

## Analysis of Adolescent Menstrual Hygiene Health Promotion

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### KEYWORDS

Personal Hygiene,  
Health, Menstrual,  
Knowledge

### ABSTRACT

Introduction: Maintaining teenage girls' organs in good physical and mental health during their menstrual cycles requires them to practice good personal cleanliness. Aim: understand how early menstruating teenagers' attitudes and knowledge are affected by health promotion efforts related to menstrual hygiene. Method: Pre-Experiments with a single group Pretest-Posttest design, combined with Wilcoxon Test purposive sampling are utilized in quantitative research. Results: The study's conclusions demonstrated that teenage girls' knowledge and attitudes improved and had a positive effect on their menstrual hygiene after receiving health promotion. Conclusions; That early menstruating teenagers' knowledge and attitudes are impacted by health promotion efforts related to menstrual hygiene

## 1. Introduction

Personal Hygiene means individual and hygiene means health. A person's hygiene is an implementation to maintain personal hygiene and health patterns in the vaginal area during menstruation so that reproductive organ infections can be avoided (Batubara, 2020). The way that young women behave when they are menstruating has a significant impact on the physical and mental health of their reproductive organs. Thus, in order to preserve their own health and reduce their chance of getting sick, women should be able to take the best possible care of their reproductive organs during their menstruation, especially the vaginal area (Susanti & Lutfiyati, 2020). Health education provided comprehensively is one way that can reduce the incidence of bacterial vaginosis (Nanlessy et al., 2013). In general, physical changes in young women are characterized by menstruation, where if fertilization does not occur, it will flow out through the cervix and vagina, causing bleeding due to the decay of the uterine walls and cells. This phase occurs periodically, lasting an average of 3-5 days each month as a sign that the reproductive organs have matured and this occurs naturally in women (Hanisyahputri et al., 2020). Minimal personal hygiene behavior and understanding of personal hygiene in adolescents during menstruation can have negative impacts on health such as pelvic inflammation, chlamydia and urinary tract infections. For this reason, it is crucial to use health promotion to teach teenagers about health (Jubaedah et al., 2020a). A number of diseases known as Reproductive Tract Infections (ISR) including bacterial vaginosis, vulvovaginal candidiasis (thrush), chlamydia, Trichomonas vaginalis, urinary tract infections, and pelvic inflammatory disease can be brought on by poor personal hygiene practices during menstruation (Yusfarani, 2016). A lack of attention to one's genital organs by young girls can also result in pathological vaginal discharge. Examples of such neglect include washing the vagina with stagnant water in a bucket, using excessive rinse aid, wearing pants made of materials that do not absorb sweat, changing underwear infrequently, and not changing sanitary napkins frequently during menstruation (Election, 2019). A surge in sex hormones, particularly androgen hormones, which rise with puberty, is typically the cause of AV Acne Vulgaris in adolescence (Pangestu et al., 2021). This is consistent with research (Ramayanti & Sulistyoningtyas, 2017) that indicates a link between vaginal discharge occurrence and personal hygiene. There are guidelines for parents in the care and upbringing of teenagers. Let teens learn things by doing, regardless of whether decisions and techniques differ from those of adults. Give kids clear, reasonable boundaries. Remove house rules for violations and use family social events to set house rules. Always be accessible but avoid putting too

much emphasis on teenagers. Try to share your feelings of euphoria and pity. Listen and try to be available for children's perspectives, in any case, when they disagree with the perspectives of more experienced individuals. Helping teenagers in choosing appropriate professional goals and planning jobs for adults (Bariyyah Hidayati & ., 2016). Attitudes cannot be directly observed; instead, they may only be inferred from closed conduct. In daily life, attitude demonstrates the meaning of acceptable responses to specific stimuli, which is an emotional response to social cues. Additional research by Ardianto and Khusnal (2013) indicates that the use of audiovisual technologies in health education may have an impact since the messages they transmit can be well received. This indicates that since the media can affect information, attitudes, and emotions, it also affects the effectiveness of counseling. Existing knowledge does not influence teenagers' attitudes in prevention efforts (Suprpto, 2018).

