

The Relationship Level of Adolescent Knowledge with Personal Hygiene Behavior during Menstruation in Krembangan Jaya South Surabaya

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ABSTRACT

Personal hygiene is a health problem that is often ignored by adolescent girls, this is because the incidence of lack of personal hygiene is increasing along with the lack of knowledge of adolescent girls about maintaining their hygiene during menstruation. One of the lack of knowledge on personal hygiene is the laziness to change sanitary napkins every 4 hours in a day. Changes that occur in lack of knowledge of personal hygiene lead to reproductive tract infections and fungal infections. This study aims to analyze the relationship between adolescent knowledge level and personal hygiene behavior during menstruation among adolescent girls in Krembangan Jaya Selatan, Surabaya. This type of research is a correlation with a cross-sectional approach. The population in this study was 60 adolescent girls in Krembangan Jaya Selatan, Surabaya with sampling according to the inclusion and exclusion criteria and using non-probability sampling type purposive sampling obtained 52 respondents. The research was conducted in Krembangan Jaya Selatan Surabaya for 2 weeks in January-February 2023. The data was collected using a questionnaire then processed the data using the spearman rank test. The results showed that the majority of adolescent girls had a good level of knowledge (67.3%) related to personal hygiene during menstruation and personal hygiene behavior in the good category (61.5%). Spearman rank test result of $P = 0.000 < \alpha$ (P value < 0.005) showed that there was a significant relationship between knowledge and personal hygiene behavior during menstruation.

Keywords: knowledge, menstruation, personal hygiene

BACKGROUND

Personal hygiene or personal hygiene during menstruation is currently a health problem that is often ignored by young women, this is because the incidence of a lack of personal hygiene is increasing along with the lack of knowledge of young women to maintain cleanliness during menstruation. One of the lack of knowledge about personal hygiene is lazy to change pads every 4 hours a day. Changes that occur in the lack of knowledge of personal hygiene cause reproductive tract infections and fungal infections (Diana, 2016). The fact is from the behavior of young women who are lacking in caring for vulva hygiene during menstruation, such as being lazy to change pads, Leaving the vagina alone if it feels damp and wearing underwear that doesn't absorb sweat can cause fungal and bacterial infections. This occurs during menstruation due to bacteria that thrives on pads. (Solita, 2017).

According to the World Health Organization (WHO) in 2018 young women aged 10-14 years had problems with their reproduction, namely 43.3 million young women aged 10-14 years had very poor hygiene behavior. In Indonesia, the prevalence of reproductive tract infections due

to lack of hygiene in the genital organs is still quite high, the number of sufferers of reproductive tract infections in Indonesia is 90-100 cases per 100,000 population per year (Depkes RI, 2014). ISR cases in East Java such as candidiasis and servitis which occurred in girls as much as 86.5% out of 100% were found in Surabaya, the highest cause of these cases was the candida albican fungus (Muthoharoh, 2018). In East Java Province as many as 77, 3% of adolescents have insufficient knowledge in terms of reproductive health (Research and development agency of the Indonesian Ministry of Health, 2018). This is in accordance with the results of observations made in the Krembangan Jaya Selatan area, Surabaya in July 2022, it was found that young women's knowledge was still lacking regarding personal hygiene during menstruation, there were still young women who were lazy to change pads every 4 hours a day, leaving their vaginas alone. if it feels damp and use underwear that does not absorb sweat. Based on the results of interviews with 5 young women, they said they actually knew about the dangers of not changing pads within 4 hours a day, leaving the vagina if it felt damp and using underwear that could not absorb sweat, but they were lazy to prevent it.

