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Relationship Knowledge with Vulva Behavior Hygiene When Menstrual at Teenage of the Princess in MTs. Mathla'ul Anwar

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Abstract— Knowledge of reproductive health is an important issue that needs to get the attention of all people. While hygiene behavior is an important theme that needs to be studied in depth, especially hygiene vulva cleanliness to prevent the occurrence of infections and other diseases. This is because based on the theoretical study that there is one effort to reduce the disorder during menstruation is to familiarize yourself with hygiene behavior. Where the population of Indonesia in 2010 as many as 237.6 million people, 26.67% of whom are teenagers. To know the correlation of knowledge with behavior of vulva hygiene during menstruation at adolescent girls in MTs. Mathla'ul Anwar. This research method using quantitative method, sampling technique using total sampling, approach used in this research use cross sectional where variable measurement of research done in one time. This research was conducted by questionnaire to collect respondent's data. A significant value of 0,000 indicated that the correlation between knowledge with hygiene vulva behavior during menstruation in adolescent girls was significant ($0,000 < 0,05$: there was a significant relationship). Meaning H_0 is rejected and H_a accepted so it can be concluded that there is relationship knowledge with behavior of vulva hygiene during menstruation at adolescent girl in MTs. Mathla'ul Anwar.

Keywords— Knowledge, behavior, hygiene vulva, adolescent.

I. INTRODUCTION

Life is a process of change and stability or maturity that is passed throughout a person's life span. The purpose of this science is for humans to understand more about themselves. The phases of human development are generally divided into five stages, namely: infants, children, adolescents, adults and the elderly. One of the phases in humans is adolescence where adolescents experience a transition period from children to adults⁽¹⁾. The total population of Indonesia in 2010 was 237.6 million people, 26.67% of whom were teenagers. Adolescence is a transitional period marked by physical, emotional, and psychological changes where the age is between 10-19 years. Adolescence is also known as adolescence (growing into adulthood). Adolescence is marked by puberty, which is the time when a woman is able to experience conception, namely menstruation or first menstruation⁽²⁾. Reproductive organs are one of the most important parts in the human body that have a big role and cannot be replaced by other organs. Public knowledge about matters related to the reproductive system is still low. This lack of knowledge about reproductive organs is one of the triggers for the emergence of various complaints and problems related to reproductive health, especially among

young women⁽³⁾. The incidence of infection in the reproductive organs can be seen from the available data. WHO (World Health Organization) estimates that 15 out of 20 adolescent girls experience vaginal discharge every year. This infection is caused by a lack of personal hygiene, especially the cleanliness of the vulva during menstruation. From data obtained from The National Family Planning Coordinating Board in 2009, in Indonesia as many as 75% of women have experienced vaginal discharge at least once in their life and 45% of them experienced vaginal discharge twice or more⁽⁴⁾. Hygiene behavior during menstruation does not just happen, but is a process that must be learned because individuals understand the positive or negative impact of behavior related to menstruation. Hygiene during menstruation is a component of personal hygiene that plays an important role in the status of a person's health behavior⁽⁵⁾. Menstruation is a serious problem for women and can sometimes cause cramps, weight gain, headaches, backaches, knee swelling, and emotional changes. Based on statistical data in Indonesia, out of 43.3 million teenage girls aged 10-14 years, their hygiene behavior is very bad⁽⁶⁾. Based on a preliminary study conducted by researchers, at MTs. Mathla'ul Anwar as of 16th November 2017 has a total of 113 female students. The results of interviews with several students stated that out of 10 teenagers who had experienced menstruation, 7 students said they had experienced vaginal discharge, unpleasant odor and itching in the area around the genitals, and did not know how to clean the feminine area properly and correctly. During menstruation they only know how to clean using soap, and 3 female students said they changed sanitary napkins more than 3 times a day during menstruation but when there was not a lot of menstrual blood they only changed sanitary napkins once a day. According to UKS data obtained from 113 female students, 60% of female students have experienced vaginal discharge and itching during menstruation. Based on the results of interviews with the head of the health sector at Islamic junior High school. Mathla'ul Anwar on January 22nd 2018, admitted that he had never been given reproductive health counseling from the National Family Planning Coordinating Board, or from other institutions. The water used by the pesantren uses Indonesian regional water utility company water and rain water for bathing or for cooking and the pool water is used to wash the students' clothes and the Head of Health said that students often experience vaginal discharge, causing itching in the pubic area and During

menstruation, they also experience itching because it takes a long time to change sanitary napkins due to busy activities and does not know when is the right time to change sanitary napkins, therefore it is important that this research is carried out so that female students can know how to maintain good and correct genital organs.

