

DESCRIPTION OF KNOWLEDGE AND BEHAVIOR OF LEVEL I NERS STUDENTS IN MAINTAINING THE CLEANNES OF THE REPRODUCTIVE ORGANS DURING MENSTRUATION AT STIKES SANTA ELISABETH MEDAN IN 2021

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ABSTRACT

Knowledge of the cleanliness of reproductive organs during menstruation is very important knowledge because good knowledge can impose on the health of a person. Behavior is an individual response to a stimulus or action that can be observed and has a specific frequency, duration, and purpose, whether consciously or unconsciously. The research method used is a descriptive research design. The sampling technique used a total sampling of 84 respondents. The results of this study indicate the knowledge of female students in maintaining the cleanliness of their reproductive organs during menstruation. Research conducted by researchers at STIKes Santa Elisabeth Medan, obtained from 84 respondents, that 83 respondents (98.8%) had good knowledge and results behavior in maintaining the cleanliness of their reproductive organs during menstruation were obtained that 65 respondents (77.4%) behavior good. The conclusion is that the knowledge and behavior of female students in maintaining the cleanliness of the reproductive organs during menstruation is glare It is hoped that students at STIKes Santa Elisabeth Medan, can maintain a clean and healthy life.

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1. INTRODUCTION

Menstruation is a physiological change in women that occurs periodically and is influenced by reproductive hormones, usually occurring every month from adolescence until menopause. When women experience menstruation, it is also important for women to continue to be more concerned with the cleanliness of the genital area. The cleanliness of the reproductive organs is defined as an action that is very important and must be considered because it will affect a person's health. The problem of cleanliness of the reproductive organs is strongly influenced by the values that a person has in him, so that's a habit that will be carried into old age (Kusmiyati et al., 2016). 1

The results of the Indonesian Ministry of Health (2018) show that in Indonesia as many as 5.2 million late women often experience complaints after menstruation due to not maintaining the cleanliness of the genital organs during menstruation which is characterized by an itching sensation around the genital area (Pandelaki & All, 2020). Meanwhile, Daiyah's research (2004) in Lismawati, (2019) shows that as many as 15 out of 58 women understand the care of the external reproductive organs well and this is a relatively low number. Research conducted (Lismawati, 2019). also showed that when conducting a survey of 10 women at the Al-Hikmah Marihat Bandar Private Junior High School in Simalungun Regency, there were only three women who understood how to properly clean

their reproductive organs, such as changing sanitary napkins two times a day, for seven years. others do not clean the reproductive organs properly (Lismawati, 2019).²

One of the complaints felt during menstruation is the itching caused by fungi that thrive during menstruation and can cause vaginal discharge which can be caused by using sanitary napkins that do not cause symptoms. Thus, every woman can take good care of her organs. Hygiene during menstruation is a component in maintaining cleanliness that plays an important role in a person's health status, including avoiding disorders of the reproductive organs. At this time the blood vessels in the uterus are very easily infected. Therefore, genital hygiene should be more maintained because germs can easily enter and can cause reproductive tract infections (Angka & All, 2019).³

The purpose of treatment during menstruation is to maintain individual hygiene and health during menstruation so that physical and psychological well-being can be obtained and can improve a person's health status. Behavior in maintaining the cleanliness of the reproductive organs during menstruation is a very important point and needs to be studied in depth. This is based on existing theoretical studies, one of the efforts to reduce disturbances during menstruation is to get used to clean behavior (Putri & Setianingsih, 2016).⁴

Behavior is an individual's response to a stimulus or action that can be observed and has a specific frequency, duration and intention, both consciously and unconsciously (Putri & Setianingsih, 2016). Clean behavior during menstruation is a behavior related to actions to maintain health and efforts to maintain the feminine area during menstruation (Pandelaki & All, 2020). The behavior of maintaining the cleanliness of the reproductive organs is defined as an understanding, attitude, and practice carried out by a person to improve health, maintain personal hygiene, increase self-confidence, create beauty, and prevent disease (Trisanti, 2016).⁵

Bad behavior in maintaining genital hygiene, such as washing the vagina with dirty water, using excessive rinsing or cleaning products, using tight underwear that does not absorb sweat, rarely changing underwear, and being lazy to change sanitary napkins, causing bacteria and fungi to develop easily (Trisanti, 2016).⁶