Knowledge of personal hygiene is very important because if it is not applied properly it will cause reproductive tract infections, fungal infections, and bacteria. (Diana, 2017). Personal hygiene plays an important role because it is an action to maintain health and cleanliness in the female organs during menstruation. One of the impacts caused by lack of personal hygiene is the emergence of vaginal infections caused by cleanliness. (Rahman & Astuti, 2014). Knowledge also affects the conduct of personal hygiene, adolescents who have poor knowledge of personal hygiene, may allow these adolescents not to behave hygienically during menstruation which can endanger their own reproduction. (Rahman & Astuti, 2014). Success in carrying out personal hygiene during menstruation is also influenced by several factors such as knowledge of adolescents, parents' education, family socio-economics, availability of facilities such as clean toilet facilities, clean water, maintenance of privacy, and myths circulating among the community. Improper and unhygienic handling of personal hygiene can also result in the excessive growth of microorganisms and eventually interfere with the function of the reproductive organs (Ariyani, 2018). Efforts that can be made by young women in personal hygiene during menstruation are changing their underwear and pads 3-4 times per day, bathing and also washing their hair, and cleaning the genitalia by washing them from front to back, and getting education about personal hygiene during menstruation. (Yusiana & Saputri, 2016). The role of nurses as educators is very important in providing education for young women who do not know about personal hygiene during menstruation. This can provide young women with knowledge about personal hygiene during menstruation, so that young women can maintain cleanliness during menstruation. Based on this background, researchers are interested in conducting research on the relationship between the level of knowledge of young women and personal hygiene during menstruation in Krembangan Jaya, South Surabaya.

METHODS

This type of research used is quantitative with the research design used is descriptive analytic using a cross-sectional approach. In this study, researchers will look at "the relationship between the level of knowledge of young women and the behavior of personal hygiene during menstruation in Krembangan Jaya, South Surabaya". The population in this study were all young women in Krembangan Jaya Selatan Surabaya, amounting to 60 people based on data for 2022 in the RW 07 area. The sample in this study were young women in Krembangan Jaya Selatan Surabaya who met the inclusion and exclusion criteria.

The inclusion criteria were (1) young women who had menstruated, (2) young women who were willing to become respondents, (3) young women who had experienced reproductive disorders while the exclusion criteria were (1) young women in Krembangan Jaya Selatan who

were not present during the study, (2) young women in Krembangan Jaya Selatan who were doing activities and could not be disturbed. The number of samples is 52 young women. The sampling technique in this study was purposive sampling, namely the technique of determining the sample by selecting a sample among the population according to what the researcher wanted, so that the sample could represent the characteristics of the previously known population. The instrument used in this research is a questionnaire sheet. The questionnaire sheet instrument consisted of 10 questions which were measured using a guttman scale. Giving a score for the knowledge aspect if the respondent's answer is correct is given a score of 1 and if the wrong answer is given a score of 0. The category of knowledge level category is good if the value is > 75%, the category is sufficient 56-75% and the category is less if the value is <56%.

The instrument used in this research is a questionnaire sheet. The questionnaire sheet instrument consisted of 16 statements which were measured using a likert scale. The score for each statement is Never : 1, Sometimes : 2, Often : 3, and Always : 4. The personal hygiene category is good if the value is > 60%, the category is 45-60% sufficient and the category is less than <45%. The data that has been collected is then processed using SPSS version 26. If the statistical test results show $p < 0.05$, it means that there is a relationship between the level of knowledge of young women and personal hygiene behavior during menstruation.

RESULTS

General

Respondent characteristics based on age are divided into early adolescents (10-15 years) and late adolescents (16-20 years). (WHO, 2018).

Table 1. Frequency distribution of respondent characteristics based on age in young girls in Krembangan Jaya Selatan, Surabaya 2023

Age	Amount	Percentage
10-15 Years	15	28.8%
16-20 Years	37	71.2%
Total	52	100%

Source: Primary Data, 2023

Table 1 above shows that 37 respondents mostly (71.2%) are aged 16-20 years.

Table 2. Frequency distribution of respondents based on menarche age in Krembangan Jaya Selatan, Surabaya 2023

The vulnerable age of young women who enter their first menstruation usually occurs at the age of 10-17 years before entering the reproductive period. However, the age of young women who start their first menstruation varies, some are 12 years old when they get their first menstruation, but there are also those who are 8 years old and have started their cycle. (Meizela, 2020)

Table 2. Frequency distribution of respondents based on menarche age in Krembangan Jaya Selatan Surabaya 2023

Age of Menarche	Amount	Percentage
9-11 Years	26	50%
12-14 Years	11	21%
15-17 Years	15	29%
Total	52	100%

Source: Primary Data, 2023

Table 2 obtained that 26 respondents were mostly (50%) aged 9-11 years, as many as 11 respondents (21%) aged 12-14 years and 15 respondents (29%) aged 15-17 years, it can be concluded that most of the menarche mostly aged 9-11 years.

