



Description of Characteristics and Level of Knowledge About Personal Hygiene During Menstruation

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ABSTRACT

Background: Most young women have wrong beliefs and habits associated with Personal hygiene during menstruation. Prevalence in Central Java about reproductive health is less at 68.6%. One of Indonesia's main problems with adolescent reproductive health is the need for more information about reproductive health. The impact occurs when adolescents know less about Personal hygiene during menstruation; that is, it causes susceptibility to reproductive infections.

Objective: Knowing an overview of the level of knowledge of grade VII young women about Personal hygiene during menstruation at SMP N 1 Karanganyar.

Method: This study is quantitative descriptive. The number of respondents studied was 63 respondents. The level of knowledge is measured using a questionnaire instrument.

Result: The results showed that the level of expertise of class VII adolescent respondents about personal hygiene during menstruation at SMP Negeri 1 Karanganyar was good, with as many as 58 respondents (92.2%), while the remaining five respondents with sufficient category (7.9%) with the majority aged 13 years as many as 42 respondents (66.7%) and obtained information sources from parents as many as 28 respondents (44.4%).

Conclusion: The level of knowledge of grade VII young women about Personal hygiene during menstruation at SMP Negeri 1 Karanganyar is good.

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1. INTRODUCTION

Menstruation is a psychological event that occurs in teenage girls. In this case, the female reproductive hormones have started to work (1) with a normal menstrual cycle occurring every 22-35 days for 2-7 days (2). Menstruation is the process of releasing blood from the uterus, which is periodically accompanied by the release of the endometrium, with the amount of blood released being 20-80cc.

Reproductive personal hygiene in adolescents is the first step to maintaining reproductive health (3). Knowledge about personal hygiene is essential to maintain and prevent disease risk. Adolescent girls are susceptible to reproductive organ infections caused by inadequate behavior in maintaining personal hygiene, especially during menstruation (4).

The World Health Organization (2020) states that the number of teenagers worldwide is estimated to reach 1.2 billion or 18% of the world's population, and the prevalence of personal hygiene in women is around 45%. Irregular menstrual cycle disorders in Indonesian women aged 17-29 years and 30-34 years are pretty high, namely 16.4 (5). The reason stated was a lack of knowledge about personal hygiene during menstruation.

Having information related to hygiene is very important. If not implemented, it can have negative impacts, namely infections of the reproductive organs, vaginal discharge, and cervical cancer, and if treatment is not given immediately, it can result in infertility (6). The highest ISR cases based on WHO data are in adolescents 35-42% and young adults 27-33% (7).

Reproductive health problems among teenagers are still considered taboo. Openness between teachers, students, and parents in discussing reproductive health is essential. Of these factors, the primary concern of reproductive health for young people in Puri is a lack of information sources.

Based on the results of a preliminary study conducted at SMP N 01 Karanganyar on January 26, 2023, by interviewing science teachers, it was found that female students obtained information about personal hygiene through material taught in biology lessons in class, and there had never been any research on the characteristics and level of knowledge about personal hygiene, during menstruation.

2. METHODOLOGY

This research is quantitative, with the research method used, namely descriptive analysis. Data collection in this research used a questionnaire instrument. A questionnaire is a formal collection of data for respondents to answer written statements. The variables studied described young women's characteristics and level of knowledge about personal hygiene during menstruation at SMP N 1 Karanganyar.

Sampling in this research used random sampling techniques. Selection was adjusted to the inclusion and exclusion criteria by the research objectives. The sample size taken was 63 respondents. Data analysis in this research is univariate analysis, which aims to describe the characteristics of respondents based on age, source of information, and level of knowledge.

3. RESULTS

This research was conducted at SMP N 01 Karanganyar. SMP Negeri 1 Karanganyar is a junior high school located on Jl. Ir H. Juandaa No.18 Karanganyar District, Karanganyar Regency, Central Java Province.

3.1 Frequency distribution of characteristics based on age of female respondents in class VII at SMP Negeri 1 Karanganyar is as follows

Table 1. Frequency distribution of characteristics based on age of female respondents in class VII at SMP Negeri 1 Karanganyar

No.	Age	Frequency	Percentage (%)
1.	12 years	12	19,0
2.	13 years	42	66,7
3.	14 years	9	14,3
	Total	63	100.0

Source: primary data processed in 2023

Table 1 shows that most female respondents in class VII at SMP Negeri 1 Karanganyar were 13 years old, namely 42 respondents (66.7%).