Results of observations by researchers visiting MTsN 1 Sidenreng Rappang with a total of 595 students and female students, the number of class VII students was 197 students from a division of 86 male students, 111 female students and 15 female students in class VII.B. According to the findings of the school's interviews, the homeroom teacher for class VII.B in this instance reported that the majority of the female pupils in the class were, on average, eleven years old and on the menstrual cycle. The instructor added that a number of the female students frequently had issues with their genitalia and that the female students in particular needed to be educated about personal hygiene during menstruation because this topic had not previously been covered in the curriculum. Many female students reported experiencing issues in the genital area, such as itching and vaginal discharge, when researchers performed a survey and gathered preliminary data. Several of these students also stated that they were unaware of the importance of maintaining personal cleanliness during menstruation. Furthermore, the instructor mentioned that the students in class VII are mostly teenagers who are going through their first menstrual cycle. As such, they lack knowledge about how to properly use sanitary napkins, clean their vulva, and recognize the consequences of not practicing good genital hygiene during their periods. The purpose of this study is to ascertain how teenagers who experience early menstruation perceive menstrual hygiene and how it affects their knowledge and attitudes

## **2. Methodology**

### **Dataset**

In order to ascertain a symptom or influence that develops as a result of a certain treatment, this sort of research is quantitative and use the quasi-experiment approach (Pre-Test and Post Test). The study method employed is a One Group pretest-posttest design, which enables researchers to assess changes that happen after treatment without the need for a comparison group (control). Instead, a first observation (pretest) is conducted. The early adolescent group of students in this study, or all 111 female students in class VII at MTsN 1 Sidenreng Rappang, comprised the population of this research, which was carried out at MTS Negeri 1 Sidenreng Rappang. The sample in this study consisted of 22 female students with an average age of 13 years and the sampling method used was the purposive sampling method. The researcher will collect the data himself, using a questionnaire, after being given an explanation, then the respondent signs the respondent's consent form. Primary data are those that are collected straight from research participants via questionnaires. Information gathered from the MTsN 1 Sidenreng Rappang School region, which at the time of first data collection included 197 class VII students 111 girls and 86 boys. Teenagers will receive education regarding early menstrual personal hygiene from the researcher following the collection of responses from the respondents. After receiving the teenage education, they will then be given another questionnaire with the same question items previously measuring the level of knowledge and attitudes of teenagers. Before conducting additional data analysis with data processing, editing, coding, data input, and data analysis, researchers will collect data and perform checks to make sure the data is revealed. Bivariate analysis can proceed once the

properties or distribution of each variable are revealed by the results. The Wilcoxon test is used in bivariate analysis to ascertain each independent variable's impact on the dependent variable. A non-parametric test called the Wilcoxon test is used to determine whether the average value of two paired sample groups differs from one another. Generally speaking, pre- and post-test design research uses the Wilcoxon test. Confidentiality, anonymity, informed consent, and research ethics.

Shows that knowledge before and after health promotion was carried out was 7 respondents who measured understanding with a percentage of 31.8%. Meanwhile, 15 people did not understand the measurement results with a percentage of 68.2%. After counseling, it showed that 19 people understood the measurement results with a percentage of 86.4% and 3 people did not understand the measurement results with a percentage of 13.6%. This indicates that following health promotion, respondents' understanding of menstrual hygiene practices has increased. There were 7 respondents (31.8%) who performed well on the attitude test both before and after the health promotion. In the meantime, Table 2 shows that the measurement results showed a percentage of 68.2% for fewer than 15 participants. 19 respondents (86.4%) had good measurement outcomes when the health promotion was implemented, while 3 respondents (13.6%) had bad measurement findings. This indicates that following health promotion and education about menstrual hygiene practices, respondents' views changed. According to the Wilcoxon test, out of 22 respondents, the analysis's findings for knowledge yielded a value of  $p = 0.001$ , attitudes yielded a value of  $p = 0.000$ , and actions yielded a value of  $0.005$ , all at a significance level of  $p < \alpha (0.05)$ , that is,  $0.001$ ,  $0.000$ , and  $0.005 < 0.05$  respectively. When  $H_0$  is disproved, it follows that health promotion has a major role in shaping early adolescents' attitudes and understanding regarding menstruation.