Data from the Ministry of Health (2017) in Indonesia shows that as many as 5.2 million young women often experience complaints after menstruation due to not maintaining cleanliness, namely pruritus vulvae which is characterized by an itchy sensation on the female genitals (Ministry of Health Republic of Indonesia, 2017).

Table 3. Frequency distribution of respondents based on complaints of ever experiencing itching around the vagina or not.

Ever experienced itching in the vagina	Amount	Percentage
10-15 Years	15	28.8%
16-20 Years	37	71.2%
Total	52	100%

Source: Primary Data, 2023

Custom Data

Young Women Knowledge Level

Table 4. Frequency distribution of respondents based on knowledge level of young women in Krembangan Jaya, South Surabaya

Knowledge level	Amount	Percentage
Good	35	67.3%
Enough	15	28.8%
Not enough	2	37.8%
Total	52	100%

Source: Primary Data, 2023

Table 4 shows that most of the 35 respondents (67.3%) have a good level of knowledge

Personal Hygiene Behavior During Menstruation

Table 5. Frequency distribution of respondents based on personal hygiene during menstruation in Krembangan Jaya Selatan, Surabaya.

Behavior Level	Amount	Percentage
Good	32	61.5%
Enough	17	32.7%
Not enough	3	5.8%
Total	52	100%

Source: Primary Data, 2023

Table 5 above shows that 32 respondents mostly (61.5%) have good personal hygiene behavior during menstruation.

DISCUSSION

Knowledge level of personal hygiene during menstruation in young women in Krembangan Jaya Selatan, Surabaya

The researcher obtained the results of the study that the majority of respondents who had good knowledge were 35 respondents (67.3%), with the majority of young women aged 16-20 years as many as 26 respondents (66%) where the majority of the age at first menstruation were aged 15-17 years as many as 23 respondents (66%). This shows that the age of adolescents affects the level of knowledge related to personal hygiene which is shown that the majority of adolescents are 15-20 years old. The level of knowledge of adolescents during menstruation is at the level of knowing and understanding personal hygiene during menstruation well. Knowledge is influenced by several factors including age. Age describes physical, psychological and social maturity that affect the teaching and learning process. This means that age is one of the factors that influence the capture of information which ultimately affects an increase in one's knowledge, including knowledge about personal hygiene during menstruation. (Suparti, 2018). This is in line with research (Agra, 2019) which states that the majority of

respondents have good knowledge about personal hygiene during menstruation. Knowledge is the result of a person's sensing of an object through his five senses. The five senses possessed by humans to be used as sensing for objects include sight, hearing, smell, taste and touch. Intensity, attention, and perception greatly affect the results of knowledge of objects at the time of sensing. Most of the knowledge that a person has is obtained through the sense of hearing and the sense of sight (Luawo, 2021). During the sensing process to produce knowledge of objects, most of human knowledge is obtained through the eyes and ears. The level of one's knowledge of an object contains both positive and negative aspects. These two aspects will determine a person's attitude. The more positive aspects and objects that are known, the more positive attitudes towards certain objects will arise (Gultom, 2021).

The level of knowledge influences a person's attitudes and actions, the higher a person's knowledge, the better his knowledge. (Sirait, 2019). According to (Agra, 2019). Factors that influence knowledge are age, place of residence and sources of information. Age can affect a person's level of knowledge, the older one is, the more one's comprehension and mindset will develop so that the level of knowledge is better, in adolescence, a person will do more preparation, adjustment and the environment to face adulthood (Sulistiyowati, 2018). In their teens, respondents are already at the understanding stage which is defined as an ability to explain correctly about known objects, and can interpret the material correctly (Agra, 2019). According to the researchers' assumptions, the level of knowledge of young women in Krembangan Jaya Selatan Surabaya has good knowledge in knowing about personal hygiene behavior which is influenced by age, namely 16-20 years. Age affects one's knowledge in terms of understanding the information obtained, the older a person is, the knowledge gained will increase.