3.1 Frequency distribution of respondent characteristics based on information sources for class VII teenage girls at SMP Negeri 1 Karanganyar as follows

Table 2. Frequency distribution of characteristics based on information sources for seventh grade teenage girls at SMP Negeri 1 Karanganyar

No.	Resources	Frequency	Percentage (%)
1.	Penkes	22	34,9
2.	Social media	9	14,3
3.	Parent	28	44,4
4.	Teacher	4	6,3
5.	Etc	0	0,0
	Total	81	100.0

Source: primary data processed in 2023

Table 2 shows that the majority of female respondents in class VII at SMP Negeri 1 Karanganyar obtained their source of information from their parents, namely 28 respondents (44.4%).

3.2 Frequency distribution of characteristic descriptions based on the level of knowledge of seventh grade teenage girls about personal hygiene during menstruation at SMP Negeri 1 Karanganyar

Table 3. Frequency distribution of characteristics based on the level of knowledge of seventh grade teenage girls about personal hygiene during menstruation at SMP Negeri 1 Karanganyar

No.	Tingkat pengetahuan	Frequency	Percentage (%)
1.	Good	58	92,2
2.	Enough	5	7,9
3.	Not enough	0	0,0
Total		81	100.0

Source: primary data processed in 2023

Based on table 3, the level of knowledge of class VII teenage girls about personal hygiene during menstruation at SMP Negeri 1 Karanganyar, the majority had a good level of expertise, namely 58 respondents (92.2%).

4 DISCUSSION

The results of this research will discuss the description of the characteristics and level of knowledge of class VII teenage girls regarding personal hygiene during menstruation at SMP N 1 Karanganyar.

4.1 Characteristics of respondents based on the age of class VII teenage girls regarding personal hygiene during menstruation at SMP N 1 Karanganyar

The results of the frequency distribution research based on the age of female respondents in class VII at SMP N 1 Karanganyar showed that most respondents were 13 years old, namely 42 respondents (66.7%). This is in line with the theory presented by (8) Which states that a person's knowledge can be influenced by various factors, namely, age, experience, and sources of information obtained by the respondent. Age is one of the factors that affects the acquisition of information or knowledge, which will ultimately affect the level of expertise of teenagers themselves (9). In line with research conducted by (10) As one gets older, a person's grasping power and thinking patterns will increase so that simultaneously, their knowledge will also improve and increase, thus influencing a person's behavior.

4.2 Characteristics of respondents based on sources of information from seventh grade teenage girls about personal hygiene during menstruation at SMP Negeri 1 Karanganyar

The results of the frequency distribution of sources of information for female respondents in class VII at SMP N 1 Karanganyar show that most respondents obtained sources of information from their parents, namely 28 respondents (44.4%). This research is in line with research conducted by (11) by stating that the most significant source of information for teenagers comes from their parents at 54.4%. Providing information from intelligent communicators will have a good effect on increasing the communicant's knowledge. One thing that influences attitudes is predisposing factors and driving factors. The predisposing factor in this research is knowledge, while the driving factor is the role of the family, especially parents/mothers who teach their children to maintain personal hygiene during menstruation (12). The role of parents, in this case, has quite a part in conveying knowledge, support, and motivation for learning to children regarding reproductive health, especially personal hygiene when experiencing menstruation. Communication between parents and children will add information that is easier for children to understand (13).

4.3 Level of knowledge of female respondents in class VII about personal hygiene during menstruation at SMP Negeri 1 Karanganyar

The level of knowledge of class VII teenage girls about personal hygiene during menstruation at SMP Negeri 1 Karanganyar shows that most respondents have a good level of expertise, namely 58 respondents (92.1%). This research is in line with a study conducted by (7) the results showed that most respondents had good personal hygiene knowledge during menstruation, namely 117 respondents (97.5%). Adolescent reproductive health is an essential aspect of reproductive health development. A state of complete physical, mental, and social well-being is referred to as reproductive health, not just freedom from disease or disability related to the functions and processes of the reproductive system (14). A person's good knowledge can make personal hygiene behavior during menstruation positive or good (15). Adolescents' high knowledge of personal hygiene will influence their rationality in carrying out excellent and correct personal hygiene because it is supported by appropriate information about reproductive health, especially personal hygiene during menstruation (16).

5. CONCLUSION

Based on the description above, most class VII of SMP N 1 Karanganyar are 13 years old, the majority get information about personal hygiene during menstruation from their parents, and the majority have good knowledge.

6. RECOMMENDATION

The results of this research can be realized directly in carrying out good personal hygiene. This research can be used to provide information regarding the provision of educational facilities and counseling about personal hygiene in schools. This research can be developed by connecting other variables related to menstruation.

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