



THE RELATIONSHIP OF INFORMATION SOURCES WITH ADOLESCENT BEHAVIOR ABOUT PERSONAL HYGIENE DURING MENSTRUATION

Evi Yuniarti*, Ayu Nina Mirania, Stephanie Lexy Louis

Faculty of Health Sciences, Universitas Katolik Misi Charitas, Jl. Bangau No.60, 9 Ilir, Kec. Ilir Tim. II, Kota Palembang, Sumatera Selatan 30114, Indonesia

*eviyuniarti@ukmc.ac.id

ABSTRACT

Adolescent girls are a group that is very vulnerable to infections in the reproductive organs due to lack of knowledge and poor behavior in maintaining personal hygiene during menstruation. Information about the cleanliness of the genitals during menstruation is very important for adolescent girls to know, information can be obtained through parents, peers and teachers at school is very important for building good reproductive health. The purpose of this study is to find out the relationship between information sources and adolescent behavior about personal hygiene (genitalia) during menstruation. The type of research conducted is a quantitative analytical survey method with a cross sectional approach. This research will be conducted in July-September 2022 with a population of all students in class XI Science at MAN I Palembang with sampling using purposive sampling techniques. The data collection technique using questionnaires and data was analyzed using the Chi Square statistical test. Based on the results of the analysis, it was shown that out of 35 people, 56.4% had positive personal hygiene behavior, while from 57 people who received indirect information, 89.2% had negative personal hygiene behavior. The results of the Chi Square analysis test obtained a p value = 0.000 (< 0.05) showing that there was a significant relationship between information sources and adolescent girls' behavior about personal hygiene (genitalia) during menstruation. Based on the results of this study, it is suggested that schools can create innovative programs as an effort that can be made for adolescent reproductive health.

Keywords: information resources; personal hygiene; young women

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INTRODUCTION

Adolescence is where the transition period from the time a person grows from children to adulthood. Adolescence begins with the occurrence of puberty, namely changes in physical appearance (shape or proportion of a person's body) and changes in physiological functions (sexual organs) in adolescent girls and boys (Kumalasari & Andhyantoro, 2014). The age of adolescents is classified as around 10 years to 19 years old (WHO, 2018). Meanwhile, according to the Ministry of Health of the Republic of Indonesia, which is a teenager, it is around the age of 10 to 18 years (Kemenkes RI, 2017). A young woman is a group that is very vulnerable to infections in the reproductive organs due to lack of knowledge and poor behavior in carrying out care and personal hygiene while experiencing menstruation (Ningrum, M., A., C. & R. Indriyanti, 2018; Nnennaya et al., 2021; Pythagoras, K., 2018). In adolescent girls, changes in primary sex signs are characterized by menstruation (menarche) while changes in secondary sex signs are characterized by changes in the size of the hips, growth in the uterus and vagina, and accompanied by hair growth around the genitals that indicate the functioning of the female reproductive organs (Irianto, 2015).

Menstruation is included in the endometrial degeneration phase and the shedding of the functional stratum in the uterus, this occurs if fertilization and zygote implantation do not occur in the reproductive tract. A normal menstrual cycle occurs within 28 days, the duration of menstruation usually ranges from 3-6 days. Menstrual fluid consists of functional autolysis,

inflammatory exudate, red blood cells and proteolytic enzymes (Nani, 2018). Adolescent girls need to pay attention to the cleanliness of the reproductive organs, especially during menstruation, if not paid attention to properly, it will have an impact on reproductive problems such as vaginal discharge (House et al., 2012) which can result in infertility due to blockage in the fallopian tubes (Allilay, 2016). Another consequence of organ hygiene problems that are not maintained is the impact on cervical cancer and other reproductive health (Nugroho, S et al., 2015). Self-care during menstruation is one of the critical issues that determine the health status of adolescents in adult life (Adika et al., 2013). Information about the hygiene of the menstrual organs that can be obtained through parents, peers and teachers at school is very important for building good reproductive health. Some people consider reproductive health taboo for adolescents to express, this can result in adolescents lacking understanding and making wrong decisions regarding their reproductive health (Djannah, N & Gustiana, 2015). The purpose of providing information about reproductive health is related to healthy living behaviors for adolescents and overcoming existing reproductive health problems. Adequate knowledge and motivation about the importance of maintaining reproductive health will create a healthy adolescence so that they can enter a prosperous family life (Hidayati, 2017).

