (2022) 'Peran Guru Dalam Membentuk Karakter Siswa Di SMA Swasta Katolik Bintang Laut', *Educativo: Jurnal Pendidikan*, 1(1), pp. 16–21. Available at: <https://doi.org/10.56248/educativo.v1i1.3>.
- WHO (2022) 'Reproductive health in the South-East Asia Region'. Available at: <https://www.who.int/southeastasia/health-topics/reproductive-health>.