



AN OVERVIEW OF YOUNG WOMEN'S KNOWLEDGE OF MENSTRUAL PERSONAL HYGIENE

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ABSTRACT

Hygiene is very important for young women, especially during menstruation. Improper personal hygiene care will lead to the development of germs and infectious diseases, for that it is very necessary to maintain personal hygiene during menstruation to avoid disease. This study aims to determine the knowledge of young women regarding personal hygiene during menstruation at SMA Santo Mikhael Pangururan in 2022. This type of research is descriptive with a cross sectional approach. Researchers use a type of research that is descriptive and data collection at one time only. Researchers use all populations or all students are all students of class X as many as 95 people. The sampling technique used is total sampling. The analysis used is univariate analysis. The results obtained as many as 95 respondents, the majority had sufficient knowledge of 71 respondents (74.7%) and the minority have good knowledge and 12 people lacked knowledge (12.6%). Based on this research, it is expected that UKS will work together with local health centers to provide health education or promotion, especially personal hygiene during menstruation in order to increase the knowledge and awareness of young women regarding personal hygiene during menstruation.

Keywords: knowledge; personal hygiene; yout

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INTRODUCTION

Adolescence is a period of transition or transition from childhood to adulthood with an age limit of 10-19 years which is marked by physical and psychological changes (Susant & Lutfiyati, 2020). Adolescents will experience menstruation where a woman's natural process is in the form of bleeding that occurs due to the shedding of the uterine wall and occurs repeatedly every month except during pregnancy. In this case, there are still many young women who do not know and understand how to maintain cleanliness during menstruation (Putri Damayanti & Sari, 2021). Hygiene is an action to maintain cleanliness and physical and mental health. Hygiene during menstruation plays an important role in determining the health of the reproductive organs. Knowledge of young women about menstrual hygiene tends to be lacking, especially about the cleanliness of the reproductive organs. Improper and unhygienic handling of personal hygiene can also cause excessive microbial growth which ultimately inhibits the function of reproductive organs (Wianti, 2018). Adolescent hygiene during menstruation is an attitude and action that must be considered. Cleanliness is one way to determine the health of the genital organs of adolescent girls, so that they are free from various types of infectious diseases of the genital organs (Angrainy et al., 2021). If hygiene during menstruation is not carried out properly and properly, it will cause various kinds of

disturbing diseases such as vaginal discharge, cervical cancer, irritation of the genital skin, allergies, and inflammation in the genital area. Thus, maintaining the cleanliness of the genital organs during menstruation is very important to pay attention to and do well (Wati & Kurniawati, 2021). The rate of occurrence of reproductive tract infections reaches 2.3 million annually, of which about 1.2 million are in developing countries, then 5 million new patients per year and about 3 million in developing countries (Liza, 2019). In the world the most or the highest experiencing reproductive tract infections (ISR), namely in young women who reach around (35-42%) (Haryanti Butarbutar, 2020).

One of the research results obtained by researchers in the South Asian region in the Bengal region regarding the cleanliness of the genitalia during menstruation, around 160 young women showed that around 67.5% had poor knowledge and 32.5% had good knowledge (Wianti, 2018).). In Indonesia, research from Pemiliana, 2019 shows that there are about 21 young girls (45.7%) with insufficient knowledge and 18 girls (39.1%) who have sufficient knowledge, then there are about 6 people with good knowledge (13, 14). 0%). From WHO data in 2016 who experienced genital infections, there were about 15 out of 20 responses and those who experienced the most problems such as vaginal discharge were taken from annual data. The cause of this infection is because there are still many who do not know or maintain the cleanliness of the genital organs when adolescents experience menstruation. The results of the study on the hygiene and health of female genital organs found that approximately 75% of women in Indonesia experienced menstruation and then were also exposed to infections such as abnormal vaginal discharge and one of them was fungal infection of the female genital organs (Bkkbn 2011). Then supported by the results of research by Widyanto (2014) in Surabaya, it was found that 67% of adolescents were able to take care of external reproductive organs (Rosidah, 2019). According to Davey (Ping, 2019). Poor hygiene during menstruation is a risk factor for vulvar cancer.