II. OBJECTIVE

This research aims to determine the relationship between knowledge and hygiene behavior during menstruation in adolescent girls in MTs. Mathla'ul Anwar.

III. METHODOLOGY

Study design

This study uses quantitative methods and the approach used in this study is cross sectional where the measurement of research variables is carried out at one time.

Population and Sample

The number of respondents in this study amounted to 103 people, all of which were based on inclusion criteria so that the sample could become respondents. In general, this study describes several characteristics of the respondents.

Instrument

This research was conducted with a questionnaire to collect respondent data.

Intervention

The intervention in this study was carried out on students who met the inclusion criteria, the researchers immediately took these students as samples after which they were given a questionnaire.

Data collection

Data collection in this study used a questionnaire sheet, and informed consent. After the patient agreed, the researcher asked the students to sign the informed consent form, after which the researcher conducted the study. Univariate analysis was conducted to describe the characteristics of age, sex and ethnicity. Bivariate analysis was conducted on two variables to determine the relationship or correlation, differences. The test was carried out using the chi square test method.

IV. RESULTS

1. Univariate analysis test

Based on table 1 it is explained that most of the respondents aged 13 years with a total of 34 people with a percentage (33.0%), respondents aged 12 years amounted to 16 people with a percentage (15.5%), respondents aged 14 years amounted to 27 people with a percentage (26.2%), and respondents aged 15 years as many as 26 respondents with a percentage (25.2%).

TABLE 1. Distribution of Respondents By Age (N=103)

Student age	Total (N)	Percentage (%)
12 year old youth	16	15.5%
13 year old youth	34	33.0%
14 year old youth	27	26.2%
15 year old youth	26	25.2%
Total	103	100%

Source: Primary Data 2018

TABLE 2. Distribution of Respondents By Class (N=103)

Class	Total(N)	Percentage
VII	33	32.0%
VIII	35	34.0%
IX	35	34.0%
Total	103	100%

Source: Primary Data 2018

Based on table 2, it is explained that the majority of respondents are in class VIII and IX, namely the number of respondents is 35 people with a percentage (34.0%) and the number of respondents in class VII is 33 people with a percentage (32.0%).

TABLE 3. Distribution of Respondents By Ethnic

Ethnic	Total(N)	Percentage(%)
Malay ethnicity	34	33.0%
Madurese	14	13.6%
javanese	25	24.3%
Sundanese	12	11.7%
Bugis	18	17.5%
Total	103	100%

Source: Primary Data 2018

Based on table 3 it is explained that most of the respondents based on the Malay ethnicity are 34 people with a percentage (33.0%), the Madurese respondents are 14 people with the percentage (13.6%), the Javanese respondents are 25 people with the percentage (24, 3%), Sundanese respondents were 12 with a percentage (11.7%), and Bugis respondents were 18 people with a percentage (17.5%).

TABLE 4. Respondent's Descriptive Consists of knowledge (N=103)

Knowledge	Total (N)	Percentage(%)
Good	54	52.4%
Not good	49	47.6%
Total	103	100%

Source: Primary Data 2018

Based on table 4 it can be seen that less than some respondents have less knowledge about vulvar hygiene behavior during menstruation in adolescent girls, namely 49 people (47.6%). While good knowledge as many as 54 people (52.4%).

TABLE 5. Frequency of Vulvar Hygiene Behavior During Menstruation in Adolescent Girls (N=103)

Vulvar Hygiene Behavior	Total (N)	Percentage(%)
Good	64	62.1%
Not good	39	37.9%
Total	103	100%

Source: Primary Data 2018

Based on table 5 it is explained that the results of the distribution of descriptive data on the frequency of good vulvar hygiene behavior are 64 respondents with a percentage (62.1%), while those who are not good are 39 respondents with a percentage (37.9%).

2. Bivariate analysis test

Based on table 6, a significance value of 0.000 is obtained which indicates that the relationship between knowledge and

vulvar hygiene behavior during menstruation in adolescent girls is significant ($0.000 < 0.05$: there is a significant relationship). This means that H_0 is rejected and H_a is accepted, so it can be concluded that there is a relationship between knowledge and vulvar hygiene behavior during menstruation in adolescent girls in MTs. Mathla'ul Anwar. of Dr. Achmad Diponegoro Putussibau Hospital.