Based on Indonesian statistical data (2012), shows that out of 43.3 million women 15-24 years old in Indonesia, on average, they have unhealthy behavior toward reproductive health (Angka & All, 2019). According to the results of Riskesdas (2018) (Pandelaki & All, 2020), showing that out of 69.4 million adolescents in Indonesia, as many as 63 million adolescents have very bad behavior in maintaining the health of their reproductive organs during menstruation, which is as much as 30%, caused by an unfavorable environment. bad or unhealthy and 70% due to the use of inappropriate sanitary napkins during menstruation (Pandelaki & All, 2020). The results of the initial data survey that the authors obtained, on 10 first-year female students using a knowledge and behavior questionnaire distributed to first-year female students using Google Forms, the authors obtained data that 6 (60%) female students had good knowledge, female students with less knowledge were 4 (40%) respondents. while for the statement of behavior found the results of 10 (100%) with a very good student behavior category.⁷

2. METHOD

This research was conducted at STIKes Santa Elisabeth Medan, Jl. Trumpet Flower No.118. The time of the study was carried out on April 7 - 28, 2021. The type of design used by the author in this study was a descriptive research design. The population used by the author in this study were all first-year students of STIKes Santa Elisabeth Medan, amounting to 84 people. The sampling technique used by the author in this study is Total Sampling. Where the samples in this study were all students of the STIKes Santa Elisabeth Medan study program with 84 respondents

3. RESULTS AND DISCUSSION

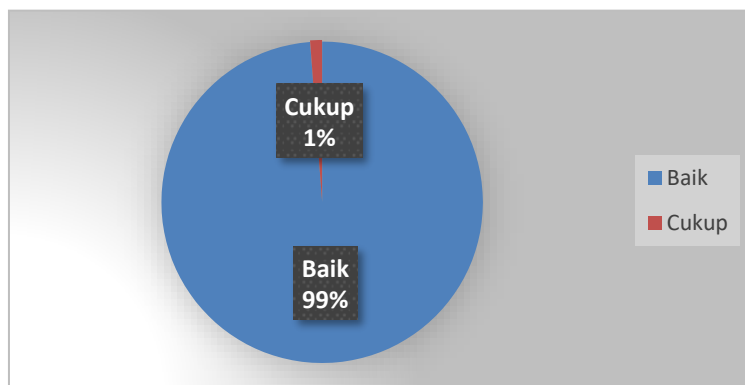


Figure 1.

Distribution of Respondents Based on Knowledge Diagram of Level I Nursing Study Program Students in Maintaining Reproductive Organ Hygiene During Menstruation at STIKes Santa Elisabeth Medan in 2021.

Based on research obtained by researchers at STIKes Santa Elisabeth Medan 2021, the knowledge of female students in maintaining the cleanliness of the reproductive organs during menstruation tends to be in a good category. The results of this study are supported by (Chairiyyah & Rosmeri Br Bukit (2019) stating that women's knowledge of maintaining genital hygiene during menstruation at SMPN 25 Pekanbaru, respondents' knowledge is in the excellent category.

The author assumes that the knowledge of level I students is good because, my level students have gained knowledge about the cleanliness of the reproductive organs from the home environment, parents, and education that has been obtained as well as from school to college. The education in the school is (natural science) and the education or teaching obtained in college is (maternity nursing) and the availability of library facilities complete with books as source material or reading for female students in learning the cleanliness of reproductive organs easily. So that when the data collection was held for the student Prodi nursing at my level, they showed that their knowledge was good.

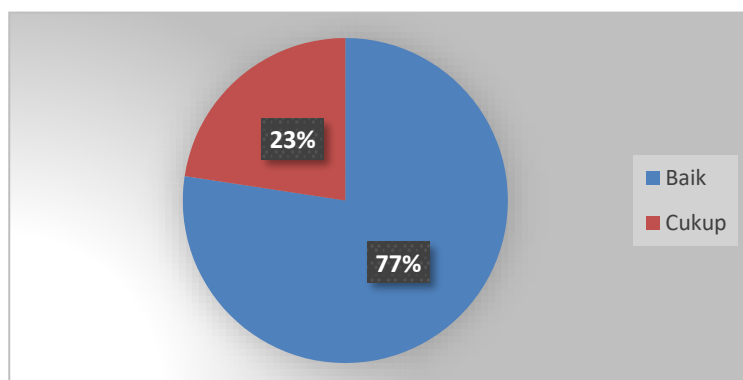


Figure 2.

