

ISSN 2597- 6052DOI: <https://doi.org/10.56338/mppki.v7i7.5624>**MPPKI****Media Publikasi Promosi Kesehatan Indonesia**
*The Indonesian Journal of Health Promotion***Research Articles****Open Access****Intimate Organ (Vaginal) Hygiene on Knowledge and Behavior During Menstruation in Girls at SMP Negeri 12 Kec.Tamalanrea, Makassar City, South Sulawesi****Dewi Parwati^{1*}, Susanti², Zumrotul Ula³, Samila⁴, Lumastari Ajeng Wijayanti⁵, Hartaty⁶**¹Institut Kesehatan dan Bisnis St. Fatimah Mamuju, Indonesia²Institut Kesehatan dan Bisnis St. Fatimah Mamuju, Indonesia³Institut Kesehatan dan Bisnis Surabaya, Indonesia⁴STIKES Amanah Makassar, Indonesia⁵Poltekkes Kemenkes Malang, Indonesia⁶Politeknik Sandi Karsa, Indonesia*Author's Correspondence: parwatidewi227@gmail.com**Abstract****Background:** Background: Cleanliness of the genital area, especially during menstruation, is often ignored by women. During menstruation, blood and sweat come out and stick to the vulva, which can cause the genital area to become damp.**Objective:** The aim of this research is to determine the relationship between knowledge and vulva hygiene behavior during menstruation in girls at SMP Negeri 12 Kec. Tamalanrea, Makassar City, South Sulawesi.**Method:** This research uses a correlation research design with a cross sectional approach. Data collection uses questionnaires. Data analysis uses univariate and bivariate data analysis.**Results:** The results of the study showed that almost half had good knowledge (39.75%), half had sufficient knowledge (50%), and a small number of respondents had poor knowledge (11.25%). The majority behaved well (85%) and a small proportion of respondents behaved badly (15%).**Conclusion:** it was found that there was a relationship between knowledge and vulva hygiene behavior during menstruation in girls at SMP Negeri 12 with a p value of 0.000.**Keywords:** Intimate Organ Hygiene; Knowledge and Behavior; Menstruation; Girls

INTRODUCTION

The cleanliness of the genital area, especially during menstruation, is often ignored by women. During menstruation, blood and sweat coming out and sticking to the vulva can cause the genitalia area to become moist. If at that time the genitalia are not properly maintained, then in a humid state, fungi and bacteria in the genitalia area will thrive causing itching and infection in the area. Infections that are ignored by poor hygiene during menstruation that often occur in women are, vaginal discharge, bacterial vaginitis, trichomonas vaginalis, candidiasis vulvovaginitis and so on. If the infection is left untreated and not treated properly, it will cause an infection that spreads to the inner reproductive organs such as pelvic inflammatory disease (1).

According to Egan (2007), 90% of women in the world suffer from vaginitis, 40-50% are caused by bacterial vaginosis, 20-50% are caused by vaginal candidiasis, 15-20% are caused by trichomoniasis (2). Meanwhile, according to Elistyawati (2006), in Indonesia itself in 2004 as many as 75% of women experienced vaginal discharge at least once in their lifetime and 45% experienced it twice or more (3). Meanwhile, according to a survey by the West Java Ministry of Health in 2011, around 316 people experienced infection in external genitalia, and 592 people experienced vaginal discharge in adolescent girls (4).

Vulvar hygiene during menstruation is most likely influenced by the level of knowledge about reproductive health (5). Low knowledge about reproductive health will allow women not to behave hygienically during menstruation which can be harmful their own reproductive health (6).

Menstrual hygiene is a component of individual hygiene that plays an important role in determining health status, especially avoiding infection of the reproductive organs, therefore during menstruation women must really maintain extra cleanliness of the reproductive organs, especially in the vagina if not taken care of, it will cause excessive microorganisms such as fungi, bacteria and viruses so that they interfere with the function of the reproductive organs (7).

Personal hygiene during menstruation can be done by changing sanitary napkins every 4 hours or 3 to 4 times a day. After taking a shower or defecating, wash the vagina in the direction of the front to the back of the anus, the vagina is dried with a tissue or towel so that it does not become damp. Good underwear is made of materials that easily absorb sweat (8).