TABLE 6. Analysis of the Relationship between Knowledge and Behavior of Vulvar Hygiene During Menstruation in Adolescent Girls in Mathla'ul Anwar

Knowledge	Vulvar Hygiene Behavior				Total	Nilai P
	N	%	N	%		
Good	43	79,6	11	20,4	54	100
Not good	21	42,9	28	57,1	49	100
Total	64	62,1	39	77,5	103	100

Source: Primary Data 2018

Based on table 6, a significant value of 0.000 is obtained which indicates that the correlation between knowledge and vulvar hygiene behavior during menstruation in adolescent girls is significant ($0.000 < 0.05$: there is a significant relationship). It means that H_0 is rejected and H_a is accepted, so it can be concluded that there is a relationship between knowledge and vulvar hygiene behavior during menstruation in adolescent girls in MTs. Mathla'ul Anwar.

V. DISCUSSION

Respondents by Age

In this study, the age of the respondents ranged from 12-15 years which was included in the category of young adolescents. With increasing age, there will be changes in physical and psychological aspects. Adolescent development can occur in several phases, namely at the age of 11-12 years for adolescent girls who experience puberty, overlapping periods because it includes the late years of childhood and the early years of adolescence, up to the early years of adolescence. children become adults. sexually. He is known as a "pubescent child" after being sexually mature, the child is known as a "teen" or "young teenager". Teenagers 15-25 years where at this age is adolescence as an important period, a period of transition, a period of change, a problematic period, a period of searching for identity, a period that causes fear, an unrealistic period and the threshold of maturity⁽⁷⁾. At this age, adolescents must seek as much information as possible both in involvement in social relationships where adolescence is more deeply and emotionally more intimate than in childhood, social networks are very broad, covering more and more people and various types of relationships. for example in association with school friends to complete group assignments so that they can obtain new information), and where young women can also seek information in the mass media with adequate technology and facilities so that a lot of information can be obtained by teenagers⁽⁸⁾. Regarding the ability to think of teenagers where the way of thinking of teenagers cannot be separated from the emotional life that goes up and down. The resistance and rebellion shown by teenagers by always throwing a lot of criticism, against school rules, or at home is a feature of starting to improve thinking skills with a point of view that is starting to spread among teenagers. At this stage, adolescents have also

begun to speculate about something, where they have begun to imagine something they want in the future. Cognitive development that occurs in adolescents can also be seen from the ability of a teenager to think more logically⁽⁹⁾.

Respondents By Class

MTs students. Mathla'ul Anwar is a teenager who is going through a transition period from childhood to adulthood, at this time there are various changes and rapid developments, both physically, mentally and psychosocially. Adolescence is marked by puberty, when a girl can already experience fertilization, namely menarche (first menstruation). Menstruation is a biological process related to achieving sexual maturity, fertility, pregnancy, normality, body health, and even body renewal⁽¹⁰⁾. The acceptance behavior (supporting health) and rejection behavior (detrimental to health) for menstruation cannot be separated from individual factors obtained by a person from various information and sources, through training and education, both formal and non-formal education as well as the learning process where in learning a person will get the following things: new things that can affect their attitudes and behavior.

Respondents By Ethnic

From the research results, the majority of teenagers are Malays with a total of 34 respondents with a percentage (33%). This is in line with data from the Central Statistics Agency of West Kalimantan Province which states that the Malay ethnic group is one of the ethnic groups that mostly live in West Kalimantan Province⁽⁶⁾. This is because most of the population living in Pontianak is Malay. Lokal socio-cultural can affect a person's knowledge of something. People's habits in maintaining and improving their health depend on the culture they adhere to⁽¹¹⁾.

Society assumes that pain is a state of the individual experiencing a series of physical disorders that cause discomfort. Adults are considered sick if they are lethargic, unable to work and lose their appetite as well as teenagers. This is different from their perception of menstruation and vaginal discharge which is considered a natural thing for women and not a serious problem⁽¹²⁾.

Respondent's Descriptive Consists of knowledge

In research where adolescent knowledge is good because previously adolescents have received health education about the reproductive system by the puskesmas so that adolescent knowledge is better and where technology is increasing so it is easy to find adequate information and facilities to increase adolescent knowledge. This is in accordance with the theory which states that the more open female adolescents are in digging up information about their reproductive organs, the wider their knowledge and understanding of reproductive health will be. If menstruation is accompanied by correct knowledge, young women will respond to menstruation with positive things or behavior⁽¹³⁾.