The level of personal hygiene behavior during menstruation in young women in Krembangan Jaya Selatan, Surabaya

The results showed that the majority of respondents who had good behavior were 32 respondents (61.5%), then 17 respondents (32.7%) had fairly good behavior and as many as 3 respondents (5.8%) had poor behavior by the majority of the age at first menstruation were 15-17 years old as many as 23 respondents (66%). This shows that the personal hygiene behavior of the respondents is at a good level and they understand hygiene during menstruation. Personal hygiene during menstruation is improving health through the implementation of hygiene measures that can be carried out during menstruation with the aim of maintaining individual hygiene and health so as to obtain physical and psychological well-being and can increase the degree of well-being. (Rosyida, 2019). There are several personal hygiene behaviors according to (Wahyuni, 2020) namely the use of underwear, genital hygiene, use of pads, cleanliness of daily clothing and facial skin and hair care. According to the assumption that the researchers stated that the personal hygiene behavior of adolescents during menstruation based on genital hygiene had understood how to apply genital hygiene properly and correctly. Most of the respondents have good behavior, in this case the respondents have done something that they think is right according to their knowledge, they have good awareness in maintaining the cleanliness of their genitals during menstruation. According to the researcher's assumption that the personal hygiene behavior of adolescents during menstruation based on the use of pads has understood how to use pads properly and correctly. And most of the respondents have had hygiene behavior during menstruation about using pads and changing pads properly and correctly. Changing pads is not recommended for more than 6 hours, because pads will cause bacteria when they are not replaced for a long time. When the individual feels uncomfortable due to vaginal humidity, it is recommended to immediately change the sanitary pads, because when the vagina is moist the fungus will reproduce so that it interferes with the vagina which causes the vagina to become itchy and smelly (Fitriyah, 2018). According to the researcher's assumption that adolescent personal hygiene behavior during menstruation is based on the use

of underwear, adolescents have understood how to use underwear properly and correctly. Most of the respondents had good hygiene behavior during menstruation regarding the habit of using underwear during menstruation, namely changing underwear at least 2 times a day and the respondents already knew about what things needed to be considered during menstruation, especially in keeping the genital area dry. During menstruation, the underwear is dirtier than usual because there are blood spots on the underwear. (Sitorus, 2021).

Relationship between Knowledge and Personal Hygiene During Menstruation

On the results of the tests conducted in this study indicate that there is a relationship between knowledge and personal hygiene behavior during menstruation in young women. Based on the results of the study, it was found that the majority of young women had good knowledge regarding personal hygiene behavior during menstruation as many as 35 respondents (67.3%), and the majority of young women had good personal hygiene behavior as many as 32 respondents (61.5%). The results of the analysis of the statistical spearman rank test obtained a p value of $0.000 < 0.05$, which means that there is a significant relationship between knowledge and personal hygiene during menstruation in young women. Factors that influence knowledge such as age, place of residence and sources of information. Age can affect a person's level of knowledge, (Sulistyowati, 2018). That way, young women will know more about personal hygiene knowledge during menstruation. Another research conducted by (Sirait, 2019) mention that the level of knowledge affects one's attitudes and actions, the higher one's knowledge, the better one's attitudes and actions. This research is in accordance with the theory (Siregar, 2021) which states that factors that influence personal hygiene such as social practices, personal choices, body image, socio economic status, knowledge and culture. Changing pads is not recommended for more than 6 hours, because pads will cause bacteria when they are not replaced for a long time. When the individual feels uncomfortable due to vaginal humidity, it is recommended to immediately change the sanitary pads, because when the vagina is moist the fungus will reproduce so that it interferes with the vagina which causes the vagina to become itchy and smelly (Fitriyah, 2018). Most of the respondents had good hygiene behavior during menstruation regarding the habit of using underwear during menstruation, namely changing underwear at least 2 times a day and the respondents already knew about what things needed to be considered during menstruation, especially in keeping the genital area dry. Based on the research conducted, the researchers argue that knowledge and personal hygiene during menstruation are interconnected because the higher a person's knowledge, the better behavior of young women in their personal hygiene during menstruation, this is evidenced by the results of almost half of the respondents who are of sufficient age.

Limitations

Limitations are weaknesses faced by researchers during the research process. The limitation in this study is that the age of the respondents who are classified as young have less knowledge related to the contents of the questionnaire, so researchers often help explain filling out the questionnaire. The time needed to obtain a research permit requires a long time so that research is hampered in its implementation.

CONCLUSION

Adolescent girls have good knowledge during menstruation, adolescent girls have good personal hygiene behavior during menstruation and there is a relationship between knowledge and personal hygiene of female adolescents during menstruation at Krembangan Jaya Selatan, Surabaya.

Suggestions for further research to increase the number of indicators studied because in this study only a few indicators became variables in the study.

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