Adolescence is a transition period marked by physical, emotional and psychological changes. Adolescence, which is between the ages of 10-19 years, is a period of maturation of the human reproductive organs and is often called puberty. Adolescence is a period of transition and childhood to adulthood (9).

During adolescence, there is a rapid change in the physical organs (organobiological), and the change is not balanced with the change to the psyche (mental-emotional). The occurrence of sexual maturity or reproductive tools related to the reproductive system, is an important part of adolescent life so special attention is needed (10).

In adolescent girls, the period of puberty is set from the time they get their first period (menarche), which is around the age of 11-15 years. After the first menstruation, there is a biological maturation (maturation) of the function of the sexual organs, so that on average at the age of 13 years a girl has matured her sexual organs (11).

Menstruation is bleeding from the uterine wall (endometrium) which is accompanied by bleeding and occurs repeatedly every month, except during pregnancy. Treatment during menstruation also needs to be done because during menstruation the uterine blood vessels are easily affected by ingrowth. Cleanliness must be maintained because germs easily enter and can cause diseases in the reproductive tract. Sanitary pads should not be worn for more than six hours or should be changed as often as possible when they are full of menstrual blood (12).

Maintaining health starts from maintaining cleanliness. This also applies to the health of the sexual organs. How to maintain the intimate organs without germs is done daily when you wake up and take a morning shower. The reproductive organs can be exposed to a type of fungus or lice that can cause itching or discomfort if not kept clean. Washing the vagina with dirty water, improper internal examination, excessive use of vaginal rinses, unhygienic examinations, and the presence of foreign bodies in the vagina can cause abnormal vaginal discharge. Vaginal discharge can also arise due to abnormal treatment, pants that do not absorb sweat (12).

METHOD

This study uses a correlation research design with a cross-sectional approach. A sample of 80 respondents was taken. The Random Sampling technique is used by researchers to find out how many variables in the population are important to achieve a representative sample. Data collection uses questionnaires. Data analysis uses univariate and bivariate data analysis.

RESULT

Data Analysis

Table 1. Respondents' Knowledge of Intimate Organ (Vagina) Hygiene

Pengetahuan	F	%
Baik	31	39,75
Cukup	40	50
Kurang	9	11,25
Total	80	100%

Based on table 1 above, it can be seen that the knowledge of students in grades VIII and IX in Girls in SMP Negeri 12 is almost half have good knowledge (39.75%), half have sufficient knowledge (50%), and a small number of respondents have poor knowledge (11.25%).

Table 2. Respondents' Behavior Analysis About Behavior

Perilaku	F	%
Baik >6	68	85
Buruk <6	12	15
Total	80	100%

Based on table 2 above, it can be known that the behavior of girls about vulva hygiene in grades VIII and IX at SMP Negeri 12 out of 80 respondents, the data can be seen that most behaved well (85%) and a small percentage of respondents misbehaved (15%).

DISCUSSION

The Relationship of Knowledge with Intimate Organ Hygiene Behavior (Vulva Hygiene) During Menstruation

After the data was processed from the results of the study, it was found that there was a relationship between knowledge and behavior variables, based on the results of the sperm test, a tilapia p value of 0.000 was obtained because $p < 0.05$ meant that there was a meaningful relationship or showed that there was a meaningful relationship between knowledge and vulva hygiene behavior during menstruation.

Adolescent Knowledge of Intimate Organ Hygiene (Vulva Hygiene)

Knowledge, humans can answer problems and solve the problems they face. A person who has good and high knowledge, then he will be able to think more critically in understanding everything. A well-informed person does not guarantee that he will have a positive attitude and behavior. Because a person in determining a complete attitude and behavior is not only determined by knowledge, but also influenced by thoughts, beliefs and emotions that play an important role (13).

Based on the results of the study illustrate that almost half have good knowledge (39.75%), half have enough knowledge (50%), and a small number of respondents have less knowledge (11.25%). Judging from the results of a study of 80 respondents of adolescent girls aged 13-15 years about vulva hygiene knowledge, it shows that half of 50% of adolescent girls have sufficient knowledge.

This study is in accordance with Surya (2010) on Bogor junior high school students, this study found that 50% of 100% of respondents have sufficient knowledge with the categories of good (20.0%), sufficient (50.0%), and poor (30%). So that young women still find it difficult to receive information, experiences can affect a person's knowledge. Moreover. Knowledge is the result of knowing, and this happens after people sense a certain object (14).