The source of information has been supported by the government program with the Adolescent Reproductive Health Information and Counseling Center (PIK KRR) which seeks to help adolescents pass adolescence with useful things, have good knowledge, have positive views and attitudes about reproductive health. Healthy behavior is one of the efforts to maintain and improve health (preventive health behavior) throughout life (Citrawathi, 2013). Based on research (Wardani & Nurulicha, 2017) showed that 76.9% of female students had less knowledge about menstruation ($p=0.02$), 74.6% of female students received information from non-media sources ($p=0.003$), the role of parents was 87.3% ($p=0.008$), and the role of teachers was 84.1% ($p=0.003$) at SMK Al Wahyu in 2017. Information sources play an important role for a person in determining attitudes or decisions to act because in this day and age there are many media that can be used such as print media or electronic media so that they no longer hinder people from increasing knowledge so that they can change their reproductive health behavior.

Based on the results of a survey conducted by the team on grade XI science students at MAN I Palembang has as many as 7 classes, each class consists of 98 young women. Of the 15 people interviewed by the researchers, as many as 9 people did not know how to maintain personal hygiene (genitalia) during menstruation, including not changing sanitary napkins when there were blood clots, and often using tight pants. Meanwhile, the source of information obtained about maintaining hygiene during menstruation through information from the family Based on these results, the researcher was interested in conducting a study entitled "The relationship between information sources and the behavior of adolescent girls about personal hygiene (genitalia) during menstruation". The general purpose of this study is to find out the relationship between information sources and adolescent behavior about personal hygiene (genitalia) during menstruation. The Special Purpose is to find out the relationship between direct sources of information and adolescent girls' behavior about personal hygiene (genitalia) during menstruation, To find out the relationship between indirect sources of information and adolescent girls' behavior about personal hygiene (genitalia) during menstruation.

METHOD

The type of research carried out is quantitative using an analytical survey method with a cross sectional approach. The population in this study is all XI IPA MAN I students with sampling using purposive sampling techniques and based on inclusion and exclusion criteria. The

instrument in this study was using questionnaires. The questionnaire was tested for validity using Pearson Product Moment where the data was declared valid if r calculated $> r$ table. 12 questions were obtained from the questionnaire about personal hygiene behavior. The validity test was carried out in MAN 1 class X with a total of 30 respondents. From the 12 questions, the value of r calculation $> r$ table (0.361) was obtained. So that all questions are declared valid. The reliability test uses crnbach alpha with 30 respondents who have met the inclusion and exclusion criteria, the reliability test is declared reliable if the value > 0.6 . From the results of the reliability carried out with 30 students, a score of 0.604 was obtained so that the questionnaire can be said to be reliable. The results of the next study were analyzed using the Chi square statistical test to determine the relationship between information sources and knowledge of adolescent girls about personal hygiene (genetalia) during menstruation

RESULT

Table 1.
Characteristics of the Research Subject

Characteristics	f (%)	Total f(%)
Age		
16	90 (97,8)	92(100)
17	2 (2,2)	
Menstruation		
Yes	92(100)	92(100)
No	0	
Sudah menstruasi		
11	17 (18,5)	92(100)
12	37 (40,2)	
13	38 (41,2)	
Have a Sister		
Ya	66 (71,7)	92(100)
Tidak	26 (28,3)	
Information		
Immediately	35 (38,0)	92(100)
Indirect	57 (62,0)	
Personal Hygiene		
Positive Behavior	73 (83,0)	92(100)
Negative Behavior	15 (17,0)	

Based on table.1, it is known that of the 92 respondents the majority are 16 years old as many as 90 people (97.8%), all respondents have menstruated, namely 92 people (100%), some of the ages when menstruating at the age of 13 years are 38 (41.2%), the majority have 66 sisters (71.7%), get information about menstruation indirectly as many as 57 people (62%), and the majority behaved positively during menstruation was 73 people (83%).

Table 2.
Relationship of Information Sources to Adolescent Girls' Behavior Towards Personal Hygiene (Genetalia) During Menstruation

source of information	personal hygiene				Total		p	r
	positive behavior		Negative behavior		f	%		
	f	%	f	%				
Direct	31	56,4	4	10,8	35	38,0	0,000	10,656
Indirect	24	43,6	33	89,2	57	62,0		

Based on table 2, it shows that from the results of the analysis, 56.4% of the 35 people have positive personal hygiene behavior, while of the 57 people who received indirect information, 89.2% have negative personal hygiene behavior. The results of the analysis obtained p value = 0.000 (< 0.05) showed that there was a significant relationship between information sources and adolescent girls' behavior towards personal hygiene (genetalia) during menstruation.

DISCUSSION

Relationship of Information Sources to Adolescent Girls' Behavior Towards Personal Hygiene (Genitalia) During Menstruation

The results of the analysis obtained p value = 0.000 (< 0.05) showed that there was a significant relationship between information sources and adolescent girls' behavior towards personal hygiene (genitalia) during menstruation. According to (Saribanon et al., 2016) Based on a study on menstruation conducted by UNICEF which was carried out on 1402 participants in 16 schools in 4 provinces of Indonesia, it was stated that adolescent girls urgently need information about hygienic menstrual handling, disposal of used sanitary napkins, why menstruation occurs and what needs to be considered and what health risks are related to menstruation. The media has an important role in disseminating information, including in disseminating information about adolescent reproductive health. Information obtained from the mass media to raise reproductive health issues, including about menstrual hygiene. Advertisements related to menstruation, both advertisements about sanitary napkins and medicines related to menstrual disorders are widely aired by the mass media, both electronic and print (Lestariningsih, 2015).