The incidence of reproductive tract infections due to poor hygiene in the genital area is still quite high. One of the results of research from Pratiwi about knowledge of hygiene when experiencing menstruation was found in North Sumatra, namely there was knowledge about genital hygiene of adolescent girls as many as 35 people with less knowledge as many as 23 respondents (65.7%), 6 people (17.1%) knowledge good and have sufficient knowledge of about 6 people (17.1%) which can be concluded that there are still many young women who do not have good knowledge about the cleanliness of the genital organs during menstruation (Pratiwi & Marlina, 2020). Teenagers who are menstruating are very important to maintain strict hygiene and health. Young women are strongly emphasized to learn more about the importance of maintaining the cleanliness of their reproductive organs during menstruation in order to avoid various infectious diseases. The result of vaginal discharge or itching is very dangerous if it is slow to handle it (Tantry et al., 2019). Early education can be given about reproductive personal hygiene is possible in adolescents. This is one of the first steps in increasing adolescent reproductive health knowledge. Early education about personal hygiene during menstruation such as positive attitudes, knowledge and behavior in maintaining or avoiding the occurrence of a disease, and protecting individuals so that there is no risk of a disease (Sitarani et al., 2020).

The results of the initial survey obtained by researchers regarding the knowledge of young women at SMA Santo Mikhael Pangururan using a google form which was distributed to 30 respondents who were not the research sample later, obtained 16 respondents (53.3%) always kept the female organs dry, 8 respondents (26.7%) said that for too long leaving the blood on the sanitary napkins can cause disease-causing bacteria, 15 respondents (50%) said rinsing

the female organs from front to back, 5 respondents (16.7%) said that when they are menstruating, germs can easily enter through the vagina. female tools, they are diligent in changing sanitary napkins, and 8 respondents (26.7%) only use clean water when cleaning female instruments. Hygiene during menstruation at SMA Santo Mikhael Pangururan. This study aims to determine the knowledge of young women regarding Personal Hygiene during Menstruation at SMA Santo Mikhael.

METHOD

This research was made with a quantitative descriptive method and combined with a research design known as a cross sectional

approach. Then the number of respondents or the population that was taken were all teenage girls of class X SMA Santo Mikhael Pangururan totaling 95 people. The technique used is total sampling in this study.

RESULTS

Table 1.
Frequency Distribution Table of Respondents Based on Demographic Data (n=95)

Age	f	%
14 year	5	5,3
15 year	41	43,2
16 year	47	49,5
17 year	2	2,1

Table 1, it was obtained that the age of 14 years obtained 5 respondents (5.3%), the age of 15 years obtained 41 respondents (43.2), the age of 16 years obtained 47 respondents (49.5%), and the age of 17 years obtained 2 respondents (2.1).

Table 2.
Table of Frequency Distribution of Knowledge of Young Women on Personal Hygiene During Menstruation (n=95)

Knowledge	f	%
Well	12	12,6
Enough	71	74,7
Not enough	12	12,6

Table 2, it was found that the age of 14 years obtained 5 respondents (5.3%), the age of 15 years obtained 41 respondents (43.2), the age of 16 years obtained 47 respondents (49.5%), and the age of 17 years obtained 2 respondents (2.1).

DISCUSSION

Based on research conducted at Santo Mikhael Pangururan High School in 2022 Pangururan District, Samosir Regency, North Sumatra Province, it was found that respondents' knowledge about hygiene during menstruation was obtained from 95 people showing good knowledge there were 12 people (12.6%), having knowledge enough there are about 71 people (74.7%) and who have less knowledge about 12 people (12.6%). This means that the majority of young women are knowledgeable enough. Based on the results obtained by the researchers, there were 12 respondents (12.6%) who did not know what to do if they had stomach cramps, even though they were relaxed, had eaten healthy food, they did not know. what activities and actions to take when experiencing abdominal cramps during menstruation,

and teenagers do not know what to do when they are menstruating germs can easily enter through the female organs.

Based on the results obtained by the researchers that the results of the research from the answers of respondents who have sufficient knowledge of hygiene during menstruation to apply, there are 71 respondents (74.7%) who do not know how to wash the female organs, do not know how to wash the female organs what to do, teenagers don't know what to do when they are menstruating, suddenly their stomach hurts (abdominal cramps) and teenagers don't know if they feel unbearable stomach pain during menstruation what should be done. The results of the research from the answers of respondents who have good knowledge on analyzing points as many as 12 respondents (12.6%) which one is better between cleaning female genitalia with clean water only or with added cleanser/perfume, and why are you required to be diligent in cleaning yourself at home? when menstruating.