Based on the results of the study, the respondents had half of the knowledge enough for the category (50%) because some respondents had not received counseling or seminars. A person who has more sources of information will have a wider range of knowledge as well. One of the sources of information that plays an important role in knowledge is the mass media (Public knowledge, especially about health, can be obtained from several sources, including print, written, electronic, school education, and counseling (15).

Intimate Organ Hygiene Behavior (Vulva Hygiene)

During menstruation According to Elmart (2012) Personal hygiene efforts related to the reproductive organs are vulva hygiene (16). Vulva hygiene itself consists of two words, namely vulva or external genitals, and hygiene

which means cleanliness. So, vulva hygiene includes how to maintain and maintain the cleanliness of the outer genital organs. Here are some things that must be considered regarding the cleanliness of women's external organs (17).

A well-informed person does not guarantee that he will have a positive attitude and behavior. because a person in determining the attitude and the behavior that is intact other than determined by knowledge, also influenced by thoughts, beliefs and emotions that play an important role. (Notoadmodjo, 2010). Based on the data above, it can be seen that the behavior of adolescent girls is bad for a small number of respondents (15%), and most of them behave well (85%) (18).

CONCLUSION AND SUGGESTIONS

His research shows that there is a significant relationship between adolescent girls' knowledge about feminine vulva hygiene and the implementation of Intimate Organ Hygiene (Vulva Hygiene) during menstruation.

It was found that there was a relationship between knowledge and vulva hygiene behavior during menstruation in girls at SMP Negeri 12 with a p value of 0.000.

It is hoped that this research can be the basis for developing and applying nursing, especially nursing by providing information for adolescent girls about Intimate Organ Hygiene (vulva hygiene) during menstruation in order to create optimal health.

BIBLIOGRAPHY

1. Andyaning. 2014. Personal Hygiene Behavior of Female Reproductive Organs in Elementary School Children Who Have Experienced Menstruation in Kamongan District. Thesis-Quantitative. Situbondo Regency.
2. Anis S. 2015. The Relationship between the Level of Knowledge about Personal Hygiene and Personal Hygiene in Students at Madrasah Tsanawiyah (MTS) Muhammadiyah Srumdung. KTI D-III- Quantitative-analytical survey. Magelang: STIKES Yogyakarta.
3. Arikunto, S. 2010. Research Procedure; A Practical Approach. Jakarta: Rineka Cipta
4. Andira, D. (2010). The Ins and Outs of Health Female Reproduction. Yogyakarta: APluss. Books
5. Azwar, S. 2013. Human Attitudes: Theory and Measurement. Yogyakarta : Rineka Cipta.
6. Arikunto, S. (2006). Research Procedures A Practical Approach, Fifth Edition. Jakarta: Rineka Cipta
7. BKKBN, (2011) Survey of risky behaviors that have an impact on adolescent reproductive health. [http://www. Scholar. Google. bkkbn.co.id](http://www.bkkbn.co.id)
8. BKKBN. 2011. Collection of Guidelines for the Implementation of Adolescent Reproductive Health Programs. Jakarta.
9. Budiman, Agus S. 2013. Questionnaire on Knowledge and Attitudes in Health Research. Jakarta : Salemba Medika
10. Ministry of Health of the Republic of Indonesia. (2003). Reproductive health care in adolescents. Jakarta : Bulletin of the Ministry of Health R.
11. Ministry of Health of the Republic of Indonesia. (2007). Indonesian Health Profile in 2011. Jakarta
12. Ministry of Health of the Republic of Indonesia. 2011. Vision for Health Development: Healthy Indonesia 2010. <http://www.depkes.co.id>
13. Ministry of Health of the Republic of Indonesia. 2010. Reproductive Health Program. Healthy Indonesia 2010. <http://www.depkes.co.id>
14. Dewi, A.L. (2014). The Relationship between Knowledge About Personal Hygiene and Adolescent Personal Hygiene Behavior During Menstruation at the Integrated Islamic Junior High School Harapan Bunda Pedurungan Semarang. Volume 7.
15. Diana. (2012). The Relationship Between Reproductive Health Knowledge and Hygienic Behavior of Adolescent Girls During Menstruation. Thesis of the University of Muhammadiyah Surakarta
16. Egan, ME. (2007). Reproductive Health. <http://www.Kesehatan.Info/?q :node/ 315>.
17. Elmart, (2012). Overview of young women's knowledge about vulva hygiene during menstruation at madrasah aliyah negeri 1 surakarta
18. Handayani, Sujono. 2011. Guidelines for Writing Scientific Papers in the Health Sector. Yogyakarta : SIP (Samudra Ilmu Press).
19. Hidayat. 2011. Clinical Basic Skills Practicum. Salemba: Jakarta
20. Intan K. 2014. Reproductive Health for Midwifery and Nursing Students. Jakarta: Salemba Medika.
21. Irianto K. 2015. Reproductive Health Theory and Practicum. Bandung: Alfabeta.
22. Hidayat, Aziz. (2009). Midwifery Research Methods & Data Analysis Techniques. Jakarta: Salemba Medika.
23. Hurlock, E. B. (2002). Developmental Psychology: An approach across the entire life span. Jakarta: Erlangga.