Mass media is a media that can be used by respondents to obtain information about the practice of menstrual hygiene and its impact on reproductive health, both read, watched and heard. These types of mass media are radio, television, internet, and print media (magazines, tabloids, newspapers, books, etc.) (Dolang et al., 2013). This is in line with research (Ulyan & Turdjar, 2019), Based on the Chi-Square statistical test with a P -value of 0.000 ($P < 0.005$), it means that there is a relationship between information sources and the personal hygiene behavior of adolescent girls during menstruation. Information is data that has been processed so that it can increase a person's knowledge. Information can be obtained directly or indirectly, direct information for example from health workers, teachers, parents, in schools, the environment and others, while indirect information can be obtained from books, advertisements, the internet, mass media, and others. The information received by adolescents, either directly or indirectly, will affect their knowledge (Laswini, 2022).

Sources of information play an important role for a person in determining attitudes or decisions to act. Indirect sources of information can be in the form of mass media or print media. There are many media such as mass media, both print such as newspapers or magazines, or electronic media such as television and radio. The advancement of technology will be available in various mass media that can influence the public about new innovations. As a means of communication, various forms of mass media such as television, radio, newspapers, the internet, magazines, and others have a great influence on the formation of people's opinions and beliefs (Wardani & Nurulicha, 2017). Sources of information can be obtained directly from teachers, parents and health workers. Teachers are substitutes for parents at school, so a teacher has an important role in providing information and improving student behavior regarding menstruation and self-care to their students (Solehati et al., 2017) Teachers can provide information about attitudes, knowledge and practices of vulva hygiene, so that young women can pay attention to personal hygiene with assistance from teachers, students who have been exposed to information about vulva hygiene will have a positive impact on their behavior (Rahman & Rofika, 2014)..

Information obtained from health workers about personal hygiene during menstruation is part of health education, so that adolescents who get this information will continue to behave in maintaining cleanliness during menstruation until adulthood and even menopause (Somsri et al., 2016). This is supported by research (Anjan & Susanti, 2019) with the results of the statistical test p value = 0.000 which means that there is a relationship between information sources from health workers and personal hygiene behavior during menstruation. The behavior of the vulva hygiene during menstruation is one that greatly affects survival because it is

related to vital organs, development and growth of adolescents. The role of parents, especially mothers, greatly influences the behavior of the vulva hygiene during menstruation, because the role of parents is included in the first and main family environment where children interact which means that this is where an educational process begins and most of the children's life and education that is most accepted is the family (Khasanah, 2021). This is also in line with research (Fitriahadi & Natasia, D., E., 2018) It was found that there was a relationship between the role of parents and self-care behavior during menstruation in grade VII students of SMPN 3 Bantul Yogyakarta with the results of the analysis showing a p value of 0.000 ($p < 0.05$) with a Correlation Coefficient of 0.5506 which means that there was a positive relationship of 50.6%.

Information is a data that has been processed and processed to produce an increase in a person's knowledge. This information can be obtained either directly or indirectly, information obtained directly for example from parents, teachers, health workers, peers and others, while information obtained indirectly, namely from mass media, the internet, books and others. The information received by young women from these sources will certainly have a great influence on the knowledge of young women themselves. Good and high knowledge of adolescents about personal hygiene can influence these adolescents to apply good and correct hygiene because it is supported by the right information about reproductive health, especially personal hygiene during menstruation. This is reinforced through the theory of health belief which states that a person will adopt healthier behaviors if the person believes that the new behavior carried out can prevent the onset of a disease (Delzaria, 2021)

This is in line with research conducted by (Fadliah et al., 2023), that the results of the statistical test obtained a result of $p=0.000$, meaning that there is a relationship between information sources and personal hygiene behavior during menstruation. The results of the analysis obtained a value of $OR=4.444$ ($95\%CI=1.941-10.175$), which shows that adolescent girls who are poorly informed are 4.444 times at risk of doing personal hygiene during menstruation poorly compared to adolescent girls who are well-informed. Based on the results of research and existing theories, researchers argue that there is a relationship of information sources to adolescent girls' behavior towards personal hygiene (genitalia) during menstruation

CONCLUSION

There is a significant relationship between direct and indirect sources of baik information on adolescent girls' behavior towards personal hygiene (genitalia) during menstruation

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