The results of the respondent's lack of knowledge about knowledge about hygiene during menstruation is in accordance with Tantry's research,(2019) that young women get results from knowledge about the cleanliness of the genital organs when they are menstruating, as many as (60.9%) have less knowledge about the cleanliness of the genital organs when they are menstruating. menstruation. According to Tantry's research, (2019) the results were lacking because the news obtained by teenagers could only be at the earliest or first level of knowledge, namely knowing (Tantry et al., 2019). Based on the results obtained by researchers, respondents who are less knowledgeable because young women do not know how to do when they are relaxed, have eaten nutritiously and get enough rest, feel stomach cramps during menstruation, should be compressed and checked by health workers, then young women also do not understand or understand when they are pregnant. experience stomach cramps during menstruation, which can be done, namely playing with friends/watching tv, applying warm compresses to the abdomen, and getting enough rest/sleep. And young women don't know that when they are menstruating, germs can easily enter through the female organs, so they must be diligent in changing sanitary napkins.

The results of research by young women regarding knowledge of personal hygiene during menstruation have results in the category quite in line with research conducted by Wianti, (2018) that the conclusions obtained from adolescent knowledge about the cleanliness of reproductive organs during menstruation in adolescent girls with sufficient results there are about 18 people. (51.4%) and about 14 respondents (40.0%) are said to have good results, and for poor results there are 3 people (8.6%) meaning that the majority of the results are enough as many as 18 people (51.4%) (Wianti , 2018). According to the results of research conducted by Wianti, she gained sufficient knowledge because young women understood or received news about personal hygiene during menstruation, mostly from teachers who were teaching at school or from people at home who had older sisters. Adolescent girls receive theoretical insight about hygiene during menstruation, namely from the team that teaches at school (teachers) but with limited insight or information about physiological reproduction and understanding menstruation, but not specifically about personal hygiene during menstruation.

Based on the results obtained by the researcher, respondents who are knowledgeable enough because not all know or most of the young women still do not understand how to personal hygiene during menstruation, that is, they do not know how to rinse the female organs correctly from front to back, then when washing the female organs they wash their hands. before and after, what is done when experiencing menstruation suddenly feels stomach in the

stomach. What is done is rest and if necessary take medicine from a health worker, and if during menstruation you feel unbearable abdominal pain, what is done is to come to health services. Knowledge about personal hygiene during menstruation can be obtained from the mass media of health education, counseling, experience, and the environment. According to Notoatmodjo (2003) in (Rosidah, 2019), knowledge is one of the results of "knowing" then this will someone will understand after someone has seen a certain object. Vision will occur to an object will occur through the five human senses, namely through smell, hear, sight, taste and touch. When the senses have arrived at this knowledge, it can influence the attention of the opinion of an object. Most human knowledge can be obtained from the organs of sight and hearing.

Personal hygiene is knowledge, attitudes and actions that are active in maintaining and avoiding the occurrence of a risk that causes disease (Proverawati, 2009). Knowledge of hygiene in the feminine area during menstruation is very important to be implemented and understood by most women, especially young women, because all women need to take care of the female organs properly and well. This is because the level of knowledge of adolescents about hygiene when experiencing menstruation still tends not to be strong or good. Improper or unhygienic handling of genital organ hygiene can result in the growth of disease nests and excessive growth of microorganisms, which is not good and can interfere with the health and function of reproductive organs (Susant & Lutfiyati, 2020). Knowledge of young women about the cleanliness of the genital organs during menstruation can be assessed from the ability of young women to answer questions about personal hygiene, especially the cleanliness of the genital organs during menstruation. This statement is due to the lack of knowledge of young women about knowing, understanding, applying, analyzing, evaluating and making during menstruation.

The results of research with good results are in accordance with research completed by (Narsih et al., 2021) that obtained knowledge about the cleanliness of the reproductive organs when experiencing menstruation in adolescent girls obtained good results, namely there are about 120 people (40.20%). et al., 2021) have good results because they already have good knowledge of genital hygiene or reproductive organ care during menstruation Based on the answers obtained by the researchers, it was found that respondents were well informed because young women already knew how to clean feminine equipment with clean water only, and young women also knew how to clean themselves during menstruation to avoid germs that cause disease.

Based on the results of the researchers, the knowledge of young women regarding personal hygiene during menstruation who have sufficient knowledge of the majority and the minority are good and less due to the lack of school facilities such as inadequate books on personal hygiene or books on reproductive organ health during menstruation in the library, and also lack of interest in looking for books or articles about personal hygiene during menstruation, then the lack of information and health education about personal hygiene during menstruation given to young women, the School Health Unit (UKS) which is not running well and does not use the internet in the school environment. make adolescents less informed or less understanding about hygiene care during menstruation.

CONCLUSION

Description of Knowledge of Young Women Regarding Personal Hygiene During Menstruation at SMA Santo Mikhael Panguran in 2022 it was found that the majority of young women obtained sufficient knowledge of 71 respondents (74.7%).

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