23. Indriastuti. (2009). The Relationship Between Reproductive Health Knowledge and Hygienic Behavior of Adolescent Girls During Menstruation. Thesis of the University of Muhammadiyah Surakarta
24. Ivones, jeanny (2009). Menstruation. www.tanyadokter.com
25. Istikhomah, 2013. The Relationship between Knowledge of Vaginal Discharge and Personal Hygiene in Adolescent Girls of the Islamic Women's Orphanage RM. Suryowinoto. KTI D-III. Quantitative-Analytical Surveys. Yogyakarta: STIKES Yogyakarta.
26. Kusmiran, Eny. (2011). Adolescent and Women's Reproductive Health. Jakarta: Salemba medica.
27. Khotimah, 2016. Attitude of Young Women about Hygiene during Menstruation at the Sunan Pandanaran Ngaglik Sleman Islamic Boarding School. KTI DIII-Quantitative. Yogyakarta. STIKES Yogyakarta
28. Laily and Sulisty. 2012. Personal Hygiene and Child Growth and Development in Adolescents. Jakarta 22.
29. Lestari T. 2014. Collection of Theories for Health Research Literature Review. Yogyakarta : Nuha Medika.
29. MS, D. S., Junaidin, J., Kurniawati, K., Samila, S., Malaha, N., & Sima, Y. (2023). Efforts to strengthen health quality in the prevention of degenerative diseases. *Social Friends: Journal of Community Service*, 1(2), 59–64. <https://doi.org/10.59585/sosisabdimas.v1i2.35>
30. Machfoedz. 2016. Questionnaire Preparation Techniques & Interview Guidelines (Research Measuring Tools). Yogyakarta : Fitramaya.
31. Maria W. 2016. The Effect of Health on the Level of Knowledge of Adolescent Girls about Personal Hygiene Behavior at SMP Piri 2 Umbulharjo. Thesis-Quantitative. Yogyakarta: STIKES yogyakarta.
32. Notoatmodjo, 2012. Health Research Methodology. Jakarta : Rineka Cipta 27.
33. Nursalam. 2011. Concept and Application of Nursing Research Methodology: Guidelines for Thesis, Thesis, and Nursing Research Instruments. Jakarta: Salemba Medika Jakarta.
34. Rabuana, S. (2023). The Impact of Infertility on Couples of Childbearing Age (PUS). *Barongko: Journal of Health Sciences*, 1(2), 143–161. <https://doi.org/10.59585/bajik.v1i2.155>
35. Sugiono. 2010. Qualitative Quantitative Research Methods and RNP. Bandung: Alfabeta.
36. Utami. 2011. Relationship between Nutrition and Menstrual Complaints in Adolescents. Faculty of Agriculture. Agricultural Institution :Bogor
37. Wahidah, W. (2023). The Relationship of Knowledge and Motivation of Students to Cervical Cancer Prevention Efforts at Stikes Yahya Bima. *Barongko: Journal of Health Sciences*, 2(1), 18–27. <https://doi.org/10.59585/bajik.v2i1.125>
38. Yuliyati. 2016. The Effect of Providing Health Education on Menstruation on Menstrual Hygiene Knowledge in Muhammadiyah Junior High School Students 2. S1 THESIS- Quantitative-Quasy Experimental. Yogyakarta : STIKES Yogyakarta.
39. Yuni N E. 2015. Higiene Pocket Book. Yogyakarta : Nuha Medika