Knowledge, humans can answer problems and solve problems faced. Someone who has good and high knowledge, then he will be able to think more critically in understanding everything. A person who is well-informed does not guarantee

that he will have a positive attitude and behavior. Because a person in determining attitudes and behavior as a whole is not only determined by knowledge, but also influenced by thoughts, beliefs and emotions that play an important role⁽¹⁴⁾.

Vulvar Hygiene Behavior During Menstruation in Young Women

The definition of reproductive health is as a state of complete physical, mental and social well-being in all matters relating to the reproductive system, function and process (Irianto, 2015). One that is included in reproductive health is related to hygiene during menstruation. Menstruation is one of the physiological cycles that occur in the female reproductive process. Hygiene during menstruation is very important in supporting health, especially during menstruation which consists of hygiene behaviors that are specifically carried out during menstruation. This is very important to do, especially for adolescent girls because the first menstruation occurs during adolescence⁽¹⁵⁾.

Research analysis where the behavior of vulvar hygiene during menstruation in Mts. Mathla'ul Anwar is good from the results of an interview with the head of the health section at Mts. Mathla'ul Anwar, who said that every student who experiences menstruation is always reminded to clean and change sanitary napkins regularly and throw it in the right place and the water used is also^{clean} because it uses Indonesian regional water utility company water and female students who are menstruating are also directed to positive activities. Where hygiene behavior during menstruation that has been carried out by students is changing sanitary napkins every 4-5 times on a regular basis, always washing the female organs using clean water and soap, washing the female organs from front to back, always keeping the femininity dry and also using loose underwear clean.

The Relationship of Knowledge with Vulvar Hygiene Behavior During Menstruation in Young Women in MTs. Mathla'ul Anwar

The results of research conducted by researchers at MTs. Mathla'ul Anwar using the chi square test, the results obtained statistical value p value = 0.000 < 0.05, it can be concluded that there is a relationship between knowledge and vulvar hygiene behavior during menstruation in adolescent girls in MTs. Mathla'ul Anwar. The results of this study are supported by the results of other studies which found a relationship between knowledge of adolescent girls about menstrual personal hygiene and personal hygiene behavior of adolescent girls during menstruation⁽¹⁶⁾.

Knowledge is the result of knowing, and this occurs after people perceive that it occurs through the five human senses, namely sight, hearing, touch, smell, taste, most of knowledge or cognitive is a very important domain in shaping one's actions (overt behavior). Based on experience and research, it turns out that behavior based on knowledge will be more lasting than behavior that is not based on knowledge.

The researcher's analysis can be concluded that the respondents' good knowledge and good vulvar hygiene behavior during menstruation can be seen from the answers to the questionnaires filled out by respondents both about

knowledge and behavior of vulvar hygiene. Where young women dig a lot of information both from parents, schools, peers as well as from the mass media so that more knowledge is gained so that it can be applied. As well as vulvar hygiene behavior during menstruation where young women have applied what they know, such as changing pads every 4-5 times a day and washing the female organs from front to back.

VI. CONCLUSION

Based on the results of research and discussion, it can be concluded that:

1. Based on age, the most was 13 years old as many as 34 respondents (33.0%). Meanwhile, based on the highest class in class VIII and IX, the number of respondents is 35 people with a percentage (34.0%). Meanwhile, for the more dominant ethnic group, the Malay ethnic group is 34 people with a percentage (33.0%).
2. Students of class VII, VIII and IX MTs. Mathla'ul Anwar as many as 54 respondents (52.4%) who have good knowledge and 49 respondents (47.6%) who have poor knowledge.
3. Students of class VII, VIII, and IX MTs. Mathla'ul Anwar who has good vulvar hygiene behavior during menstruation is 62 respondents (62.1%) and 39 respondents (37.9%).
4. There is a relationship between knowledge and vulvar hygiene behavior during menstruation in adolescent girls in MTs. Mathla'ul Anwar in 2018 which has been statistically tested using chi square shows the value between knowledge and behavior of vulvar hygiene during menstruation, namely $p = 0.000$ which means $0.000 < 0.05$. Thus, H_0 is rejected and H_a is accepted. Further analysis obtained the value of $r = 0.927$ which indicates that the direction of the correlation is positive. That is, the better the self-knowledge of the female adolescent, the better the vulvar hygiene behavior during menstruation that the female adolescent gets in MTs. Mathla'ul Anwar.

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