### 3. Results and discussion

Research findings regarding knowledge before and after providing health education or promotion show that the results of measuring understanding increased when after being given health promotion regarding understanding of menstrual hygiene. Therefore, with health promotion of menstrual hygiene knowledge, teenagers will understand more about personal hygiene knowledge during menstruation. Researchers also saw that when giving the material there were several female students who asked questions about menstrual hygiene attitudes during menstruation.

Table 1. Knowledge and Attitudes Pre and Post Health Promotion

| Knowledge | PRE TEST         |                   | POST TEST        |                   |
|-----------|------------------|-------------------|------------------|-------------------|
|           | FREQUENCY<br>(n) | PERCENTAGE<br>(%) | FREQUENCY<br>(n) | PERCENTAGE<br>(%) |
| Correct   | 7                | 31.8              | 19               | 86.4              |
| Wrong     | 15               | 68.2              | 3                | 13.6              |
| Attitude  |                  |                   |                  |                   |
| Positive  | 7                | 31.8              | 19               | 86.4              |
| Negative  | 15               | 68.2              | 3                | 13.6              |

Table 2. The Effect of Health Promotion on the Knowledge and Attitudes of Early Adolescent Students

|                    |                | N               | Mean Rank | Sum Of Ranks | P    |
|--------------------|----------------|-----------------|-----------|--------------|------|
| Knowledge Post-Pre | Negative Ranks | 1a              | 7.50      | 7.50         | .001 |
|                    | Positive Ranks | 13 <sup>b</sup> | 7.50      | 97.50        |      |
|                    | Ties           | 8c              |           |              |      |

|                      |                |                 |       |        |       |
|----------------------|----------------|-----------------|-------|--------|-------|
|                      | Total          | 22              |       |        |       |
| Attitude<br>Post-Pre | Negative Ranks | 0d              | .00   | .00    | .0000 |
|                      | Positive Ranks | 21 <sup>e</sup> | 11.00 | 231.00 |       |
|                      | Ties           | 1f              |       |        |       |
|                      | Total          | 22              |       |        |       |

Table 1 shows that knowledge before and after health promotion was carried out was 7 respondents whose understanding was measured with a percentage of 31.8%. Meanwhile, 15 people did not understand the measurement results with a percentage of 68.2%. After counseling, it showed that 19 people understood the measurement results with a percentage of 86.4% and 3 people did not understand the measurement results with a percentage of 13.6%. This demonstrates that after receiving health promotion, respondents' understanding of menstrual hygiene behavior increased. Based on the attitude test before and after the health promotion, there were 7 respondents with good results with a percentage of 31.8%. Meanwhile, the measurement results were less than 15 people, based on Table 2, the percentage was 68.2%. After the health promotion was carried out, 19 people showed good measurement results with a percentage of 86.4% and 3 respondents had poor measurement results with a percentage of 13.6%. This indicates that after receiving health promotion addressing understanding of menstrual hygiene practice, respondents' opinions changed. Table 2 of the Wilcoxon test indicates that, out of 22 respondents, the analysis for knowledge yielded a value of  $p = 0.001$ , attitudes yielded a value of  $p = 0.000$ , and actions yielded a value of  $0.005$ , with a significance level of  $p < \alpha (0.05)$  meaning that if  $0.001, 0.000, \text{ and } 0.005 < 0.05$ , then  $H_0$  is rejected. Based on these results, it can be concluded that early adolescents' knowledge and attitudes regarding menstruation are significantly influenced by health promotion.