Description Of Knowledge And Behavior Of Level I Nursing Students In Maintaining The Cleanliness Of The Reproductive Organs During Menstruation At Stikes Santa Elisabeth Medan In 2021- Citra Tiur Rotua

Distribution of Respondents Based on the Behavior of the Nursing Study Program Level I in Maintaining the Hygiene of the Reproductive Organs During Menstruation at STIKes Santa Elisabeth Medan in 2021.

Based on diagram 2, shows that from 84 respondents, it was found that the behavior of first-level female students in maintaining the cleanliness of the reproductive organs during menstruation was in a good category. Based on the facts that exist through the respondents' answers, several things that are not paid attention to by level I female students when maintaining the cleanliness of the reproductive organs during menstruation are: female students sometimes change their underwear 2 times a day or more during menstruation as many as 3 (6%) respondents do not. never answered (in statement 1), Changed sanitary napkins every 4-6 hours 11 (13.1%) respondents answered sometimes (in statement number 9), and washed their hands before making mistakes in 16 (19.0%) respondents answer sometimes (on statement number 5).

Maintaining the cleanliness of the reproductive organs from children to adults is different, because in the reproductive organs of adults, besides that there is no wear and tear on the urinary tract, there are also several things including the hair around the reproductive or genital organs, increased glands, and sweat. This makes the genitals and the area easily dirty and moist so that germs and fungi are easy grow in it. This is also supported by the explanation (Sukanto et al., 2018) that wearing underwear that does not absorb sweat can cause the growth and development of germs. In addition, it is important to use a dry towel or tissue after urinating or defecating, so it is very important to keep the reproductive organs from preventing and avoiding the growth of fungi. This is in line with the research of Yanti, et al., (2014) which explains that after bathing or urinating, the vagina should be dried with a clean cloth or towel using underwear, this is useful to avoid moisture that allows fungi to easily develop on the genitals.

The formation of behavior in maintaining the cleanliness of the reproductive organs during menstruation is strongly influenced by good knowledge, but it is not the only factor in doing or behaving, but there are still other dominant factors for good behavior, one of which is the physical environment factor. In the STIKes Santa Elisabeth Medan campus environment, there are now many places available for washing hands and placing trash cans in various corners of the dormitory which allows students to continue to maintain their hygiene. Before going to the toilet, you should first wash your hands with soap, then clean the toilet by flushing around the toilet, then during menstruation, you should provide 1 small piece of plastic (for the sanitary napkins used) then clean the pads, then put them in the small plastic and throw it in the trash. Or first, clean the pads and throw them in the trash.

The behavior of female students in carrying out reproductive organ hygiene during menstruation can be done by cleaning the genitals properly and correctly, such as when urinating and defecating, using a clean toilet, the sanitary napkins used should also be changed 4-5 r 6 hours, choose sanitary napkins that are not made from high absorption. Another study proposed by (Irfani Rizqi Dwi Arifianti, 2021) mentions that there are other factors such as knowledge, intelligence, attitude, and many other reasons behind a person's behavior. The author argues that someone who has good knowledge will affect behavior in acting, including the behavior of maintaining the cleanliness of the reproductive organs during menstruation. The same research is also supported by research (Tantry et al., 2019) which suggests that the behavior of respondents who show a large proportion of self-care during menstruation can be

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based on the knowledge they have, one of which is from the environment in which they live, the education they have received from the school. and home environment. This knowledge is by behavior based on the relationship between stimulus (stimulus) and response (response) which is usually known as SOR (Respondent Organism Stimulus). Behavior is an action or action that can be observed and even studied by each individual or respondent. It can be concluded that good behavior during menstruation can improve a person's health status.

4. CONCLUSION

Based on the results of the study found by researchers with a sample of 84 respondents regarding the description of the knowledge and behavior of level I prodi need in maintaining the cleanliness of the reproductive organs during menstruation at STIKes Santa Elisabeth Medan, it can be concluded that the knowledge and behavior of first-level medical students in maintaining hygiene reproductive organs during menstruation the in good category. The researcher hopes that the results of this study can be used as a source of reading for students in improving the development of knowledge in maintaining the cleanliness of the reproductive organs during menstruation.

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