The creation of an individual's activities is greatly influenced by their knowledge, or cognitive domain (Rofiah, 2017). That there is a substantial correlation between young women's understanding and their practice of maintaining good menstrual hygiene. In cases where the study findings were acquired prior to the participants receiving health education using the peer group approach, 33.8% of female students possessed inadequate information about personal cleanliness during menstruation, and 50% exhibited fewer encouraging behaviors. Additionally, following health education about menstrual hygiene via the peer group method, there was a rise in the amount of knowledge and attitudes; specifically, 94.1% of female students had a supportive attitude and 98.5% of them had a good level of knowledge about menstrual hygiene (Maidartati & Hayati, 2016). According to the research findings, there is a correlation between the use of video media and demonstrating a shift in the group's level of knowledge before and after receiving health education through lecture. This shift is evident in the posttest 22.07 with a value of  $p \text{ value} = 0.003$  and the original pretest value of 19.67 (Barokah & Melani, 2020). Research on health education through video and leaflet media on knowledge of personal menstrual hygiene for seventh grade female teenagers conducted in 2019 (Jubaedah et al., 2020b) is also consistent with this study. In that study, respondents' scores on genital hygiene increased by 8.39 points after receiving health promotion about the topic, from an average of 43.64 to 35.25, after receiving counseling. An individual's behavior is determined by their level of knowledge. According to research on teens' attitudes on menstruation and their attitudes both before and after receiving health promotion, teens are good at comprehending menstruation and are adept at maintaining the cleanliness of their important organs while they are menstruating. Teenagers who are just starting to menstruate would therefore gain a better understanding of personal hygiene attitudes during menstruation by receiving health promotion regarding menstrual hygiene. The results of research (Maharani & Andryani, 2018) explain that 96 female students did not receive any source of information about personal hygiene (64.9%). The lack of sources of information obtained by respondents can lead to a lack of information for female students in carrying out personal hygiene during menstruation. This is very unfortunate considering that information is one of the things that can increase female students' knowledge and awareness of the importance of personal hygiene behavior. Attitude is an inner response to external stimuli or stimulation that requires an individual response, giving rise to feelings of like or dislike. An

individual's closed reaction to a stimuli or item is known as their attitude. Although attitudes themselves cannot be seen with the naked eye, they can be understood by first analyzing their closed behavior. The connotation of proper responses to specific stimuli in daily life is seen in attitude. This is consistent with research findings (Pemiliana, 2019) that indicate a relationship exists between young women's attitudes toward menstrual cleanliness and their menstrual cycle.

The impact of early menstruation adolescents' knowledge and attitudes around menstrual hygiene and health promotion. If the data scale is ordinal, interval, or ratio but not normally distributed, the Wilcoxon Rank Sum Test results are a comparative test of two independent samples and demonstrate a significant impact of menstrual hygiene health promotion on the knowledge and attitudes of early menstruating teenagers, as well as their actions. According to researchers, after health promotion was carried out, changes occurred because female students finally knew and were able to apply personal hygiene behavior during menstruation, which means that female students were able to respond well to the health promotion given. The influence of health promotion can lead to changes in female students so that they can increase their knowledge about how to maintain personal hygiene, especially during menstruation. Adolescents' knowledge has a big impact on how they maintain and clean their reproductive organs because a higher level of knowledge is thought to lead to a more positive attitude toward maintaining personal hygiene, which is the cornerstone of how behaviors related to personal hygiene are formed (Dolang & Kiriwenno, 2020). According to Mullyati and Cahyati (2020), attitude is a closed reaction to stimuli that has not yet resulted in action. Research on the impact of health promotion about menstruation in young women on improving the attitude and hygiene knowledge of class VII students at SMPN 2 Bukittinggi in 2017 is consistent with this study (Hidayati, 2017), which was conducted in March 2017 on 66 participants. The study displays the average knowledge results. Prior to receiving health education regarding menstrual hygiene, the class VII female students' hygiene score was 63.88, with a standard deviation of 9.6. According to the results of the 95% CI estimation, class VII female students' average hygiene knowledge before receiving health education for menstrual hygiene ranged from 61.52 to 66.25. Following the implementation of menstrual hygiene health promotion, the average rose to 70.26 with a standard deviation of 10.83. Based on health promotion involving menstruation, the 95% CI estimation results suggest that class VII female students' average hygiene knowledge falls between 67.60 and 72.92. This indicates a rise in awareness of the perspectives of female students in class VII following 6.38's health promotion on menstruation.

#### 4. Conclusion and future scope

That knowledge and attitudes about menstrual hygiene are very good is proven by research results which show an average knowledge with good understanding and good attitudes about menstrual hygiene. In this case, science can be developed, especially in health, and new discoveries can be made. In this case, it can be used as a source of information in developing and increasing knowledge about personal hygiene health promotion and can be used as a good and useful reference for the world of education, especially in the health sector.

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